

When It Comes to Work, Why are Young Chinese "Letting It Rot"? - The Bailan Phenomenon

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1

Nǐ yǒuméiyǒu tīng guo bǎilàn zhège cí? | Yǒu
你有没有听过摆烂这个词? | 有
Have you heard of the term "let it rot"? | Yes.

2

Nǐ néng jiěshì yīxià zhè shì shénme yìsi ma?
你能解释一下这是什么意思吗?
Can you explain what it means?

3

Bǎilàn děngyú tǎngpíng ba
摆烂等于躺平吧
It is probably equivalent to "lying flat".

4

Wǒ kěyǐ jiěshì jiùshì wǒ qíngxù bǐjiào xiāojí,
我可以解释就是我情绪比较消极,
I can explain it as I'm in a negative mood,

5

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ránhòu wǒ shénme yě bùxiǎng gàn,
然后我什么也不想干，
I don't want to do anything,

6

duì rènhé rén, shìwù dōu méiyǒu jījí de nàzhǒng xīntài.
对任何人、事物都没有积极的那种心态。
and I don't have a positive attitude towards anything or anyone.

7

Bǎilàn jiùshì bùxiǎng nǔlì le
摆烂就是不想努力了
"Let it rot" means that someone doesn't want to work hard

8

ránhòu zhǐ xiǎng zhe jiùshì yǒu duōshao huā duōshao
然后只想着就是有多少花多少
and spends whatever money they earn.

9

Tóngyì ma? | Zàntóng
同意吗? | 赞同
Do you agree? | I agree.

10

Jiùshì zhège rìzi yǐjīng zhèyàng le, jiù suíbiàn ba
就是这个日子已经这样了，就随便吧
Life is already hard enough, so whatever.

11

ài zěnmē guò zěnmē guò, zhèyàng yī gè zhuàngtài.
爱怎么过怎么过，这样一个状态。
Just take life as it comes and that's the idea.

12

Qíshí jiùshì méiyǒu shàngshēng de yī gè dònglì le,
其实就是没有上升的一个动力了，
Actually, it's when someone lacks the motivation to improve themselves

13

ránhòu jiù suíyì, xiǎng zěnyàng jiù zěnyàng.
然后就随意，想怎样就怎样。
and just goes with the flow. Whatever will be, will be.

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14

Bǎilàn duì wǒ lái shuō jiù shì gōng zuò shì gōng zuò,

摆烂对我来说就是工作是工作，

To me, "let it rot" means that work is just work,

15

gōng zuò shì wèi le jiù shì yǒu yī dìng de shōu rù

工作是为了就是有一定的收入

and the only purpose of work is to have a certain amount of income

16

kě yǐ wěn dìng wǒ de shēng huó.

可以稳定我的生活。

in order to stabilize one's life.

17

Dàn shì zài yī dìng chéng dù shàng wǒ kě yǐ bǎi làn yī xià,

但是在一定程度上我可以摆烂一下，

But I can "let it rot" to an extent,

18

jiù shì shì dāng de mō mō yú.

就是适当地摸摸鱼。

which means that I can only slack off a little bit.

19

Bǐ rú shuō wǒ kě néng zhè ge shì qing wǔ fēn zhōng yāo qiú...

比如说我可能这个事情五分钟要求...

For example, I might have a task that requires 5 minutes...

20

Jiù shì wǒ kě yǐ zài wǔ fēn zhōng zuò wán, nà wǒ jiù tuō yī xià.

就是我可以五分钟做完，那我就拖一下。

I could finish it in five minutes, but I'll drag it out.

21

Zuò gè bàn xiǎo shí?

做个半小时？

Take half an hour to do it?

22

En! Jiù mō yī xià yú lo

嗯！就摸一下鱼咯

Right, and just slack off.

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23

Kěnéng hē hē shuǐ la, qù chōu gēn yān la

可能喝喝水啦，去抽根烟啦

I might go drink some water or have a cigarette.

24

Fǎnzhèng lǎobǎn bù cuī wǒ, jiù nǐ dǒng de!

反正老板不催我，就你懂的！

As long as my boss doesn't push me,... you know what I mean!

25

Nánguài bù gǎn ràng Guìlín rén kàndào.

难怪不敢让桂林人看到。

No wonder you didn't want people in Guilin to see (this video).

26

Duì de ya! Bèi lǎobǎn zhuā dào hěn shāngxīn de.

对的呀！被老板抓到很伤心的。

That's right! My boss will be sad if he catches me (saying this).

27

Jiùshì duì xiànzài de shēnghuó zhìzhībùlǐ,

就是对现在的生活置之不理，

It means giving up on life,

28

ránhòu ne duì zìjǐ de shēnghuó chǔyú yīzhǒng fēicháng lěngmò de tàidu,

然后呢对自己的生活处于一种非常冷漠的态度，

having an indifferent attitude towards life

29

ránhòu wúsuǒzuòwéi, wǒ juéde shì zhèyàng lǐjiě de.

然后无所作为，我觉得是这样理解的。

and doing nothing. I think this is what it means.

30

Bǎilàn qíshí jiùshì qǔyuè nǐ zìjǐ ba.

摆烂其实就是取悦你自己吧。

Actually, to "let it rot" means that you prioritize your own feelings.

31

Tā yě bùshì nǐ bù zuò shénme shìqing,

它也不是你不做什么事情，

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It's not that you don't do anything,

32

érshì nǐ juéde shénme kuàilè nǐ jiù qù zuò shénme shìqíng.

