

物化 Objectification

Hello and welcome to 6 Minute English, I'm Neil.

大家好，欢迎收听六分钟英语，我是内尔。

And I'm Sam.

我是山姆。

And in this programme we're looking at the word objectification.

在本期节目中我们要了解物化这个词。

Objectification is when we reduce people to objects.

物化指的是我们把人降级为物体。

An example of this is advertising and the media and in particular the way women have been shown.

一个例子就是广告和媒体，尤其是女性在那之中的表现方式。

Impossibly attractive and implausibly perfect models in adverts and in movies and on TV, you are much more likely to see naked or half-naked women than men.

广告、电影和电视中迷人、完美得难以置信的模特，相比于全裸或半裸的男性，你更可能看到全裸或半裸的女性。

Objectification can lead to issues in society such as inequality and discrimination.

物化会导致社会上出现不平等和歧视等问题。

Objectification of women is a problem but what about the objectification of men?

物化女性是一个问题，那么对男性的物化呢？

Before we hear more, it's time for a question.

在我们听到更多内容之前，是时候问问题了。

Today's question is: on British TV in which decade was a completely naked man first seen?

今天的问题是：在英国的电视节目中，全裸的男性是在哪个年代第一次被看到的？

Was it a) the 1940s, b) the 1950s, or c) the 1960s?

是 A. 20世纪40年代，B.20世纪50年代，还是 C. 20世纪60年代？

What do you think, Sam?

你怎么看，山姆？

I'm going for the 60s.

我要选60年代。

I'll give the answer later in the programme.

我会在稍后的节目中给出答案。

添加的词汇

surely

英:/'ʃʊəli/ 美:/'ʃʊrli/

adv. 稳当地；坚定地；无疑；[口]当然



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Now Sam, do you know the TV programme Love Island?

那么山姆，你知道电视节目《爱之岛》吗？

Yes, it's a kind of a dating show and all the contestants—men and women—spend a lot of time in their swimming costumes and they've all got perfect bodies. – Yes, that's right.

知道，这算是一档相亲节目，并且所有的参与者——男男女女们——会长时间穿着游泳服装，并且他们的身材都非常好。– 是的，没错。

It's a programme that seems to objectify men and women equally.

这档节目似乎平等地对男性和女性进行了物化。

But is that a bad thing?

不过这是一件坏事吗？

Dr Peter Lucas is Senior Lecturer in Philosophy at the University of Central Lancashire.

彼得·卢卡斯是中央兰开夏大学哲学系的高级讲师。

He spoke on this topic on the BBC's Woman's Hour programme.

他在BBC的《女性时间》节目中就这个话题发表了讲话。

What does he suggest might be the advantage of featuring men with 'perfect' bodies?

他表示给男性打上完美身材的标签有什么好处？

If you look at the impact of TV series like Love Island for instance, the producers of that programme present that as, have described that as being aspirational for their audience.

如果你了解一下像《爱之岛》这样的电视连续节目的影响，节目的制作人将其呈现为，描述为对观众来说是雄心壮志的。

It's presenting role models, it's presenting models that people are supposed to aspire to.

它呈现的是榜样，它呈现的是人们应该向往的榜样。

Now many women, thinking about the male bodies that are on display there might think well, if it means that more men get off to the gym, look after themselves physically, **surely** that's a good thing.

现在很多想到电视上展示的男性身体的女性可能会想：好吧，如果这意味着更多的男性会去健身房，注重他们的身体健康，这当然是一件好事。

So what might be an advantage of these highly fit athletic bodies on show?

那么节目中出现的极其健美的身体有什么好处？

Dr Lucas suggests that seeing those bodies might encourage men to go to the gym and work hard to improve their fitness and health and that could be a good thing.

卢卡斯博士说看到这些身体可能会鼓励男性去健身房，并且努力变得健美，而这可能是件好事。

Yes, the people in the programme are described as role models.

是的，节目中的人被描述为榜样。

A role model is someone whose behaviour is seen as a good example for others to copy.

榜样指的是某个人的行为被当做一个好的例子让其他人效仿。

I'm not sure the behaviour of the people in Love Island makes them good role models, but perhaps from the point of view of their physical fitness they give us something to aspire to.

我不确定《爱之岛》里的人的行为能不能让他们成为榜样，但是也许从他们的健美角度来看，他们给了我们向往的东西。

If you aspire to something, it's something you can aim for, something you want to achieve.

如果你向往某事，那么它就是你的目标、你想要达成的事情。

Dr Lucas also used a related word, aspirational.

卢卡斯博士还用了一个相关的单词，雄心壮志的。

The TV series Love Island was described as being aspirational.

电视节目《爱之岛》被描述为是雄心壮志的。

It shows a lifestyle that people would like to have, something they might aim to achieve.

它展示了一种人们可能想要的生活方式，他们想要达到的东西。

But there are also dangers to encouraging people to get to the gym.

