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[https://www.100test.com/kao\\_ti2020/645/2021\\_2022\\_\\_E5\\_90\\_8D\\_E4\\_BA\\_BA\\_E6\\_96\\_87\\_E5\\_c96\\_645504.htm](https://www.100test.com/kao_ti2020/645/2021_2022__E5_90_8D_E4_BA_BA_E6_96_87_E5_c96_645504.htm) Global celebrity culture is fuelling our crippling fear of insignificance, warns psychologist.三十年前，年轻人都渴望成为律师或者医生。现在的年轻人则梦想成为下一位奥斯卡奖得主或成为流行歌星。 A generation ago young people aspired to become lawyers and doctors. Now they yearn to be the next Oscar winner or celebrity pop star. But one university psychologist has warned this is wreaking havoc with our self-image and undermining our sense of self-worth. Over recent years people around the world have been suffering from an increasing fear of their own insignificance, according to Dr Carlo Strenger of Tel Aviv University. He began an interdisciplinary project on the phenomenon 10 years ago, after noticing a surge of this fear in his own patients. His findings, presented in a new book, notes hundreds of research projects that have charted an unprecedented increase in levels of anxiety and depression. By using a wide-ranging framework Dr Strenger thinks he has pinpointed the cause. The impact of the global infotainment network on the individual is to blame, he said. A new species is born: homo globalis - global man - and we are defined by our intimate connection to the global infotainment network, which has turned ranking and rating people on scales of wealth and celebrity into an obsession. As humans we naturally measure ourselves to those around us, but now we live in a global village we are comparing ourselves with the most

significant people in the world - and finding ourselves wanting. Today, even high achievers constantly fear that they are insignificant when they compare themselves to success stories in the media. This creates highly unstable self-esteem and an unstable society, Dr Strenger said. Instead, Dr Strenger says people should stop measuring their achievement through cultural fantasies of riches and celebrity, which cannot lead to fulfillment. The remedy is a process that he calls active self-acceptance through a sustained quest for self-knowledge through life. The fear of insignificance can only be overcome through strong individual and cultural identity over and above measurable achievement. He believes that people need to invest as much time in developing their worldviews as their careers. Stable meaning cannot be found in cheap paperbacks. People should invest time and thought to their worldviews and self-understanding in the same way they invest in medical studies and law school, Dr Strenger advises. 三十年前，年轻人都渴望成为律师或者医生。现在的年轻人则梦想成为下一位奥斯卡奖得主或成为流行歌星。但是一位大学心理学家警告说，这种名人崇拜将会严重干扰我们对自我形象的认识、破坏我们的自我价值感。特拉维夫大学的卡罗 100Test 下载频道开通，各类考试题目直接下载。详细请访问 [www.100test.com](http://www.100test.com)