

0065 Most of Us Combine Personality Traits from Different Genders 我们大多数人都结合了不同性别的性格特征

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How different are men and women really?

For example, 主 a study involving more than 300,000 people in the U.S. /who **self-identified (v.)自我鉴定的, 自认为的** as either male or female / 谓 looked **both** at broad **personality traits**, such as extraversion 外向性; 外倾性 **and** agreeableness 亲和性, 宜人性, and at more **specific aspects** of these traits, such as a **warm communication style** /or a tendency **to act altruistically** 利他地; 无私地. In this sample, researchers found moderate differences /between male and female participants /in the broad traits but, in most cases, larger differences at the more specific 明确的; 具体的, 特定的 level.

Overall, for instance, both male and female people in the study /were similarly extraverted 外向的 (a broad trait). When the scientists looked at specific aspects of extraversion, however, they found that /male participants, on average,

sought out exciting situations /**more often than** female ones did. And female participants demonstrated (v.)表现；显露 higher activity levels than male ones.

Example 1. 标题

男人和女人到底有多大区别？

例如，一项针对美国超过 300,000 名自认为男性或女性的人的研究，不仅考察了广泛的人格特征，例如外向性和随和性，还考察了这些特征的更具体方面，例如热情的沟通方式或倾向于利他行为。在这个样本中，研究人员发现男性和女性参与者在广泛特征上存在适度差异，但在大多数情况下，在更具体的层面上存在较大差异。总体而言，例如，研究中的男性和女性都具有相似的外向性（一个广泛的特征）。然而，当科学家研究外向性的具体方面时，他们发现，平均而言，男性参与者比女性参与者更频繁地寻找令人兴奋的情况。女性参与者表现出比男性参与者更高的活动水平。

To create the questions for our studies, we cast 扔；掷；抛 a very wide net, looking at large personality projects, reviewing 评审，审查,检阅 the academic literature (某学科的) 文献，著作，资料 and crowdsourcing (v.)众包；(尤指利用互联网)将工作分配给不特定人群 ideas. We **ended up** 最终 testing (v.) more than 600 personality questions for gender differences /before identifying the 18 traits with the greatest variation (数量、水平等的) 变化，变更，变异 /between the self-identified men and women in our sample.

These traits included **not only** the broad characteristics 特性，特征；特色 that are widely used (v.) in psychological research (such as extraversion and agreeableness) /**but also** more specific patterns of thought and behavior, such as how frequently an individual **takes risks** /or their degree of **focus on** aesthetics 美学；美学理论. We also double-checked (v.)将.....仔细检查，复核 our conclusions /by running a final study to replicate 复制；(精确地) 仿制,再造 the major findings. Ultimately 最终；最后；终归 we found no large differences in personality between cisgender 顺性别 men and women on any traits. But we did find small and moderate differences /in the 18 personality traits.

Example 2. 标题

为了提出我们的研究问题，我们撒了一张非常广泛的网，研究大型人格项目，回顾学术文献和众包想法。我们最终测试了 600 多个关于性别差异的性格问题，然后确定了我们样本中自我认同的男性和女性之间差异最大的 18 个特征。这些特征不仅包括心理学研究中广泛使用的广泛特征（例如外向性和宜人性），还包括更具体的思维和行为模式，例如个人冒险的频率或他们对美学的关注程度。我们还通过运行最终研究来复现主要发现，从而对我们的结论进行了双重检查。最终，我们发现顺性别男性和女性在任何特征上的性格都没有太大差异。但我们确实发现了 18 种性格特征的细微差别。

主 The most sizable 相当大的，颇大的 of these differences 系 was the degree /to which cisgender people **thought about** sex, assessed by asking people to rate (v.) how much they agreed with the statement “I often have sexual thoughts /when I meet an attractive-looking person” /and disagreed with the statement “I do not frequently think about sex.” (This “sex-focused” characteristic, while 尽管，虽然 **not linked to** major personality traits /commonly studied in psychology, nonetheless 然而，尽管如此 fits (v.) the conception of a personality trait /as a pattern in thought, emotion or behavior. It also **relates to** a concept called sexual preoccupation 盘算；思虑；长久思考的事情。) We found that /gender could explain about 18 percent of the variation **in the extent** 程度；限度 /to which people are sex-focused. Men **had a higher average score** on this trait **than** women. There were still plenty of women /who had a higher score than most men, however. In other words, individual men and women were highly varied 各种各样的；形形色色的；不相同的, **even though** at the group level, men tended to differ from women.

