

《我们已经到了开始失去朋友的年纪》

导读:最近的一项研究表明,男性和女性在20岁出头时交友广泛,在25岁后,人们所拥有的朋友的数量急速下降。



Story highlights

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Men and women are socially promiscuous in their early 20s, according to a recent study

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After the age of 25, the number of friends people have falls rapidly

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Women lose friends at faster rates than men

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Are you younger than 25 years old? You may want to appreciate this moment in life when your social circle is at its greatest. If you're older, you may relate to what you read next.

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Soon after your mid-20s, your social circle shrinks, according to a recent study by scientists from Aalto University in Finland and the University of Oxford in England.

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The teams analyzed data from 3 million mobile phone users to identify the frequency and patterns of whom they contacted and when, as well as overall activity within their networks.

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Men and women were found to be socially promiscuous -- making more and more friends and social contacts -- until the age of 25, after which point they started losing them rapidly, with women losing them at an initially faster rate than men. The average 25-year-old woman contacts about 17.5 people per month, while a man contacts 19 people.

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No, Facebook friends don't count.

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This decline continues for the rest of your life, or at least until retirement, where it plateaus, probably due to reduced data among this age group.

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Why does it happen? It comes down to investments.

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What's it worth?

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The theory is that around this age, people begin to decide who is most important -- and valuable -- in their life and make a greater effort to hold on to those friends.

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"People become more focused on certain relationships and maintain those relationships," said Kunal Bhattacharya, a postdoctoral researcher at Aalto University who co-authored the study. "You have new family contacts developing, but your casual circle shrinks."

?????????Kunal Bhattacharya?????????????"??"

This applies to both partners and friends, and it stems largely from people wanting to settle down and raise a family.

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"At the beginning of this age range, women are more focused," Bhattacharya said, meaning women are more intent on finding the correct partner. once they believe they have, they invest more time in nurturing that relationship and lose others of less value.

Bhattacharya?"?????????????????????"??"

"once you've made decisions and found the appropriate people, you can be much less socially promiscuous and invest your time in these people," added Robin Dunbar, a professor of evolutionary psychology at the University of Oxford who co-authored the paper. "But they can't be just anybody," he added.

?????????Robin Dunbar?????????????????????"??"

Narrowing down the people you're close to includes friendships as well as life partners, particularly for women, due to the support and help they can provide in times of need.

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"Women have this idea of a best friend, who is similar to a romantic partner ... and women work hard at these relationships," Dunbar said. "Particularly with friendships, if you don't invest in them or see those friends, they will decay and quite rapidly drop."

Dunbar?"??"

Middle-age reversal

