



Why Intelligent People Are Often Insecure

In an ¹ironic twist, numerous studies show that intelligent children are often less confident than those with ²mediocre ³aptitudes, and it seems that praise may be the culprit. In one study, children of equal intelligence were divided into two groups and both groups received
5 praise in the experiments, but the type of praise differed for each group. The group praised for their intelligence when solving easy problems would more ⁴readily blame their failure solving difficult problems on their innate ⁵deficiency. Those praised for their efforts to solve easy
10 problems saw their failures on difficult problems as a lack of ⁶self-discipline. They then tended to ⁷bear up better during failure and try harder on ensuing problems, ⁸nosing out the group praised for intelligence. Thus, the kind of feedback we get from parents and teachers as children has an effect on whether we see our abilities as innate or a result of our efforts. The results were even more significant for women,
15 with the smartest women more likely to ⁹lapse into ¹⁰relinquishment after experiencing failure. Children who have been praised for their intelligence are more vulnerable to self-doubt, with failures ¹¹eating away at their confidence. Many intelligent adults need to reevaluate their self-assessments so that they can ¹²recoup their self-confidence
20 and face any challenge.

知能が高い人々の多くが自信を持ってないのはなぜか

皮肉な話だが、数多くの研究が知能の高い子供はしばしば並の素質を持つ子供よりも自信がないことを示しており、褒められることがその原因のようだ。ある研究で同程度の知能の子供たちを2つのグループに分け、どちらのグループも実験で褒められたが、褒め方がグループで異なっていた。易しい問題を解いて頭が良いと褒められたグループは、難しい問題を解くときに失敗すると、すぐにそれを生まれつきの欠陥のせいにした。易しい問題を解くための努力を褒められた子供たちは、難しい問題を解くのに失敗すると自分の能力が足りないと考えた。それで失敗をしている間にも頑強って、次の問題ではいっそう努力して解こうとする傾向があり、頭の良さを褒められたグループに僅差で勝った。したがって、子供のころに両親や先生たちから受ける反応は、自分の能力を生まれついたものとするか努力の結果と見るかに影響する。その結果は女性の場合の方がより深刻で、非常に頭の良い女性たちは失敗するとあきらめの境地に陥る可能性が高かった。頭の良さを褒められた子供は、失敗が自信を徐々にむしばみ、自己不信になりやすい。高い知能を持つ大人たちの多くは、自信を取り戻し、どんな課題にも立ち向かえるように、自己査定を再評価する必要がある。

6. Why Intelligent People Are Often Insecure

1 ☑ ironic twist	皮肉な展開
2 ☑ mediocre [ˈmi:diəʊkər]	▶ average, commonplace ㊦ 平凡な, 並みの 義 mediocrity (平凡 (な才能))
3 ☑ aptitude [ˈæptɪtʊ:d]	▶ gift, talent, flair ㊦ 素質, 才能 義 apt (利発な)
4 ☑ readily [ˈri:dlɪ]	▶ at once, right away, immediately ㊦ すぐに, 直ちに 義 ready
5 ☑ deficiency [dɪfɪʃnsɪ]	▶ shortage, incompleteness, inadequacy ㊦ 欠陥, 不足 義 deficient
6 ☑ self-discipline	▶ self-improvement ㊦ 自己訓練
7 ☑ bear up	▶ endure, stand, tolerate 耐える, 頑張る
8 ☑ nose out ~	▶ edge out, beat out narrowly, win by an inch ~に僅差で勝つ
9 ☑ lapse into ~	▶ fall into, be trapped in (ある状態)になる, ~に陥る
10 ☑ relinquishment [rɪlɪŋkwɪʃmənt]	▶ abandonment, renunciation, resignation ㊦ 放棄, 断念 義 relinquish
11 ☑ eat away at ~	▶ erode, undermine, afflict ~を徐々にむしばむ, ~をさいなむ

12 ☐ recoup [rikú:p]	▶ recover, regain, make up for ㊦ を取り戻す ● recoup <i>one's</i> losses (損失を取り戻す)
13 ☐ impeccable [impékabl]	▶ perfect, faultless, flawless ㊦ 完璧な, 申し分ない ● impeccable manners (非の打ち所のない作法)
14 ☐ lament [lamént]	▶ deplore, bewail, bemoan, mourn ㊦ を嘆く ㊦ lamentable
15 ☐ torment [tórment]	▶ torture, trouble, plague, persecute ㊦ を苦しめる ㊦ 苦痛 ● 名詞で be in torment は「苦悩する」の意味
16 ☐ intelligence quotient	▶ a measurement of <i>one's</i> intelligence 知能指数, IQ
17 ☐ rave [rev]	▶ extol, cry up, acclaim ㊦ を激賞する, を褒めちぎる ㊦ 激賞, べた褒め
18 ☐ overconfident [ôuvarkú:ñfidént]	▶ conceited, self-assured ㊦ 自信過剰の ● overconfidence
19 ☐ vex [veks]	▶ annoy, irritate, torment, afflict ㊦ を悩ませる, をいらいらさせる ● a vexing issue (厄介な問題)
20 ☐ demeanor [dimi:nar]	▶ behavior, conduct, bearing ㊦ 態度, 振る舞い
21 ☐ fortitude [fórti:tjú:d]	▶ bravery, courage, endurance, patience ㊦ 不屈の精神 ● admirable fortitude (賞賛すべき強靭な精神)