

2018년 2월 25일 키워드 스피킹 방송 / 주제: 명절 증후군

<광고>



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일상회화 편 2 출간

총 6권 완간(完刊)

전체	영어만
	

Summary

Lunar New Year's and Chuseok holidays in Korea are a time for family reunions and happiness. People get together with their relatives and have a good time. But after three-to-four days of holidays, we hear news reports about **so-called "post holidays syndrome."** **Breaking away from your day-to-day rhythm** makes you **feel out of balance**, and meeting your relatives and/or in-laws can **be mentally tiring**. The feeling is **so strong and pervasive** for Koreans that it has been labeled as a "syndrome."

Worse than that, we hear reports that **the number of couples filing for divorce spikes** after the holidays. Under traditional Korean values, women are supposed to handle all the cooking, serving, cleaning and additional housework for the in-laws during the holidays. The difficulty and discomfort **serve as a last-straw for many married women, so to speak.**

Unlike in the past, the younger generation now complain that holidays are not a time for fun anymore. With the highest youth unemployment rate, people in their 20s and 30s are asked about their job searches or marriage plans by their relatives. Some even use the holidays **as a chance for a get-away and take overseas trips.**

Various tips are available on the Internet about how to overcome the physical side of the syndrome. But for the mental side, it's not easy to overcome the conflicts and frustration caused by the holidays. Some say that it's only twice a year and we need to **look on the bright side** and try to overcome it. Others say, **"What good are long holidays if the time doesn't make us any happier?"**

Everything changes so quickly in Korea, **even the way people accept the traditional holidays.** If the changes are inevitable, instead of **sticking to old traditions**, wouldn't it be better to **start compromising to make change for the better?**

해석

1. so-called "post holidays syndrome." 소위 명절 증후군
2. Breaking away from your day-to-day rhythm 일상의 리듬에서 벗어남
3. feel out of balance 균형이 무너졌다고 느끼다

4. be mentally tiring 정신적으로 피로하다
5. so strong and pervasive 너무 강하게 느끼고 많은 사람이 느껴서
6. the number of couples filing for divorce spikes 이혼을 신청하는 부부의 수가 급증하다
7. serve as a last-straw for many married women, so to speak 말하자면 기혼여성이 (더 못 참고) 이혼을 결심하게 만드는 계기가 된다
8. as a chance for a get-away and take overseas trips 멀리 떠나버릴 기회로 생각하고 외국 여행을 간다
9. look on the bright side 좋은 면을 보다
10. "What good are long holidays if the time doesn't make us any happier?" 명절 때 조금도 행복해지지 않는다면 연휴가 다 무슨 소용인가?
11. even the way people accept the traditional holidays 명절을 받아들이는 방식도
12. sticking to old traditions 전통에 집착하다
13. start compromising to make change for the better 더 좋은 쪽으로 변화할 수 있도록 타협하다

Keywords / Key Sentences

1. 명절증후군을 빨리 극복하기 위해서는 생활습관을 평상시처럼 되돌리는 게 중요하다. To overcome the syndrome quickly, we need to get back to our normal daily routine. / We need to get back to our regular work-life balance as soon as possible to avoid suffering the syndrome. / The post-holiday blues can be curbed if we get back to our usual lives.
2. 요즘 20-30대에게 "결혼 언제 하느냐", "취업 준비 잘 돼 가느냐", "애 언제 낳느냐"는 말이 스트레스다. Questions such as "How is the job search going?", "When are you going to get married?" and "When are you going to have a baby?" are the most stressful for people in their 20s and 30s. / Invasive questions about career and family life are very uncomfortable and put pressure on younger Koreans. / Personal questions about your future and professional aspirations are the main cause of tension at family gatherings.
3. 친척과 가족에 의해 비교당하거나 무시당하는 기분이 들어 갈등이 발생하기도 한다. Miscommunication with families and relatives during the holidays often causes negative feelings. The sense of being compared and belittled is also cause for conflict. / Family dynamics can be complicated and lead to family members intentionally and unintentionally offending one another. / Families tend to brag about the ones closest to them and highlight their accomplishments. This may escalate to other family members trying to outdo each other.
4. 일년에 두 번뿐인 명절이니 불편함을 긍정적으로 받아들이자. Long holidays come only twice a year. Let's not think about the discomfort so seriously and look on the bright side. / We only have two long holidays a year, so let's make the best of it. If life gives you a lemon, make lemonade. / Long holidays have their pros and cons. We should focus on the pros and try to enjoy ourselves.
5. 가족들이 서로 도울 수 있는 부분을 확인하고 역할을 분담하면 스트레스를 줄일 수 있다. If all the family members try to do their own part and share the burden of preparing for the holidays, the stress can be reduced for everyone. / Going forward, all family members should chip in and help with the logistics of the celebration. This will make everyone happier. / If everyone helps with the preparation,

cooking and cleanup, Koreans will have a greater appreciation for the holidays.