VoiceTube《看影片學英語》

沈迷社交媒體無法自拔？戒掉社交媒體的好處 (Why People Are Choosing To Quit Social Media | BBC Ideas)

1. I'm not sure whether other people on the Tube would be happy, but I look at other people more.
   我不清楚在地鐵上的人會不會覺得開心，但我更常觀察別人。

2. I like to observe, have a look at what someone's wearing, you know, imagine what sort of person they would be.
   我喜歡觀察，看別人的穿著，想像他們會是哪一種類型的人。

3. Just try and live in the moment a bit more.
   試著多活在當下。

4. That's right, no Facebook, no Twitter, no Instagram, no WhatsApp.
   沒錯，不使用臉書、推特、IG 和 WhatsApp。

5. [Anti-social - The people not on social media]
   [反社交——不使用社群媒體的人]

6. What triggered it was a break up.
   引發我不使用社群媒體的原因是分手。

7. I think when something like that happens, you need to just let someone die a social media death and just remove them from your life.
   我認為類似像這種事情發生時，你需要讓某個人在社群媒體中死去，並把他們從生活中移除。

8. And then I realised that actually they weren't that useful to me anyway.
   我接著領悟到，其實他們對我來說助益不大。

9. So I just went the whole hog and didn't bother using them ever again.
   所以我乾脆做得徹底一點，不再使用任何社群媒體。

10. The point about social media is the addictiveness.
    社群媒體的目的就是要讓你成癮。

11. Nobody really wants to spend hours and hours every day updating their status and seeing what other people think about them.
    沒人真的想要每天花數個小時更新自己的狀態和看別人對他們的想法。

12. Nobody consciously wants to do that, but those behaviours are themselves addictive behaviours.
    沒人是刻意想要這麼做，那些行為是上癮的徵兆。

13. Once you're trapped in that loop, it's very hard to break out.
    你一旦陷入那種循環，將會很難破除。

14. It's not that we want to go back to some idyllic past, an Eden before the machines existed.
    這不是說我們想要回歸到恬靜的過去——在機器出現前的伊甸園。

15. It's that we need to take control of these machines and use them for their proper ends.
    而是說我們需要控制這些機器，以及將它們使用在正確的目的上。

16. [36 percent of the U.K. population is not active on social media]
    [36% 的英國人在社群媒體上並不活躍]

17. The bad thing is that you think people's lives are much more fun than your own life.
    最糟糕的是，你認為別人的人生遠比你自己的人生還有趣。

18. When I'm the bus, I just see people like zombies and I'm like, "alright, it's a sunny day, there is no... there is something to see, not only your phone."
    當我在公車上只看見殭屍般的人們，我心想：「今天是晴天，而這世界有很多你可以觀賞的事物，不是只有你的手機。」

19. I like to be present when I share something about myself with someone, so I can get their feedback and either stop right there or tell them the story behind it, or give context.
    我喜歡當面跟別人分享自己的事，這樣我才可以得到意見回饋，再決定要結束談話還是繼續說背後的小故事，或是給予其他背景故事。

20. Sometimes I might withhold a certain opinion rather than being rapid fire, because maybe it requires a bit of nuance.

有時候與其不斷的提問，我會拒絕提供特定的意見，因為或許需要一點細微的差別。

21. And maybe the best thing is not for me to just shoot my mouth off online because some headline made me angry.

或許對我來說，最佳的情況不會是因為有些標題讓我非常憤怒，就只在線上高談闊論。

22. The thing is, the world is real, whether we want to believe it or not, and it's really important for us to have a sense of where we are in that world.

事實是，不管我們是否想要相信，這個世界是真實存在的，而理解我們在這個世界中的定位是很重要的。

23. I don't like to use the term social media, at the end of the day, because it implies that it's designed to promote social behaviours when usually it's designed to promote the amount of attention that we're giving it.

總而言之，我不喜歡使用「社群媒體」這個詞，因為它意味著設計的目的是促進社交行為，但通常它促進的是我們注意力的多寡。

24. In order to grab our attention, because there's so much competition, design has to appeal to the lower parts of us, to the non-rational, automatic, impulsive parts of us.

因為競爭太多，所以為了抓住我們的注意力，設計必須吸引我們不重要的、非理性的、自動的、衝動的部分。

25. And so this is why we get things like clickbait, like sensationalism, things that appeal to our outrage.

因此，這就是如釣魚文和聳動標題產生的原因，因為這些事物會引起我們的憤慨。

26. And there's a whole industry of consultants, of psychologists who are helping designers really punch the right buttons in our brains so that we do keep coming back for more and we do stay hooked on the products.

有顧問和心理學家幫助設計師抓住我們大腦的要害，所以我們會不斷回頭尋求更多，而我們的確被產品吸引。

27. At the end of the day, they're advertising systems, not really social platforms.

總而言之，他們宣傳的是系統而非社交平台。

28. [63 percent of the global population is not active on social media--4.8 billion people.]

[世界上 63% 的人口——也就是 48 億人，在社群媒體上並不活躍。]

29. Some of them take social media breaks quite a lot anyway, so it's not like I'm doing something that's particularly divergent, but they think it's a good thing.

有些人常常暫停使用社群媒體，所以他們感覺不像是在做一件特別分歧的事，而是一件好事。

30. I think they realise, we all realise, that we look at memes too much, we use Instagram too much.

我認為他們曉得，我們大家都曉得，我們太常看網路爆紅事物，太常使用 IG。

31. It's just whether we realise that and do something about it.

差別只在於我們是否意識到這種情況，並做些改變。

32. There are things that give us instant pleasure and they're like the more gluttonous things like food and sex and stuff like that, and they give us a really high spike of pleasure.

有些事物是會提供我們立即的快感，例如食物和性這些比較貪得無厭的事物，它們給我們大量的愉悅感。

33. But the things that are the most worthwhile are the things that you spend a lot of time on.

但最值得的事物是那些你花許多時間在上面的。

34. So playing the piano is not pleasant to begin with but you get like a much more steady wave of satisfaction.

所以一開始彈鋼琴不會感到愉快，但你會感到一波較為穩定的滿足感襲來。

35. So it does matter, because the pleasures that are sometimes the most time-consuming or the ones that take the most work can be the ones that are the most fulfilling.

所以這的確很重要，因為愉悅感有時候是最耗時且耗力才能得到的，但也可以變成最令人滿足的。

36. Those are the pleasures that are self-actualizing, that help you realise a part of yourself that you didn't have.

那些是自我實現產生的愉悅感，會幫助你意識到自己欠缺的部分。

37. I'm on it probably every day, just to be nosy.

我每天都使用社群媒體，只是為了多管閒事。

38. I'm sure I could live without it.

我很確定沒有社群媒體，我也可以活得很好。

39. We did before, didn't we?

在有社群媒體之前，我們不是也過得很好嗎？