

2019 年 5 月 05 日
社会调查: 年轻人进入幸福“萧条期”
大西洋

the Great Recession

08年经济衰退

eg. The economy is in deep recession.
经济正处于严重的衰退期。

The Happiness Recession

/rɪ'seɪʃn/

n. (经济) 衰退期, 萧条期。

/rɪ'kɔ:d/
record v. 记录
n. 记录

/rɪ'kɔ:d/

a. 创纪录的, 空前的 n. 记录

In 2018, happiness among young adults in America fell to a record low.

/ʃer/

在其中

The share of adults aged 18 to 34 reporting that they were “very happy” in

n. (某事物的) 份额, 一部分

life fell to 25 percent—the lowest level that the General Social Survey has

解释

定义

综合社会调查

ever recorded for that population.

adj. 最高的
与最高级一起用,
能增强语气

ebb n. 退潮

flow n. 涨潮

eg. You have to accept the ebb and flow of love in a relationship. 你得接受恋爱过程中, 爱情的起起伏伏。

A is linked to B
A和B有联系

幸福感下降
的原因。

The research tells us that the ebb and flow of happiness in America is

实际上 (有规律的) 涨落起伏

/taɪ/

clearly linked to the quality and character of our social ties—including our

n. 领带, 关系, 纽带 /spəʃiəlɪz/

friendships, community ties, and marriage. It's also linked, specifically, to

the frequency with which we have sex.

美国幸福感的起伏

adv. 明确地, 具体地, 透彻地

频率

定义

family ties 家庭/经济关系

(对前文做补充)

eg. I specifically asked you not to be late.

我明确要求过你不要迟到

reveal secrets

/rɪ'vi:l/

泄露秘密

4个因素具体
怎样影响幸福
率, 一些结论

An analysis revealed that the decline in sexual frequency can account

v. 揭露, 揭示

是...的原因, 对...作出解释。

for about one-third of the decline in happiness since 2012. Declines in

1/3 /n, lɪdʒɪ'ɑ:səti/

marriage and religiosity have also played some role, but the effects are

n. 对宗教的虔诚, 宗教信仰

发挥作用

much smaller—with each factor only accounting for about a tenth of the

than sexual frequency 原因

表达一种和现实相反的假设

decline in happiness. But for the rise in regular friend contact over the past

如果不是倘若没有, 需要用虚拟语气

few years, young men and women would be even less happy.

religion n. 宗教

the Jewish religion
犹太教

eg. He would play but for the knee injury.

他要不是膝盖上有伤的话, 他就上场了。

eg. The poor weather may account for the

天气很差可能是造成事故的原因。 accident.



由 扫描全能王 扫描创建

eg. I dance regularly to buffer the effects of stress on my health.
我经常去跳舞缓解压力对健康的伤害。

把大量的时间都花在朋友身上，
就间接地减少了其他社交活动的时间

/in'di:d/ Indeed, it may be that rising social time spent with friends in recent
adv. (用于补充信息) 其实, 实际上

years could be buffering young adults from the declines in institutions such

as marriage or religion, as friends stand in place of other relationships or

forms of community.

位于某处 代替, 取代
instead of

the institution of marriage
婚姻制度

性生活

A is about B
A和B有关

Thus, while most of the decline in happiness is about declining sex,

that's not the end of the story. Declining sex is at least partly about family

and religious changes that make it harder for people to achieve stable,

coupled life at a young age.

v. 连接, 结合 n. 夫妻, 情侣

eg. I tripped and hurt my arm. That's it — end of story.

我摔了一跤, 摔伤了胳膊. 情况就是这样的

