



Why Good Samaritans Are Prone to Becoming Victims Themselves

为什么我们会奋不顾身地帮助别人？

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Psychologists have explored the question of why people act as **good Samaritans** through **various** theories, including social identity theory, the empathy-**altruism hypothesis**, and moral reasoning theory. These theories **shed light on** altruistic motivations. But what about people who **engage in** foolish or dangerous behavior to aid those in distress? Why do some people risk becoming victims themselves in order to help a stranger?

心理学家通过社会认同理论、共情利他主义假说和道德推理理论等各种理论探究了人们为什么会做好事。这些理论让我们更好地理解利他动机。但是那些做出愚蠢或者是危险行为来帮助处于困境中的人呢？为什么有些人为了帮助陌生人而甘愿自己受害呢？

Obviously, some people act on **impulse** in an emergency without stopping to weigh the **pros and cons**. Others are drawn to the **adrenaline** rush of danger. And some are just too **kind-hearted** and trusting to **foresee** danger. But research has produced some interesting findings beyond these **self-evident** explanations.

很明显，有些人在紧急情况下冲动行事，没有停下来权衡利弊。另一些人则被危险带来的肾上腺素飙升所激发。还有一些人只是心地太善良，太相信别人，无法预见危险。但除了这些不言自明的解释，研究还发现了一些有趣的结果。

One study found that people were more willing to take risks to save someone's life than to save that person's property. Specifically, the willingness to take risks increased as the severity of the situation increased. Contrary to what one might

◇ 背景知识

good Samaritan

好撒玛利亚人，助人为乐者，见义勇为者，好心人，源自于《新约圣经》“路加福音”中耶稣基督讲的寓言：一个犹太人被强盗打劫，受了重伤，躺在路边。有祭司和利未人路过但不闻不问。惟有一个撒玛利亚人路过，不顾教派隔阂善意照应他，还自己出钱把犹太人送进旅店。

various ['væriəs] *adj.* 各种各样的，各种不同的 | There are various ways to answer your question. 有多种方法可以回答你的问题。

altruism ['æltruizəm] *n.* 利他主义 (altruistic ['æltru'ɪstɪk] *adj.* 利他的，无私的)

hypothesis [haɪ'pɔːθəsis] *n.* 假说，假设 | We hope that further research will confirm our hypothesis. 我们希望进一步的研究能证实我们的假设。

shed light on 使某事物更容易理解 | I had hoped that he would be able to shed some light on the problem. 我希望他能够帮助我理解这个问题。

engage in 从事，参加

impulse ['ɪmpʌls] *n.* 冲动，一时

expect, the greater the danger, the more likely a **bystander** would act as good Samaritan. In a less **dire** situation, the same bystander would be more likely to do nothing at all.

一项研究发现，人们更愿意冒险拯救别人的生命，而不是他的财产。具体来说，情况越严重，人们承担风险的意愿也就越高。与人们预期的相反，危险越大，旁观者就越有可能施以援手。在不太严重的情况下，同样的旁观者更有可能什么都不做。

An earlier study, published in the *Journal of Personality and Social Psychology* found that people were more likely to **intervene in** emergency situations when the potential harm was high, such as when someone was drowning, compared to situations where the harm was lower, such as when someone dropped their books. Similarly, a study published in the *Journal of Experimental Social Psychology* found that people were more likely to engage in risky behavior to help others when the situation was perceived as urgent and the potential harm was high.

早前发表在《人格与社会心理学杂志》上的一项研究发现，与危害较小的情况（比如有人掉了书）相比，人们更有可能在潜在危害较大的紧急情况下（比如有人溺水）进行干预。同样，发表在《实验社会心理学杂志》上的一项研究发现，当人们认为情况紧急，而且潜在的危害很大时，人们更有可能冒着风险帮助他人。

Arousal theory suggests that people are more likely to help others when they are in a triggered emotional state, such as fear or excitement. High-risk situations often **incite** these kinds of emotions and **thereby** make people more likely to help.

