

# 研「沉悶課堂」反思專注力 港學者首奪搞笑諾獎

News Buddy

## Researchers studying boredom won the education prize of the Ig Nobel Award

原文

下文摘錄自9月17日香港《文匯報》：

一年一度的「搞笑諾貝爾獎 (Ig Nobel Prize)」香港時間15日公布結果。香港大學心理學系副教授陳澹靈及其團隊，憑藉多個有關中學及大學生「沉悶課堂」的相關研究而獲得「教育獎」，實現香港科研在搞笑界別的「零的突破」！香港文匯報成功訪問陳澹靈，披露其研究的動機與背後的搞笑細節。他笑言，研究起點是源於數年前開始為自己及他人「科研解悶」，透過研究為何怕悶，探索如何建設性地解悶。他寄語廣大師生「沉悶其實並非洪水猛獸」，而是一個反思自己前進方向的機會，從而學習掌控自己的專注力；而教育界亦要讓學生明白學習的意義，明白專心完成「得來不容易才是珍貴」。

陳澹靈為今次獲獎兩篇相關論文的通訊作者，本學年正於港大休假期在海外參與學術活

動。他透過電郵接受香港文匯報訪問時直言，自己從小就是個很怕悶的人，「我在大學的研究題材基本上每數年便大轉換，儘管我明白每件事如要做好，就需專心。」

身為心理學學者，他本着探索自身內心世界的「Research, me-search」原則，加上有見種種原因令當代人愈來愈怕悶及難以專心。於是他從數年起開始為自己及他人「科研解悶」，「研究為何有些人（包括自己）特別怕悶，什麼時候會悶，不容許自己悶會有什麼後果，怎樣有建設性地解悶，等等。」

他們團隊於2020年發表一篇揭秘學生上課沉悶表現與老師的教學沉悶感關係的論文。在研究中，他們以本港兩間中學437名學生和17名教師作為實驗對象，發現學生的學習動力會隨老師自覺沉悶下降，如學生誤認為老師自身對於授課也感到沉悶，就會令他們的學習動力下降。

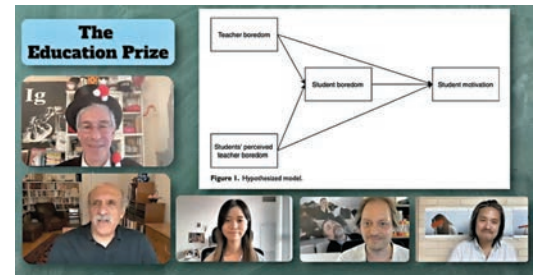
該團隊在去年發表的研究中，又將英國倫敦

國王學院和港大的課堂作為試驗場，進一步驗證其假設：若學生誤認為老師感授課沉悶，將促成「自我實現預言」(self-fulfilling prophecy)，他們亦會因此感到沉悶。

研究又發現，老師評價自己的沉悶感覺，與學生評價老師課堂中的沉悶感覺存在一定落差，有可能是因為學生未能準確地閱讀老師的情緒，亦可能學生把自己的沉悶感覺投射在老師身上，或是老師內心教學的熱情，未有表露出來。

陳澹靈向記者闡釋有關研究的結論，「其實我們其中一項主旨就是研究自身的期望如何作用我們的感受。簡單來講，期望愈高失望愈大。當你先入為主覺得某堂很悶，上那課時亦相對覺得悶一些。」

「沉悶其實並非洪水猛獸。」陳澹靈坦言，如沒有沉悶感，我們可能無法認識到正不停做一些毫無益處的事情，重點是沉悶會令自己察



◆ 陳澹靈及其團隊進行「沉悶課堂」有關研究。網上圖片

覺已經分心，提供了一個三思的機會，應當自問此刻該繼續堅持方向、選擇休息抑或改做其他事，「只有察覺並理解沉悶才能掌控自己的專注力，不然我們的專注力只會不斷被他者操控。」而身為教育工作者，更有責任協助學生明白學習的意義，讓他們體會透過專心完成一件事而感受到的樂趣，明白「得來不容易才是珍貴」的道理。

譯文

The annual Ig Nobel Prize results were announced on the 15th of Hong Kong time. Dr Christian Chan, Associate Professor of the Department of Psychology at the University of Hong Kong, and his team won the Education Prize for their research on boring classrooms in secondary and tertiary schools, a breakthrough for Hong Kong's scientific research in the funny sector! Hong Kong Wen Wei Po interviewed Christian Chan, revealing the motivation for his research and the hilarious details behind it. He laughed and said that his research started a few years ago when he started to "solve boredom in research" for himself and others by studying why he was afraid of boredom and exploring how to solve boredom constructively. He also said that "boredom is not a scourge" but an opportunity to reflect on one's progress and learn to control one's concentration. At the same time, the education sector should let students understand the significance of learning and the value of focusing on what they have accomplished, which is "not easy to come by".

