

人们为何喜欢悲伤的音乐 Why do people like sad music?

Hello. This is 6 Minute English, I'm Sam.

大家好，这里是六分钟英语，我是萨姆。

And I'm Neil.

我是内尔。

Do you like sad music, Neil?

你喜欢悲伤的音乐吗，内尔？

Well, when I was younger and if I had a break-up with a girlfriend I would listen to sad songs, songs which reflected my mood.

嗯，在我年轻的时候，而且如果我跟女朋友分手的话，我会听悲伤的音乐，能够反映我情绪的歌曲。

And do you still listen to those songs now?

你现在还会听那些歌吗？

Not so much, but I do still like them.

不怎么听了，但是我还是很喜欢这些歌。

Well, it seems as if there might be a biological reason why some of us do like sad songs.

嗯，我们有些人喜欢听悲伤的歌曲似乎有生物学上的原因。

We'll look at this topic a little more after this week's quiz question, which is about music videos.

我们在说完本周的问答题后再来进一步了解这个话题，这个问题是跟音乐视频相关的。

The music video has been around for a while, but in what year was MTV, the first dedicated music video channel, launched in the US?

音乐视频已经出现了一段时间了，但是第一个专门的音乐视频频道 MTV 是在哪一年在美国开始的？

Was it A. 1981, B. 1982, or C. 1983?

是 A. 1981年，B.1982年，还是 C. 1983年？

Well...

嗯.....

What do you think, Neil? - I'm going to have a guess.

你怎么看，内尔？ - 我要猜一下。

Is it the early 1980s?

答案是20世纪80年代早期吗？

Well, yes.

嗯，是的。

Ah, care to be more specific?

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能再具体一点吗？

Well...

嗯.....

Well, it was a long time ago-I was just a small boy.

嗯，这是很久之前了——我当时只是一个小男孩。

I'm gonna go for 1982. OK, I'll have the answer later in the programme.

我要选1982年。好的，我们会在稍后的节目中揭晓答案。

But first, more about sad songs.

但是首先，再聊聊悲伤的歌曲。

Professor David Huron from Ohio State University has conducted research in this area and he discussed it recently on a BBC World Service radio programme-The Why Factor.

俄亥俄州立大学的大卫·休伦教授在这个领域进行了研究，并且他最近在BBC的世界服务电台节目——《The Why Factor》中讨论了这一话题。

He was looking at why some people like sad music and other people really don't like it at all, as he says they just can't stand it.

他研究了为什么有些人喜欢悲伤的音乐，而其他人完全不喜欢，如他所说，完全无法忍受。

He believes it's to do with a hormone.

他认为跟某种荷尔蒙有关。

A hormone is a natural chemical in our bodies which can have an effect on various systems and also emotions.

荷尔蒙指的是我们身体里的自然化学物质，它对各种系统以及情绪产生影响。

Listen out for the name of the hormone he mentions.

请听出他提到的荷尔蒙的名词。

One of the things we were interested in was 'what's the difference between people who listen to sad music and who love it, and people who listen to sad music and who just can't stand it'.

我们感兴趣的東西之一是“听悲伤的音乐并喜欢悲伤音乐的人跟听悲伤音乐并完全无法忍受悲伤音乐的人之间的差别”。

In our research, it started pointing towards a hormone called prolactin.

在我们的研究中，结果指向一种叫做催乳素的荷尔蒙。

Now, prolactin, as you might guess from the name, is associated with 'lactation' from breast-feeding.

催乳素，你也许能够从它的名字中看出来它跟“泌乳”有关。

When people cry, they also release prolactin.

当人们哭泣的时候，他们也会释放催乳素。

And, there are circumstances in which prolactin seems to have this comforting effect.

同时，有时候催乳素似乎有这种安慰的效果。

So which hormone did he mention?

所以他提到了哪种荷尔蒙呢？

He talked about the hormone called prolactin which he said was connected to lactation.

他谈到了叫做催乳素的荷尔蒙，他说跟泌乳有关。

This is the production of milk by mammals to feed their young.

它指的是母乳动物产奶来喂养幼崽。

What he noted was that this hormone can be released when people cry and in some cases this hormone has a comforting effect.

他注意到的是这种荷尔蒙会在人们哭泣的时候被释放，而在一些情况中，这种荷尔蒙有一种安慰的效果。

When something is comforting, it makes you feel better, it calms your emotions.

如果某事令人安慰，它让你感觉好一点，它会平复你的情绪。

Let's listen again.