Example 3. 标题

这些差异中最大的差异是顺性别者对性的思考程度，通过要求人们评价他们对“当我遇到一个有吸引力的人时我经常有性想法”这一说法的同意程度和不同意该说法的程度来评估“我不经常想到性。”（这种“以性为中心”的特征，虽然与心理学中普遍研究的主要人格特质无关，但符合人格特质作为思想、情感或行为模式的概念。它也与一个叫做性关注的概念有关。）我们发现，性别可以解

释大约 18% 的人们对性的关注程度的差异。男性在这一特征上的平均得分高于女性。然而，仍然有很多女性的得分高于大多数男性。换句话说，尽管在群体层面上，男性往往与女性有所不同，但男性和女性个体差异很大。

On every trait, there was **a substantial 大量的；价值巨大的；重大的 overlap**（范围方面的）重叠部分 between men and women. Yet at the tail 尾巴 ends — where people **either** strongly agreed **or** disagreed with the questions we asked them —larger differences emerged. For example, very low compassion 同情；怜悯 was rare /in both men and women, but the few people who identified as very uncompassionate 冷酷无情的；无同情心的 /were **much more likely to be** men. This result is **consistent (a.)与...一致的；相符的,不矛盾的 with** the finding /that 主 antisocial 反社会的；危害社会的；令人讨厌的 personality disorder, which often involves a lack of remorse 懊悔；非常遗憾；自责 or empathy, 系 is more common among men than women.

Example 4. 标题

在每一个特征上，男性和女性之间都有很大的重叠。然而，在最后阶段——人们要么强烈同意，要么不同意我们提出的问题——出现了更大的分歧。例如，非常低的同情心在男性和女性中都很少见，但少数被认为非常没有同情心的人更有可能是男性。这一结果与以下发现一致，即反社会人格障碍通常涉及缺乏悔恨或同理心，男性比女性更常见。

So /is there a “man’s personality” and a “woman’s personality”? Fascinatingly 极有吸引力地；迷人地, almost everyone in our study /was a mix of “more often seen in men” and “more often seen in women” traits. For any given trait, an individual woman was closer to the overall average for women /than the overall average for men /just 61 percent of the time. And a man was closer to the average for men /than the average for women /only 57 percent of the time. Only about 1 percent of men and 1 percent of women /had almost entirely 全部地；完整地；完全地 “more often seen in men” or “more often seen in women” personality traits.

Example 5. 标题

那么到底有没有“男人的性格”和“女人的性格”呢？令人着迷的是，我们研究中的几乎每个人都具有“男性更常见”和“女性更常见”特征的混合体。对于任何给定的特征，女性个体在 61% 的情况下更接近女性的总体平均值，而不是男性的总体平均值。而且，只有 57% 的情况下，男性比女性平均水平更接近男性平均水平。只有大约 1% 的男性和 1% 的女性拥有几乎完全“更常见于男性”或“更常见于女性”的人格特质。

To test (v.) how accurately 精确地，准确地 gender **can be predicted from** personality, we developed a simple machine-learning algorithm (a computer program /that **looked for** patterns in data /regarding (尤指以某种方式) 注视，凝视 which personality traits are **associated 有关联的；相关的 with** being a cis 同侧的，顺式的 man or a cis woman). We trained our algorithm /using results from past study participants 参加者，参与者, then presented 把...交给；颁发；授予 the algorithm with the personality traits of new participants /to see how well it could predict their gender. Using just the most predictive trait — being sex-focused —the algorithm could predict a person's gender correctly 69 percent of the time. This result may be impressive 令人赞叹的；令人敬佩的 to some. But the prediction is **far from** 远离,远远不是 perfect /because some women are much more sex-focused than the average man.

Example 6. 标题

为了测试“从性格中预测性别”的准确程度，我们开发了一种简单的机器学习算法（一种计算机程序，用于在数据中寻找与顺式男性或顺式女性相关的人格特征模式）。我们使用过去研究参与者的结果，来训练我们的算法，然后向算法展示新参与者的性格特征，看看它能多好地预测他们的性别。仅使用“最具预测性的特征”（以性别为中心），该算法就可以在 69% 的情况下正确预测一个人的性别。这个结果可能会让一些人印象深刻。但这一预测远非完美，因为有些女性比普通男性更注重性。

The algorithm's accuracy rose to 78 percent /when we allowed it to incorporate 将...包括在内；包含；吸收；使并入 all the personality differences at once. That's a big improvement —but for the other 22 percent of people, the algorithm was

predicting incorrectly. When we **released** our quiz 小测验 **to** the public, accuracy slipped a bit further (空间距离) 较远 , 更远 to 74 percent. That's still much better than the average human, though: We **gave** another group of study participants **sets of** personality traits that, we explained, belonged to particular individuals. Then we asked the participants to predict the gender of those other people /using the personality traits. They were correct only 58 percent of the time, hardly better than a coin flip. The quiz is called the Gender Continuum (相邻两者相似但起首与末尾截然不同的) 连续体 Test, and you can try it yourself on our Web site /to see whether the algorithm predicts your gender. (https://programs.clearerthinking.org/gender_continuum_test.html)