Christian Chan, the corresponding author of the two papers that won the award, is on leave from the University of Hong Kong to participate in overseas academic activities this academic year. In an interview with Hong Kong Wen Wei Po via email, he said that he has been impatient to boredom since he was a child. "My research topics at the university change every few years, even though I understand that I need to be dedicated if I want to be good at something," he said.

As a psychologist, he has been following the principle of "Research, me-search" in exploring his inner world and has seen that there are various reasons why people are getting less bearable to boredom and find it difficult to concentrate. Therefore, he started to conduct "Research, me-search" for himself and others a few years ago "to study why some people (including himself) are afraid of being bored, when they are bored, what will happen if they are not allowed to be bored, and how to solve boredom constructively, etc.".

Their team published a paper in 2020 on the relationship between students' boredom in class and teachers' boredom in teaching. The study

used 437 students and 17 teachers from two secondary schools in Hong Kong as subjects. They found that students' motivation to learn declined with teachers' self-perceived boredom and that students' motivation to learn declined if they mistakenly believed their teachers were also bored with teaching.

In a study published last year, the team used the classrooms of King's College London and the University of Hong Kong as testing grounds to test their hypothesis further that students' self-fulfilling prophecy would be facilitated by their teachers' misperception that they were bored in teaching and that they would feel bored as a result.

The study also found a discrepancy between the teachers' assessment of their boredom and the students' assessment of the teachers' boredom in the classroom. This could be due to the students' inability to read the teachers' emotions accurately, the students' projection of their boredom onto the teachers, or the teachers' inner passion for teaching, which was not expressed.

Christian Chan explained the study's conclu-

sion to the reporter, "In fact, one of our main themes is to study how our expectations play a role in how we feel. Simply put, the higher the expectations, the greater the disappointment. When you have a preconceived notion that a class is boring, you will be bored when you attend that class," he said.

"Boredom is not a scourge," says Christian Chan. He admits that with boredom, we may be able to realize that we are doing something unhelpful. The point is that boredom makes us know that we are already distracted, and it provides an opportunity to think twice about whether we should continue to stick to the direction we are going, take a break, or do something else," says Christian Chan. "Only by recognizing and understanding boredom can we control our concentration, or else our concentration will only be manipulated by others. As educators, it is our responsibility to help students understand the meaning of learning so that they can realize the joy of accomplishing something through concentration and understand that "it is not easy to get what you want, but it is precious".

璇琰

恒 大清思

## 科技「雙面刃」 依賴有危害

今年夏天去了一趟哥倫比亞旅行，旅程第三天便遺失了智能電話，連同香港的電話號碼卡也一併不翼而飛。幸好對這類現代科技一直抱有較為保守的態度，並未將銀行賬戶、信用卡與電話相連，因此沒有重大的財物損失。只是不少交通、住宿的預訂憑證均儲存在電郵硬碟中，要解鎖電郵、社交媒體賬戶等戶口往往需要「二次認證」，在收不到傳往香港電話號碼的短訊時，倍感不便。

今時今日，沒有智能電話基本上難以在任何文明之地生活。某程度上，它的確為人帶來不少方便，無論在什麼地方，只要有網絡便能聯繫世界；可是，如果遇上上述情況，科技反而會對人帶來諸多麻煩，尤有甚者，若把所有個人資料均存於智能電話內，甚至會帶來相當嚴重的損失。

科技產品給人「雙面刃」效果，古人早已有所察覺，因此他們對待新技術時常採保留態度。

### 知其「巧」 避其「敗」

古代有一種農具叫「桔槔」，能充分利用水的重力灌溉農田，既高效又省力，根據《說苑》記載，春秋時代鄭國思想家鄒衍路過衛國，向當地農民推薦用這種工具，但農民卻推說他們並非不知道桔槔的作用，只是因為「有機之巧，必有機之敗」，因此並未在耕作時利用它，可見古人明白我們固然可以利用器械便利生活，但以機巧之心創製出的工具亦必定有其缺點為人帶來不便。