我们再听一遍。

One of the things that we were interested in was 'what's the difference between people who listen to sad music and who love it, and people who listen to sad music and who just can't stand it.

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So, what conclusions did he make about this hormone and how it might be working?

所以他对于这种荷尔蒙以及它可能的工作原理得出了什么结论呢？

Professor Huron explains.

休伦教授进行了解释。

So the thought was that, perhaps what's going on is that the people who are enjoying listening to sad music are receiving some sort of excess of prolactin, and people who are listening to sad music and they just find it incredibly sad and unhelpful and they don't want to listen to it, maybe they're not getting enough prolactin when they listen to the music.

所以我们的想法是，也许喜欢听悲伤的音乐的人们身上所发生的事情就是接收了过量的催乳素，而听悲伤音乐并发现音乐过于悲伤且毫无裨益因为不想听它的人也许在听音乐的时候没有获得足够的催乳素。

So what is happening?

所以是怎么回事呢？

Or as Professor Huron said, what's going on?

或者如休伦叫说的，发生了什么呢？

Well, it seems quite simple, though I'm sure it's very complicated.

嗯，它似乎很简单，尽管我相信应该是很复杂的。

People who like sad music are maybe getting too much prolactin or more than is normal-he describes this as an excess of prolactin.

喜欢悲伤的音乐的人也许获得了太多的催乳素，或者超出正常值——他描述的是过量的催乳素。

And maybe people who don't like sad music aren't getting enough.

而也许不喜欢悲伤的音乐的人没有足够的催乳素。

So, the idea is that prolactin is a hormone which we find comforting.

所以就是说催乳素是我们发现有安慰效果的一种荷尔蒙。

If our bodies release it when we hear sad music, it gives us a good feeling-but if prolactin isn't released or there isn't enough of it, we just find the sad music sad and it doesn't help to cheer us up.

如果我们的身体在我们听到悲伤的音乐时释放这种荷尔蒙，它能给我们一种很舒服的感觉——但是如果没释放催乳素或释放得不够，那么我们会发现悲伤的音乐非常悲伤，并且无法鼓舞我们。

I guess so, but you know emotions are funny things-it's weird to think that our feelings are caused by different natural chemicals that run around the body.

我想是这样的，但是你知道情绪是有趣的东西——想到我们的感受是因为各种在我们身体里流转的自然的化学物质而引起的很奇怪。

Absolutely!

没错！

OK, we're going to take another look at today's vocabulary but first, the answer to this week's quiz.

好的，我们要再来看看今天的词汇了，但是首先，本周问题的答案。

The music video has been around for a while, but in what year was MTV, the first dedicated music video channel, launched in the US?

音乐视频出现了一段时间了，但是第一个专门的音乐视频频道MTV是在哪一年在美国开始的呢？

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And Neil, you said...

内尔，你说的是.....

Only said it was definitely the early 80s.

我只说了肯定是80年代早期。

You're not wrong there, but which year exactly?

嗯，这一点你说没错，但是具体是哪一年呢？

'82?

82年吗？

Ah, well, you'll need to dig out a sad song to make you feel better now because the answer was 1981. Oh, dear, I can feel my prolactin levels dropping already!

啊，嗯，你需要找一首悲伤的歌曲来让你感觉好点了，因为答案是1981年。哦，天呐，我已经能感受到我的催乳素水平正在下降了。

I'm sure you can't!

我肯定你感受不到。

But let's move on to vocabulary.

不过我们来说词汇吧。

If you can't stand something, it means you really don't like it.

如果你无法忍受某事，那么这意味着你真的不喜欢它。

A hormone is one of the body's natural chemicals.

荷尔蒙指的是身体的自然化学物质之一。

And the hormone prolactin is connected with lactation, which is the production of milk by mammals.

而催乳素这种荷尔蒙跟泌乳有关，指的是哺乳动物产奶。

Something that is comforting makes you feel better emotionally.

有安慰效果的东西能够让你在情绪上更好受。

The phrase what's going on has a very similar meaning to 'what's happening'.

发生了什么的意思跟“怎么回事”很类似。

And an excess of something is 'too much or a more than normal amount of that thing'.

而过量的某物指的是“某物太多了，或超出了正常量。”

Well, before you have an excess of our company, we should wrap up.

好的，在你被我们过度陪伴之前，我们应该结束节目了。

Thanks for listening and we hope you'll join us again soon.

感谢收听，希望你能再次收听。

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Bye for now!

再见啦！

Goodbye!

再见！