Example 7. 标题

continuum

a series of similar items /in which each is almost the same as the ones next to it /but the last is very different from the first (相邻两者相似但起首与末尾截然不同的) 连续体

SYN cline

- It is impossible to say at what point along the continuum a dialect becomes a separate language. 要说出同一语言的方言差异到什么程度就成为一种别的语言是不可能的。



当我们允许它同时包含所有性格差异时，该算法的准确率上升到 78%。这是一个很大的进步——但对于其他 22% 的人来说，算法预测不正确。当我们向公众发布测验时，准确率进一步下滑至 74%。不过，这仍然比普通人要好得多：我们向另一组研究参与者提供了一组人格特征，我们解释说，这些特征属于特定个体。然后我们要求参与者使用人格特征预测其他人的性别。他们只有 58% 的时间是正确的，几乎不比抛硬币好。该测验称为性别连续体测试，您可以在我们的网站上亲自尝试一下，看看该算法是否可以预测您的性别。

We believe /our results **shed new light on** 使（问题等）较容易理解 the size of gender differences in personality. There are, however, some important caveats (n.)警告；告诫.

First, all our study participants were from the U.S., and given that factors /such as culture influence (v.) personality and gender, we would be hesitant (a.)犹豫的；踌躇的；不情愿的 **to extend** our conclusions **to** other communities 社区；团体，群体.

Second, our study cannot provide insight into the causes of personality differences—for instance, how much these differences can be explained by environment and culture **as opposed to** (表示对比) 而, 相对于 biology.

Third, as we noted earlier, we do not have enough data to comment (v.) 议论; 评论; 解释 on transgender, intersex 雌雄间性; 间性人 or nonbinary 非二元的, 非二选一的 individuals. We hope that /future research explores (v.) these and other dimensions 维 (构成空间的因素); 尺寸; 方面; 侧面 of the personality, sex and gender debate.

Example 8. 标题

AS OPPOSED TO

(formal) used to make a contrast between two things (表示对比) 而, 相对于

- 200 attended, **as opposed to** 300 the previous year. 出席的有200人, 而前一年是300人。
- This exercise develops suppleness **as opposed to** (= rather than) strength. 这项锻炼不是增强力量, 而是增强柔韧性的。

intersex

(n.) (medical 医) the physical condition of being partly male and partly female 间性; 雌雄间性; 雌雄间体

我们相信, 我们的结果为了解人格中性别差异的大小, 提供了新的线索。然而, 有一些重要的警告。

首先, 我们所有的研究参与者都来自美国, 考虑到文化等因素影响个性和性别, 我们会犹豫是否将我们的结论推广到其他社区。

其次, 我们的研究无法深入了解性格差异的原因, 例如, 这些差异在多大程度上可以通过环境和文化而不是生物学来解释。

第三, 正如我们之前指出的, 我们没有足够的数据来评论跨性别者、双性人或非二元个体。我们希望未来的研究能够探索人格、性别, 和社会性别争论的这些和其他方面。

Right now /our study is a reminder 引起回忆的事物；提醒人的事物 /that, on average, cisgender 顺性别的 men and women **do have** some **small to moderate 适度的；中等的 differences** in how they report their personality, but almost everyone is a mix of traits /seen more often in men /and seen more often in women. If you try to guess someone's personality from their gender, you'll very often be wrong.

Example 9. 标题

目前，我们的研究提醒人们，平均而言，顺性别男性和女性在表达个性方面，确实存在一些小到中度的差异，但几乎每个人，都混合了男性更常见的特征和女性更常见的特征。如果你试图根据某人的性别来猜测他的性格，你通常会错。

Here are your personality results!

Keep in mind that /these personality results were measured (v.), **for the sake 利益，好处；目的 of** 为了某人（或某事）起见；因某人（或某事）的缘故 brevity (n.) 简洁；简炼, using just two questions /per personality trait, and so are not a **comprehensive assessment** 评定；核定；判定 of each trait.

