韩国父母亲身体验“自闭生活”，能帮助家里蹲的孩子吗？

2024.07.04

根据去年底一项调查，在韩国，19岁至34岁的“隐居青年”多达54万人，日益成为一个严重的社会问题。为帮助孩子走出家门、重新融入社会，今年4月以来，很多父母选择住进一个名为“幸福工厂”的地方开始体验“自我禁闭”的生活。通过体验，父母对于自我孤立状态有了怎样的了解？为什么近年来越来越多韩国年轻人变成了“家里蹲”？一起来听今天的讲解。

英文原文

Why parents are locking themselves in cells at Korean 'happiness factory'

By Hyojung Kim

The only thing connecting each tiny room at the Happiness Factory to the outside world is a feeding hole in the door. Residents may wear blue prison uniforms but they are not inmates — they have come to the centre in South Korea for a "confinement experience".

Most people here have a child who has fully withdrawn from society, and have come to learn for themselves how it feels to be cut off from the world. Since April, parents have been participating in a 13-week parental education programme funded and run by non-governmental organisations. The aim of the scheme is to teach people how to communicate better with their children.

Jin Young-hae's son has been isolating himself in his bedroom for three years now. But since spending time in confinement herself, Ms Jin understands her 24-year-old's "emotional prison" a little better.

Her son has always been talented, Ms Jin says, and she and his father had high expectations of him. Seeing him locked in his room, neglecting personal hygiene and meals, broke her heart.

When Ms Jin came to the Happiness Factory, she read notes written by other isolated young people. "Reading those notes made me realise, 'Ah, he's protecting himself with silence because no-one understands him'," she says.

Prof Jeong Go-woon, from Kyung Hee University sociology department, says Korean society's expectation that big life milestones should be reached at set times amplifies young people's anxiety — especially in times of economic stagnation and low employment.

The view that a child's achievements are a parental success contributes to entire families sinking into the quagmire of isolation.

【内容拓展】

韩国“幸福工厂”的外观和内部：

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生词好句

1.lock

英 [lɒk] 美 [lɑːk]

v. 锁住，关住

2.cell

英 [sel] 美 [sel]

n. 细胞；（本文）没有太多家具的小房间

拓展:

cancer cells 癌细胞

3.connect

英 [kəˈnekt] 美 [kəˈnekt]

v. 连接

拓展:

connect A to B 把A和B连接起来

4.tiny

英 [ˈtaɪni] 美 [ˈtaɪni]

adj. 小的

拓展:

辨析：small vs. tiny

区别：small表示"小的"，而tiny强调"非常小的，极小的"，所表达的程度和感情色彩更强。

5.a feeding hole

送餐孔

6.resident

英 [ˈrezɪdnt] 美 [ˈrezədnt]

n. 居民；旅馆的住宿者、房客；（本文）住客

拓展:

local residents 当地居民

The hotel bar was only open to residents.

酒店的酒吧只对住客开放。

7.prison uniforms

囚服

拓展:

school uniforms 校服

8.inmate

英 [ˈɪnmeɪt] 美 [ˈɪnmeɪt]

n. （监狱或精神病院等处的）同住者

9.centre

英 [ˈsentə] 美 [ˈsentər]

n. 活动中心

拓展:

a shopping centre 购物中心

a sports centre 运动中心

10.confinement

英 [kənˈfaɪnmənt] 美 [kənˈfaɪnmənt]

n. 禁闭，监禁

拓展:

confine v. 禁闭，监禁

The boy had been confined in a dark narrow room from early childhood.

这个男孩从小就被关在一个黑暗狭窄的房间里。

11.withdraw

英 [wɪðˈdrɔː] 美 [wɪðˈdrɑː]

v. 撤回，撤离，退出

拓展:

The UN has withdrawn its troops from the country.

联合国已从该国撤军。

She had to withdraw from the competition because of a leg injury.

由于腿伤，她不得不退出比赛。

withdraw into oneself 不与人交往，自我封闭

Many depressed people withdraw into themselves.

许多抑郁的人把自己封闭了起来。

12.cut off

切断，截断

13.participate in

参加，参与

拓展:

All team members can participate in this discussion.

所有的成员都可以参加这次讨论。

同义表达：take part in

I took part in the competition in our school last week.

我参加了我们学校上周的竞赛。

join in 中途参加

They are playing board games, you wanna join in?

他们在玩桌游，你想加入吗？

14.parental

英 [pəˈrentl] 美 [pəˈrentl]

adj. 父母的

拓展:

parental responsibility 父母的职责

15.scheme

英 [skiːm] 美 [skiːm]

n. 计划，方案（programme）

拓展:

a training scheme 一个培训方案

16.isolate

英 [ˈaɪsəleɪt] 美 [ˈaɪsəleɪt]

v. 隔绝，隔离

拓展:

He was isolated from the other prisoners.

他与其他囚犯隔离开了。

17.expectation

英 [ˌekspekˈteɪʃn] 美 [ˌekspekˈteɪʃn]

n. 期待

拓展:

have high expectations of

对......抱有很高的期待

Women who have high expectations of marriage are often disappointed.

对婚姻抱有很高期望的女性往往会失望。

live up to someone's expectations 没有辜负某人的期待

The holiday lived up to all our expectations.

这个假期完全符合我们的期待。

18.neglect

英 [nɪˈɡlekt] 美 [nɪˈɡlekt]

v. 忽略，不重视

拓展:

She has neglected her studies.

她忽视了自己的学习。

19.hygiene

英 [ˈhaɪdʒiːn] 美 [ˈhaɪdʒiːn]

n. 卫生

拓展:

food hygiene 食品卫生

personal hygiene 个人卫生

20.isolated

英 [ˈaɪsəleɪtɪd] 美 [ˈaɪsəleɪtɪd]

adj. 孤立的，孤独的

拓展:

Some patients may become very isolated and depressed.

有些病人可能变得非常孤独和抑郁。

reclusive young people 隐遁青年，隐居青年

reclusive adj. 隐居的

21.milestone

英 [ˈmaɪlstəʊn] 美 [ˈmaɪlstoʊn]

n. 里程碑，重要事件

拓展:

big life milestones 人生重要的事件

22.set

英 [set] 美 [set]

adj. 确定的，固定的

拓展:

a set pattern 一种固定的模式

a set number 固定的数量

23.amplify

英 [ˈæmplɪfaɪ] 美 [ˈæmpləfaɪ]

v. 放大，增强

拓展:

These stories only amplified her fears.

这些故事只会加剧她的恐惧。

24.economic stagnation

经济停滞

拓展:

economic recovery 经济复苏

25.contribute to

促使，导致

拓展:

Drinking cola does not contribute to weight gain.

喝可乐不会导致体重增加。

26.sink into

陷入

27.quagmire

英 [ˈkwɒɡmaɪə] 美 [ˈkwæɡmaɪr]

n. 泥沼，沼泽；（本文）困境，险境

拓展:

a quagmire of confusion 困惑的泥潭