

研究：高个子的人更幸福实用英语 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/645/2021_2022__E7_A0_94_E7_A9_B6_EF_BC_9A_E9_c96_645347.htm Tall people lead happier lives than their more vertically challenged peers, according to a new study which found that most miserable men are almost an inch shorter than average. Researchers found that shorter people tended to be more dissatisfied with their lot in life. The study interviewed more than 450,000 adults about how they viewed their life. The volunteers were asked to place themselves somewhere on a “ life ladder ” and asked about their emotions. According to the findings, people who were taller were also more likely to be positive about their life and were more likely to judge themselves as happy. They were also less likely to feel a range of negative emotions, including sadness and physical pain, although they were more likely to experience stress and anger, and if they were women, to worry. Men who reported that their lives were the "worst possible" were in general more than eight tenths of an inch, or two centimetres, shorter than the average height. Women who viewed themselves as "on the bottom step" on the life ladder were shorter than the average woman by half an inch, or 1.3 centimetres. There was also a link between height and education, the findings, published in the journal Economics and Human Biology, found. Men who did not finish secondary school were found to be half an inch, or 1.27 centimetres, shorter than average and more than an inch, or 2.54 centimetres, shorter than the average

height of those who had gone on to graduate from university. However, there was no such clear link when it came to women, with just small differences in height. The authors of the report, from Princeton University in New Jersey, conclude that the link between education, income and height mostly explained the link with happiness and life satisfaction. The data was taken from the Gallup-Healthways Well-Being Index daily poll of the American population. 一项最新研究显示，与矮个子的人相比，高个子的人生活更加幸福。研究发现，大多数生活不幸福的男性比平均身高矮近一英寸。研究人员发现，身材较矮的人对自己的生活状况往往较不满意。该研究共对45万成年人对于生活的态度进行了调查。研究人员要求调查对象将自己置于“人生阶梯”的某个位置，并询问了他们的感受。根据调查结果，高个子的人对生活的态度也更为积极，而且往往认为自己很幸福。此外，高个子的人不太容易出现消极情绪，包括悲伤、身体的疼痛等等，不过他们更容易感到压力和愤怒，而如果是女性，她们则更容易感到焦虑。称自己的生活“最糟糕”的男性的身高总体上比平均身高矮0.8英寸多，合2厘米。而觉得自己处于“生活阶梯”“最底层”的女性则比平均身高矮0.5英寸，合1.3厘米。这项在《经济学与人类生物学》期刊上发表的研究报告指出，身高和受教育程度也有关。没读完中学的男性的身高比平均身高矮0.5英寸，合1.27厘米；比读了大学的人平均身高矮1英寸多，合2.54厘米。而这一点在女性身上却没有明显的体现，在身高上仅有微小的差距。研究报告的撰写者、来自新泽西州普林斯顿大学的研究人员总结称，受教育程度、收入和身高的关系在很

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