但是鼓励人们去健身房也存在危险。

Here's Dr Lucas again.

以下依然是卢卡斯博士的话。

But also it's likely to generate higher levels of narcissism, self-consciousness, becoming obsessive about your appearance.

但是这也会产生高度的自恋情结、自我意识过剩，过度在乎你的外表。

It's not particularly an attractive feature either in men or in women and I suspect that's impacting on men's behaviour in a way which is detrimental in the same sort of way that's been detrimental for women really, for decades.

无论对于男性还是女性，这都不是一个吸引人的特点，而我怀疑它正对男性的行为产生不良的影响，并且方式与几十年来对女性的不良影响的方式是一样的。

He talks about behaviour that is detrimental, this means behaviour that has a negative impact.

他谈到了有害的行为，意思是有负面影响的行为。

What behaviours does he say are detrimental?

他说什么行为是有害的？

If people become obsessed by their appearance it could lead to narcissism.

如果人们过度关注他们的外表，那么这会导致自恋情结。

This is a condition where you spend so much time focusing on yourself, your own looks, your own body that you stop caring about anyone else.

这指的是你花费过多的时间专注于自己，你的外貌，你的身体，以至于你不再关心他人。

And because it's very very hard to get that kind of body, it can also lead to people being very self-conscious.

并且因为要得到那种身材非常非常难，它也会导致人们自我意识过剩。

They might become embarrassed about their bodies and lose confidence in themselves as a result.

他们会因为他们的身体而感到尴尬，并且因此而对自己失去自信。

Right.

是的。

It's almost time to review this week's vocabulary, but before that let's have the answer to the quiz.

差不多是时候回顾本周的词汇了，但是在这之前，我们来揭晓问题的答案吧。

In what decade was the first naked man seen on British TV?

男性首次在英国电视节目中裸体出镜是在那个年代？

Was it a) the 1940s, b) the 1950s, or c) the 1960s?

是 A. 20世纪90年代，B.20世纪50年代，还是 C. 20世纪60年代？

What did you say, Sam?

你说的是什么，山姆？

I said c) the 60s.

我说的是 C. 60年代。

I'm afraid the revolution had come earlier than that.

恐怕这个革命浪潮要来得比这早。

The correct answer is the 1950s.

正确的答案是20世纪50年代。

It was a 1957 documentary called Out of Step, part of which was filmed at a nudist colony.

那是一部1957年的纪录片，名叫《Out of Step》，其中一部分拍摄了一个裸体的群居地。

Now, time for our vocabulary.

现在该回顾单词了。

Our first word was objectification.

我们的第一个词是物化。

This is the noun for when we reduce a human being to an object.

这个名词的意思是我们将人类矮化为一个物品。

We don't think of them as a real person anymore.

我们不再将他们当做一个真正的人来看。

The verb is to objectify.

动词形式是objectify。

Someone whose behaviour is a good example that others want to copy is a role model.

如果某人的行为是一个其他人想要效仿的很好的范例，那么他就是一个榜样。

When it comes to presenting 6 Minute English, you are my role model, Neil.

说到主持《六分钟英语》，你是我的榜样，内尔。

Ah. You're too kind, and I aspire to your level of professionalism, Sam.

你人太好了，我向往达到你的专业水准，山姆。

To aspire to—to aim to be, to hope to achieve.

向往——希望成为，希望获得。

That is related to the next word, aspirational.

这个跟下一个单词有关，雄心壮志的。

This adjective is used to describe the desire to improve parts of your life—for example, getting a better job or a better body.

这个形容词被用来描述想要提升你生活某些部分的欲望——例如有一个更好的工作或身体。

Aspirational TV programmes or adverts show lifestyles that people might want to be theirs.

雄心壮志的电视节目或广告会展示人们想要的生活方式。

Our next word is an adjective for something that is bad for you, something that has a negative effect.

我们的下一个词是一个形容词，用来形容对你不好的东西，有负面影响的东西。

The adjective is detrimental.

这个词就是有害的。

We heard that aspiring to the perfect body can be detrimental because it might lead to narcissism.

我们听到了追求完美身材可能会有害，因为它可能会导致自恋情结。

Narcissism is the term for someone who is so obsessed with their own body and life that they don't care about anyone else.

自恋情结指的是某个人过度关注他们的身材和生活以至于他们不关心其他人。

Achieving that perfect body is incredibly hard and impossible for most real people and not achieving it can make people overly self-conscious, which in this situation means that they can lose confidence in themselves.

练成那样的身材是极其困难，并且对大多数人来说是不现实的，而无法练成会让人自我意识过剩，这里指的是他们会对自己失去信心。

That's all we have time for today.

今天的节目就到这里。

Do join us next time and remember you can find us on the website bbclearningenglish.com.

请务必收听我们的下期节目，并且您可以在网站**bbclearningenglish.com**上找到我们。

Bye bye.

再见。

Bye!

再见。