Example 10. 标题

这是您的个性结果！

请记住，为了简洁起见，这些性格结果，是通过每个性格特征仅使用两个问题来衡量的，因此并不是对每个特征的全面评估。

Like MALES do /on average, you reported yourself as being:

- Less Aesthetic (a.) 审美的；有审美观点的；美学的 - less likely to be moved by artistic beauty
- Less Amicable 心平气和的；友善的 - more likely to contradict (v.) 反驳；驳斥 the opinions of others

- Less Compassionate 有同情心的；表示怜悯的 - less concerned 担心的；忧虑的；感兴趣的；关切的；关注的 or sympathetic towards others
- Less Forgiving 宽宏大量的；宽容的 - more desire for **revenge (v.)** 报复；报仇 **on** those who have wronged 不公正（或不诚实）对待 you
- Less Peaceful 不诉诸战争（或暴力、争论）的；和平的 - more likely to use violence to solve problems
- Less Warm 温情的；热心的；友好的 - less expression of happy feelings
- Less Unselfish 无私的；忘我的；不谋私利的 - less **looking out for** 关注某人或某事，确保他们安全或避免危险 others before looking out for yourself
- More Sex Focused - more likely to have frequent sexual thoughts
- More Self Defending - less likely to blame yourself for problems

Example 11. 标题

就像男性的平均表现一样，您报告自己是：

- 缺乏审美——不太可能被艺术美所感动
- 不太友善 - 更有可能反驳他人的意见
- 缺乏同情心 - 对他人不太关心或同情
- 更少的宽容——更渴望报复那些伤害过你的人
- 不太和平 - 更有可能使用暴力来解决问题
- Less Warm - 快乐情绪的表达较少
- 少一些无私——在考虑自己之前少考虑别人
- 更注重性——更有可能频繁产生性想法
- 更多的自我防御——不太可能因为问题而责怪自己

Like FEMALES do on average, you reported yourself as being:

- More **Emotionally Aware** 知道；意识到；明白 - having more awareness and understanding 理解；领悟；了解 of emotional reactions
- More Honest - less likely to bend the truth
- Less Unusual 独特的；与众不同的；别致的 - less unusual or non-ordinary 不寻常的，不平凡的
- Less **At Ease** (n.) 舒适；安逸；自在；无忧无虑 - more likely to worry or be afraid
- Less Complexity 复杂性；难懂 Seeking - less likely to take pleasure 愉快；欣慰；满意 in complexity
- Less Improvisational 即兴的 - less likely to be good at **coming up with** 提出，想出 new things **on the spot** 当场；当下；在现场
- Less **Risk Taking** - more avoidance (n.) 避免；防止；回避 of risky situation
- Less **Self Valuing** (v.) 评价；评估；价值判断 - less likely to see yourself as **superior (a.)** (在品质上) 更好的；占优势；更胜一筹 to others
- Less **Thick Skinned** 厚脸皮 - more likely to be hurt by what others say or do

Example 12. 标题

valuing

a. 评价；评估；价值判断 (value 的 ing 形式)

就像女性的平均情况一样，您报告自己是：

- 更情绪化 - 对情绪反应有更多的意识和理解
- 更诚实 - 不太可能歪曲事实
- Less Unusual - 不那么不寻常或非常规
- 不太自在 - 更有可能担心或害怕
- 寻求更少的复杂性——不太可能享受复杂性
- 即兴创作较少——不太擅长当场想出新事物

- 更少的风险承担——更多地避免风险情况
- 自我评价较低——不太可能认为自己优于他人
- 脸皮不那么厚——更容易被别人的言行伤害

2. Most of Us Combine Personality Traits from Different Genders

How different are men and women really?

For example, a study involving more than 300,000 people in the U.S. who self-identified as either male or female looked both at broad personality traits, such as extraversion and agreeableness, and at more specific aspects of these traits, such as a warm communication style or a tendency to act altruistically. In this sample, researchers found moderate differences between male and female participants in the broad traits but, in most cases, larger differences at the more specific level. Overall, for instance, both male and female people in the study were similarly extraverted (a broad trait). When the scientists looked at specific aspects of extraversion, however, they found that male participants, on average, sought out exciting situations more often than female ones did. And female participants demonstrated higher activity levels than male ones.

To create the questions for our studies, we cast a very wide net, looking at large personality projects, reviewing the academic literature and crowdsourcing ideas. We ended up testing more than 600 personality questions for gender differences before identifying the 18 traits with the greatest variation between the self-identified men and women in our sample. These traits included not only the broad characteristics that are widely used in psychological research (such as extraversion and agreeableness) but also more specific patterns of thought and behavior, such as how frequently an individual takes risks or their degree of focus on aesthetics. We also double-checked our conclusions by running a final

study to replicate the major findings. Ultimately we found no large differences in personality between cisgender men and women on any traits. But we did find small and moderate differences in the 18 personality traits.

