

2020年12月份四级考试 仔细阅读 关于“无聊”的研究

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Boredom has, paradoxically, become quite interesting to academics. In early May, London's Boring Conference celebrated seven years of delighting in dullness. At this event, people flocked to talks about weather, traffic jams, and vending-machine sounds, among other sleep-inducing topics.

What, exactly, is everybody studying? One widely accepted psychological definition of boredom is "the distasteful experience of wanting, but being unable, to engage in satisfying activity." But how can you quantify a person's boredom level and compare it with someone else's? In 1986, psychologists introduced the Boredom Proneness Scale, designed to measure an individual's overall tendency to feel bored. By contrast, the Multidimensional State Boredom Scale, developed in 2008, measures a person's feelings of boredom in a given situation.

Boredom has been linked to behavior issues including inattentive driving, mindless snacking, excessive drinking, and addictive gambling. In fact, many of us would choose pain over boredom. One team of psychologists discovered that two-thirds of men and a quarter of women would rather self-administer shocks than sit alone with their thoughts for 15 minutes. Researching this phenomenon, another team asked volunteers to watch boring, sad, or neutral films, during which they could self-administer electric shocks. The bored volunteers shocked

themselves more and harder than the sad or neutral ones did.

But boredom isn't all bad. By encouraging self-reflection and daydreaming, it can spur creativity. An early study gave participants abundant time to complete problem-solving and word-association exercises. Once all the obvious answers were exhausted, participants gave more and more inventive answers to combat boredom. A British study took these findings one step further.

asking subjects to complete a creative challenge (coming up with a list of alternative uses for a household item). One group of subjects did a boring activity first, while the others went straight to the creative task. Those whose boredom pumps had been primed were more productive.

In our always-connected world, boredom may be a hard-to-define state, but it is a fertile one. Watch paint dry or water boil, or at least put away your smartphone for a while, and you might unlock your next big idea.

46. When are people likely to experience boredom, according to an accepted definition?

- A) When they don't have the chance to do what they want.
- B) When they don't enjoy the materials they are studying.
- C) When they experience something unpleasant.
- D) When they engage in some routine activities.

答案: A

定位: 第二段第二句: One widely accepted psychological definition of boredom

is “the distasteful experience of wanting, but being unable, to engage in satisfying activity.”

解析:

A 为什么正确: 没有机会做自己想做的事对应原文”想要但是不能参与活动的糟糕经历“。

B 为什么错误: 通过原文第一句的 studying 设置的干扰

C 为什么错误: 经历不愉快的事情, 未提及。

D 为什么错误: 参与日常活动, 没有体现原文的 want, but unable

47. What does the author say boredom can lead to?

A) Determination

B) Concentration.

C) Mental deterioration.

D) Harmful conduct

答案: D

定位: 第三段第一句: Boredom has been linked to behavior issues including inattentive driving, mindless snacking, excessive drinking, and addictive gambling.

解析: 无聊和一些行为问题有关, 原文列举了酗酒、赌博成瘾等例子, 对应 D 选项“有害的行为”。

48. What is the finding of one team of psychologists in their experiment?

- A) Volunteers prefer watching a boring movie to sitting alone deliberating.
- B) Many volunteers choose to hurt themselves rather than endure boredom .
- C) Male volunteers are more immune to the effects of boredom than females
- D) Many volunteers are unable to resist boredom longer than fifteen minutes

答案: B

定位: 第三段第三、四、五句: , One team of psychologists discovered that two-thirds of men and a quarter of women would rather self-administer shocks than sit alone with their thoughts for 15 minutes. Researching this phenomenon, another team asked volunteers to watch boring, sad, or neutral films, during which they could self-administer electric shocks. The bored volunteers shocked themselves more and harder than the sad or neutral ones did.

解析: 题目问心理学家的实验结果, 实验是为了支持前面一句提出的论点的, 即第三段第二句: In fact, many of us would choose pain over boredom. 多数人宁愿选择痛苦而不是无聊。结合实验具体描述, 得出答案。

A 为什么错误: 实验过程而非实验结论, 且描述有误。

B 为什么正确: 人们宁可选择痛苦也不愿意遭受无聊, 实验中人们宁可电击也不愿意什么都不做。

C 为什么错误: 男性比女性更加对无聊免疫。与原文相反, 原文是三分之二的男性和四分之一的女性更加难以忍受无聊。

D 为什么错误: 原文未提及忍受无聊的时长问题。

49. Why does the author say boredom isn't all bad?

- A) It stimulates memorization.
- B) It allows time for relaxation.
- C) It may promote creative thinking
- D) It may facilitate independent learning.

答案: C

定位: 第四段第一、二句: But boredom isn't all bad. By encouraging self-reflection and daydreaming, it can spur creativity.

解析: 此题难度较低, it can spur creativity. 它可以刺激创造力, 对应B选项“促进创造性思维”。ABD 分别对应“记忆”、“放松”、“独立学习”, 原文未提及。

50. What does the author suggest one do when faced with a challenging problem?

- A) Stop idling and think big.
- B) Unlock one's smartphone
- C) Look around oneself for stimulation
- D) Allow oneself some time to be bored.

答案: D

定位: 最后一段: since employers' perception of weight is what matters in the labor market, changing discrimination laws to include body type as a category would help. Michigan is the only state that prohibits discrimination on the basis of weight and height. We believe expanding such protections would make the labor market more fair and efficient.

解析: 本文前三段通过描写心理学家关于“无聊”的研究, 表达了人们对于“无聊”

这件事的不喜爱，但第四段话锋一转，作者提出自己的观点：无聊也是有好处的。并引用研究来作证。在最后一段，作者提出建议：创造一些无聊的情景给自己，你可能辉“解锁下一个好主意”。对应D选项：给自己一些无聊的时间。

A 为什么错误：不要无所事事，去想一些大问题。偏离了“无聊是有好处的”的主题

B 为什么错误：解锁你的手机，在最后一句设置的干扰，只是细节动作，并非本质建议。

C 为什么错误：偏离主题。