

四级阅读：25岁到35岁人群正经受青年危机 PDF转换可能丢失图片或格式，建议阅读原文

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They may still be in the prime of their lives - but for many young adults, their 20s and 30s are now a time of panic and self-doubt as they suffer a quarter-life crisis。来源：百考试题百考试题成就你的梦想 Faced with too much choice, they are experiencing the traditional symptoms of a mid-life crisis earlier, research suggests。 Todays young adults often struggle with the multitude of options available, driving them to feel anxiety, depression and a sense of being trapped or locked into a marriage or a job that doesnt feel right。 And the phenomenon appears to be more common than in the past, according to Greenwich University researcher Oliver Robinson。 Dr Robinson, who interviewed 50 people aged between 25 and 35 about their difficulties coping, said: You are now more footloose to make changes in early adulthood than I think you once were. There is greater fluidity in the job world, greater fluidity in marriage or alternatives to marriage. This fluidity has meant major life changes are more acceptable。 In the past if a major life change were to occur it would happen in mid-life. Pressure to meet parents demands can add to the sense of crisis among todays young adults, he said。 It is about people feeling a frenetic need to get a job, make money and be successful quickly, said the researcher。 It links to the demanding nature of people in their 20s and 30s who want it all. They are not happy with a mediocre, ploddy, conventional life. While a major re-evaluation of life choices can be

unsettling, it seems to be worth it in the end, the British Psychological Societys annual conference heard。 Dr Robinson said setting the clock back on adulthood and starting again brings with it a sense of freedom。 And those who have suffered or are in the midst of a quarter-life crisis will be glad to know that it cuts their odds of suffering a proper mid-life crisis later on。 Dr Robinson said: Youd be much less likely to [suffer another crisis] because the lifestyle that [you have] post crisis is intrinsically healthier than what you had before. 很多20和30多岁的年轻人也许还处于人生的黄金时期，但因为遭遇“青年危机”，他们正在恐慌和自我怀疑中挣扎。研究指出，由于面临太多选择，他们正提早经历中年危机的一些传统症状。现在的年轻人时常要在众多可能性中作出艰难的选择，这让他们感到焦虑和抑郁。他们感觉自己陷入或“被锁进了”错误的婚姻或工作。格林威治大学的研究人员奥利佛

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