讀者也許有所不知，內地大力推行電子

支付，大眾都把銀行戶口「綁定」在智能電話中，一旦遇上天災斷電，電源耗盡便可能有錢也買不到必需品。

科技愈便利生活，人便愈容易對之形成依賴，在危急的情況之下反被科技主宰了命運，難以自救。

傳統中國文化向有「重道輕器」的思想，認為「器」容易被暗藏心機的人濫用，因此主張「以道御器」，使用器具時必須有正確的價值觀，避免將之用作損人利己。

科技發達，生活產品日新月異，可以提高人的生活質量，但若不幸為有心人所用，後果便不堪設想。

道家思想早就看出這點，反對人沉迷「巧智」，認為人應該返璞歸真探求真我，又主張「物物而不物於物」，即要駕馭、利用身邊的事物，而不要受它們所役使。

因此，我們在享受科技產品帶來的好處之餘，不妨謹記先賢的智慧，善用這類「巧智之物」，而不是讓它們成為自己的負累。



◆ 科技愈便利生活，人便愈容易對之形成依賴。資料圖片

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## 風雨中學習亦有趣味

貼地英文

早前香港一開學便因風雨停了兩天學，無論中英新聞都有廣泛報道。而美國九月初也出現一個最高級別颶風，天災帶來生命和財產的破壞當然是不好的，但我找到美國有線電視新聞網(CNN)的相關文章，當中有些有趣的英文知識值得來分享。題目是 "Hurricane Lee's path is still unclear, but the East Coast could see dangerous rip currents and large waves beginning this weekend" (颶風「李」的路徑仍未明顯，但本周末起，東岸可能面臨「離岸流」和巨浪的險景)。

"Hurricane Lee maintained major hurricane status Friday evening as the powerful storm's indirect — yet dangerous — impacts were expected to reach the waters of the East Coast as early as this weekend."

當某人或某狀態在一段時間並沒有改變，當我們想寫 "It has no change" 時，或許用 maintain 更為合適，而後者的保持或維持有一種力量的感覺。

在加以補充時用了 "... storm's indirect — yet dangerous — impacts ..." 這其中值得一提的是破折號「—」。首先說說它的用法。一對破折號是短號和括號的替工，但作用有所不同，它有強調的作用，在同一句不能用兩次。建議在同一篇文章中，也只宜用一次，免得強調的作用變淡，影響原定的地位(status)。

為了保持原文，我沒有把它「修正」。我的美國英文老師指出，當用破折號時，它是長長的，在打字機年代，它是兩個連在一起的中腰橫線，在當作開引號時，和緊隨的英文字不要留有空間；在補充字串的最後一個字時，也要不留空間地接上完結的破折號。即是 "storm's indirect—yet dangerous—impacts ..."

Water 一般來說是不可數名詞(Uncountable Noun)，不應加上s。不過在這裏，它指的是水

域，所以waters應當配以s。

"The hurricane, now a Category 3 storm that briefly strengthened to a rare Category 5 in the Atlantic Ocean, is packing destructive maximum sustained winds of 115 mph and is about 440 miles east of the northern Leeward Islands as of 11 p.m. ET Friday."

昔日有位英文很好的同學，她學英文字彙時會把情景或東西的用途一併記下，而她的姐姐更是在某間有地位的大學教英文，所以我也這樣學。美國的颶風級數有五級，他們的五級風可類比我們的十號風球。我們用 briefly 時，意思是簡短地，但原來 briefly 也可用作時間上，有短暫間的意思。

### 修飾詞好似影像「慢動作」

"The hurricane ... is packing destructive maximum sustained winds of ..."

又一次語雙關地使用。Packing 當然可以意會是這颶風正把水分收入它的包袱，來形容它正在變大。但原來在美國的俚語，把槍帶上是 "packing a gun"。老師也教過我一招。在影像上，重要人物出現前，為顯示他的超然地位，我們可以用音樂或慢動作來帶出他的身份。可惜我不能將這些效果用在文字上。

不過，作者用上了 destructive maximum sustained 這三個詞才讓 wind 出現，就如嘉賓出現伴隨鼓樂，亦有相似的效果。不過留意這三個詞是互不取代的，否則便太賣弄和繁瑣。

加勒比海的海島，令你想起什麼，積克船長被追殺？很多人會把加勒比海海島形容為天堂。這區的島分為兩大類，面向大西洋長期受海風酷刑的迎風群島 (Windward Islands) 面貌是很禿的。而幸運地有高山擋風的背風群島 (Leeward Islands) 才是受遊客推廣的天堂。以後可不要 "wind facing" 說某處迎風了。

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