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Vocabulary: loneliness 词汇: 孤独

How lonely are you? Sometimes living alone or being in a remote location with nobody around to talk to can give you the feeling of **despair** and **isolation**. It's not a great feeling. There's a common **stereotype** that it's something that affects older people more, but research has found that loneliness is something that can affect us all, whatever our age.

There's a familiar phrase that says it's possible to be **lonely in a crowd** – despite being surrounded by hundreds of people, you think you have nobody to talk to or to **connect** with and that nobody wants to listen to you anyway. It's probably not true, but loneliness is seen as a big problem for the **mental health** of the population wherever they live - so much so that the British government even has a minister for loneliness.

The BBC recently completed a survey about the topic and it found that people aged between 16 and 24 **experience** loneliness more often and more **intensely** than any other age group. Researchers from the University of Manchester who analysed the data, suggested feeling lonely may **plague** the young because it's a time of identity change - **figuring out** your place in the world and of learning to **regulate emotions**.

Psychology lecturer and BBC presenter Claudia Hammond says that "it's tempting to conclude that something about **modern life** is putting young people at a higher risk of loneliness, but when we asked older people in our survey about the loneliest times in their lives, they also said it was when they were young."

The issue is certainly being talked about more. And in the UK, the Minister for Loneliness Tracey Crouch has said that "the government now recognises loneliness as one of the biggest **health challenges** we face." She also said there needs to be a "national conversation" to end the **stigma** about admitting to feeling lonely.

The BBC Loneliness Experiment also found the type of culture you live in has **implications** for loneliness. People from cultures which tend to put a high value on **independence**, such as Northern Europe and the US, revealed they would be less likely to tell a colleague about their loneliness. But in cultures where **extended family** is often emphasised, such as in Southern Europe, Latin America, Asia and Africa, older women in particular were at lower risk of feeling lonely.

## 词汇表

<b>despair</b>	绝望
<b>isolation</b>	孤独，隔绝
<b>stereotype</b>	成见
<b>lonely in a crowd</b>	即使在热闹处，仍感孤独
<b>connect</b>	建立联系
<b>mental health</b>	心理健康状态
<b>experience</b>	感受到，体会到
<b>intensely</b>	强烈地
<b>plague</b>	折磨，使苦恼
<b>figure out</b>	找到...
<b>regulate emotions</b>	控制、调节情绪
<b>modern life</b>	现代生活
<b>health challenge</b>	健康隐患
<b>stigma</b>	耻辱
<b>implication</b>	可能的影响
<b>independence</b>	独立
<b>extended family</b>	大家庭

## 测验与练习

### 1. 阅读课文并回答问题。

1. According to the survey, which age range was most affected by loneliness?
2. True or false? *There is more chance of feeling lonely if you live in a remote location.*
3. What is thought to lead to loneliness among some young people?
4. Why might older women in Asia be at a lower risk of feeling lonely?
5. Which word used in the article means 'possible effects or results'?

### 2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Not being married and having a child no longer carries a \_\_\_\_\_ in certain societies today.

plague	stigma	stereotype	culture
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2. Since Phil lost his job, he's been \_\_\_\_\_ how to pay for the new car he'd just bought.

figured out	figure out	figuring out	figuring up
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3. We all had to work \_\_\_\_\_ to complete our assignments on time.

intensely	independence	stereotype	isolation
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4. My mum had a feeling of \_\_\_\_\_ when she lost her purse and her keys to the house.

despairing	desperate	desperation	despair
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5. The museum has got so busy we now have to \_\_\_\_\_ the number of people visiting at certain times.

plague	isolate	regulate	figure out
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## 答案

### 1. 阅读课文并回答问题。

1. According to the survey, which age range was most affected by loneliness?  
**The BBC survey found people aged between 16 and 24 experience loneliness more often and more intensely than any other age group.**
2. True or false? *There is more chance of feeling lonely if you live in a remote location.*  
**False. It doesn't matter where you live – you can still feel lonely in a crowd.**
3. What is thought to lead to loneliness among some young people?  
**Researchers from the University of Manchester suggested feeling lonely may affect the young because it's a time of identity change - figuring out their place in the world and of learning to regulate emotions.**
4. Why might older women in Asia be at a lower risk of feeling lonely?  
**Research found having an extended family meant they were less likely to get lonely.**
5. Which word used in the article means 'possible effects or results'?  
**Implications. "The BBC Loneliness Experiment interestingly, also found the type of culture you live in has implications for loneliness."**

### 2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Not being married and having a child no longer carries a **stigma** in certain societies today.
2. Since Phil lost his job, he's been **figuring out** how to pay for the new car he'd just bought.
3. We all had to work **intensely** to complete our assignments on time.
4. My mum had a feeling of **despair** when she lost her purse and her keys to the house.
5. The museum has got so busy we now have to **regulate** the number of people visiting at certain times.