The most sizable of these differences was the degree to which cisgender people thought about sex, assessed by asking people to rate how much they agreed with the statement “I often have sexual thoughts when I meet an attractive-looking person” and disagreed with the statement “I do not frequently think about sex.” (This “sex-focused” characteristic, while not linked to major personality traits commonly studied in psychology, nonetheless fits the conception of a personality trait as a pattern in thought, emotion or behavior. It also relates to a concept called sexual preoccupation.) We found that gender could explain about 18 percent of the variation in the extent to which people are sex-focused. Men had a higher average score on this trait than women. There were still plenty of women who had a higher score than most men, however. In other words, individual men and women were highly varied, even though at the group level, men tended to differ from women.

On every trait, there was a substantial overlap between men and women. Yet at the tail ends—where people either strongly agreed or disagreed with the questions we asked them—larger differences emerged. For example, very low compassion was rare in both men and women, but the few people who identified as very uncompassionate were much more likely to be men. This result is consistent with the finding that antisocial personality disorder, which often involves a lack of remorse or empathy, is more common among men than women.

So is there a “man’s personality” and a “woman’s personality”? Fascinatingly, almost everyone in our study was a mix of “more often seen in men” and “more often seen in women” traits. For any given trait, an individual woman was closer to the overall average for women than the overall average for men just 61 percent of the time. And a man was closer to the average for men than the average for women only 57 percent of the time. Only about 1 percent of men and 1 percent of women had almost entirely “more often seen in men” or “more often seen in women” personality traits.

To test how accurately gender can be predicted from personality, we developed a simple machine-learning algorithm (a computer program that looked for patterns in data regarding which personality traits are associated with being a cis man or a cis woman). We trained our algorithm using results from past study participants, then presented the algorithm with the personality traits of new participants to see how well it could predict their gender. Using just the most predictive trait—being sex-focused—the algorithm could predict a person's gender correctly 69 percent of the time. This result may be impressive to some. But the prediction is far from perfect because some women are much more sex-focused than the average man.

The algorithm's accuracy rose to 78 percent when we allowed it to incorporate all the personality differences at once. That's a big improvement—but for the other 22 percent of people, the algorithm was predicting incorrectly. When we released our quiz to the public, accuracy slipped a bit further to 74 percent. That's still much better than the average human, though: We gave another group of study participants sets of personality traits that, we explained, belonged to particular individuals. Then we asked the participants to predict the gender of those other people using the personality traits. They were correct only 58 percent of the time, hardly better than a coin flip. The quiz is called the Gender Continuum Test, and you can try it yourself on our Web site to see whether the algorithm predicts your gender.

We believe our results shed new light on the size of gender differences in personality. There are, however, some important caveats. First, all our study participants were from the U.S., and given that factors such as culture influence personality and gender, we would be hesitant to extend our conclusions to other communities. Second, our study cannot provide insight into the causes of personality differences—for instance, how much these differences can be explained by environment and culture as opposed to biology. Third, as we noted earlier, we do not have enough data to comment on transgender, intersex or nonbinary individuals. We hope that future research explores these and other dimensions of the personality, sex and gender debate.

Right now our study is a reminder that, on average, cisgender men and women do have some small to moderate differences in how they report their personality, but almost everyone is a mix of traits seen more often in men and seen more often in women. If you try to guess someone's personality from their gender, you'll very often be wrong.

Here are your personality results!

Keep in mind that these personality results were measured, for the sake of brevity, using just two questions per personality trait, and so are not a comprehensive assessment of each trait.

Like MALES do on average, you reported yourself as being:

- Less Aesthetic - less likely to be moved by artistic beauty
- Less Amicable - more likely to contradict the opinions of others
- Less Compassionate - less concerned or sympathetic towards others
- Less Forgiving - more desire for revenge on those who have wronged you
- Less Peaceful - more likely to use violence to solve problems
- Less Warm - less expression of happy feelings
- Less Unselfish - less looking out for others before looking out for yourself
- More Sex Focused - more likely to have frequent sexual thoughts
- More Self Defending - less likely to blame yourself for problems

Like FEMALES do on average, you reported yourself as being:

- More Emotionally Aware - having more awareness and understanding of emotional reactions
- More Honest - less likely to bend the truth
- Less Unusual - less unusual or non-ordinary
- Less At Ease - more likely to worry or be afraid

- Less Complexity Seeking - less likely to take pleasure in complexity
- Less Improvisational - less likely to be good at coming up with new things on the spot
- Less Risk Taking - more avoidance of risky situation
- Less Self Valuing - less likely to see yourself as superior to others
- Less Thick Skinned - more likely to be hurt by what others say or do