唤醒理论认为，当人们处于激动的情绪状态（比如恐惧或兴奋）时，他们更有可能帮助别人。高风险的情况通常会激起这类情绪，从而使人们更有可能去帮助别人。

Another reason why people may act as good Samaritans in high-risk situations is that they **place** a high **premium on** their moral identity. People with deeply held moral values may feel a

兴起的念头；脉冲 | He struggled to resist the impulse to laugh. 他努力抑制住想笑的冲动。

pros and cons 利弊，优缺点 | We discussed the pros and cons of going to university. 我们讨论了上大学的利与弊。

adrenaline [ə'drenəlɪn] *n.* 肾上腺素（激动、害怕或愤怒时产生的体内分泌，使心跳加快，提升活动能力）

kind-hearted *adj.* 善良的，宽容的，好心的

foresee [fɔːr'si:] *v.* 预见，预知 | Few analysts foresaw that oil prices would rise so steeply. 分析家大多没有预料到油价会如此大幅度地上涨。

self-evident *adj.* 显而易见的，不言而喻的，明摆着的

bystander ['baɪstændər] *n.* 旁观者

dire ['daɪər] *adj.* 极其严重的，危急的；极糟的，极差的 | We're in dire need of your help. 我们急需你的帮助。

intervene in 干涉，干预，插手 | The police don't usually like to intervene in disputes between husbands and wives. 警方通常不愿意介入夫妻之间的争吵。

arousal [ə'raʊzl] *n.* 唤起，激起

incite [ɪn'saɪt] *v.* 煽动，激起 | He incited the workforce to come out on strike. 他煽动工人罢工。

stronger sense of **obligation** to help others, especially when the consequences of not helping are severe. This can motivate people to **disregard** danger, even if they would not have done so in a low-risk situation.

人们在高风险情况下见义勇为的另一个原因是他们高度重视自己的道德身份。道德价值观根深蒂固的人可能会感到自己有义务去帮助他人，尤其是在不伸出援手会导致严重后果的时候，他们更会挺身而出。即使在低风险的情况下不会这样做，道德价值观可以激励人们无视危险帮助别人。

Finally, it's worth noting that individual factors, such as personality **traits** and previous experiences, play a role in shaping people's willingness to act as good Samaritans in high-risk situations. For example, people who are high in empathy may be more likely to help others in distress, regardless of the level of risk involved. This is our **dilemma** as human beings—to be willing to help, even at some risk to ourselves, but to do so without doubling the tragedy.

最后，值得注意的是，个人因素，如性格特征和以往的经历，会影响人们在高风险情况下帮助他人的意愿。例如，同理心强的人更有可能不顾危险帮助处于困境中的人。这就是我们作为人类的两难处境——愿意帮助别人，甚至不惜置自己于危险之中，但又不能让悲剧加倍。

thereby [ˌðerˈbaɪ] *adv.* 因此，从而 | Regular exercise strengthens the heart, thereby reducing the risk of heart attack. 经常锻炼可以增强心脏机能，从而减少心脏病发作的危险。

put/place/set a premium on sb./sth. 重视，珍视 | Modern economies place a premium on educated workers. 现代经济尤其重视受过良好教育的工人。

obligation [ˌɑːblɪˈɡeɪʃn] *n.* 义务，职责，责任 | She did not feel under any obligation to tell him the truth. 她觉得没有义务告诉他实情。

disregard [ˌdɪsrɪˈɡɑːrd] *v./n.* 不理睬，不顾，漠视 | She shows a total disregard for other people's feelings. 她丝毫不顾及别人的感受。

trait [treɪt] *n.* (人的个性的) 特征，特点

dilemma [dɪˈlemə] *n.* (进退两难的) 窘境，困境 | I'm in a dilemma over whether to tell him or not. 我进退两难，不知道是否该告诉他。

➤ 脉络梳理

Para. 1 提出问题：人们为什么会不顾危险帮助别人？

Para. 2-4 分析问题：情况危急时，人们更有可能冒着风险帮助别人

Para. 5-7 指出原因：高风险的情况更容易使人情绪激动，从而施以援手；个人的道德价值观、性格及经历对此也有影响

➤ 长难句拆解