而是你觉得什么快乐你就去做什么事情。

but rather, you choose to do whatever makes you happy.

33

Jiù bǐrúshuō wǒ jīntiān wǒ bùxiǎng kòngzhì yǐnshí, wǒ xiǎng chī zháijī,

就比如说我今天我不想控制饮食，我想吃炸鸡，

For example, I don't want to control my diet and I want to eat fried chicken.

34

nà wǒ jiù fàngsì de qù chī yī cān.

那我就放肆地去吃一餐。

I'll indulge in this once in a while.

35

Ránhòu bǐrúshuō wǒ jīntiān bùxiǎng yùndòng,

然后比如说我今天不想运动，

And, if I don't feel like exercising today,

36

nà wǒ jiù tǎng yī tiān, jiùshì bǎilàn.

那我就躺一天，就是摆烂。

I'll just lie around all day. That's called "letting it rot".

37

Jiǎshè shì wánquán bǎilàn de nàzhǒng,

假设是完全摆烂的那种，

If someone completely "lets it rot",

38

nǐ juéde tāmen duì rénshēng de zhuīqiú shì shénme?

你觉得他们对人生的追求是什么？

what do you think is their pursuit in life?

39

Fóxì

佛系

Become like a "Buddhist monk".

Note: "Buddhist" or "Zen-like" approach to life. It implies a calm, detached, and non-competitive demeanor. In English, you might describe someone with a "Buddhist attitude" or as being "Zen" to convey a similar meaning.

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40

Qíshí fóxì zhège cí yě shì zuìjìn cái chūlái de,

其实佛系这个词也是最近才出来的，

This is actually another term that came out in recent (years).

41

néng bùnéng jiěshì yīxià?

能不能解释一下？

Can you explain what it means?

42

Suíxīnsuǒyù, nàme jiùshì bù yào qù tèbié qù zhuīqiú yīxiē shìqíng ba.

随心所欲，那么就是不要去特别去追求一些事情吧。

Follow one's heart and have no particular desire to pursue anything.

43

Wǒ shì juéde zhè yīnggāi shì shǔyú shì fóxì ba

我是觉得这应该是属于是佛系吧

I think this would be consider being a "Buddhist monk".

44

Kàndàn yīqiè, jiù yǒudiǎn xiàng nàge jiào shénme...

看淡一切，就有点像那个叫什么...

To be indifferent to everything, it's a little like...

45

Xiàng héshang yīyàng de ma?

像和尚一样的吗？

Like a monk?

46

Duì duì, xiàng héshang yīyàng, bǎ xīntài bǎipíng le

对对，像和尚一样，把心态摆平了

Right, like a monk. To maintain a balanced outlook,

47

Jiù méiyǒu dāngxià de jiāolǜ a gànshénme,

就没有当下的焦虑啊干什么，

and not having any anxieties.

48

zhè jiùshì fóxì de xīntài ba.

这就是佛系的心态吧。

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This is the state of mind of a "Buddhist monk" person.

49

Jiùshì méiyǒu nàme duō yùwàng, shì ma?

就是没有那么多欲望，是吗？

Basically, without many desires, right?

50

Duì, méiyǒu nàme duō yùwàng,

对，没有那么多欲望，

Right, no desires

51

ránhòu yě shì méiyǒu nàme duō de fánǎo

然后也是没有那么多的烦恼

and no worries.

52

fóxiē yīxiē, bǎ shénme shìqíng dōu kàndàn.

佛系一些，把什么事情都看淡。

Take everything lightly and be monk-like.

53

Bǎilàn de rén wèishénme huì bǎilàn?

摆烂的人为什么会摆烂？

Why do people "let it rot"?

54

Wǒ juéde tā néng... jiù fēn liǎng zhǒng qíngkuàng ba

我觉得他能... 就分两种情况吧

I think there are two situations.

55

Yīzhǒng shì tā xiànzài de jīngjì yǐjīng zúgòu zhīchí tā shēnghuó,

一种是他现在的经济已经足够支持他生活，

One is that their current finances are enough

56

ránhòu yǒu chī, yǒu hē, yǒu chuān,

然后有吃、有喝、有穿，

for food and clothing,

57

tā bù xūyào nǚlì jiù kěyǐ guò yī gè zìjǐ juéde bǐjiào...

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他不需要努力就可以过一个自己觉得比较...

and they don't need to work hard to live a life

58

jiùshì kěyǐ jiēshòu de shēnghuó chéngdù,

就是可以接受的生活程度，

that is acceptable.

59

ránhòu tā jiù xuǎnzé le bù qiú shàngjìn.

然后他就选择了不求上进。

So, they don't strive for improvement.

60

Ránhòu hái yǒu yīzhǒng ne shì tā yǐjīng zhèyàng le,

然后还有一种呢是他已经这样了，

Another kind (of "let it rot") is that since their situation is already like this (already bad),

61

tā zìjǐ juéde zài nǚlì yě méiyǒu yòng,

他自己觉得再努力也没有用，

they feel that no matter how hard they work, it won't change things.

62

suǒyǐ tā jiù xuǎnzé yīzhǒng zìjǐ juéde

所以他就选择一种自己觉得

So, they choose a way of life that they find

63

bǐjiào shūshì de fāngshì qù shēnghuó.

比较舒适的方式去生活。

more comfortable.

64

Pò guànzǐ pò shuāi ma? | Duì

破罐子破摔吗？ | 对

Just let everything hit bottom? | Right.

65

Yīnwèi xiànzài dehuà jīngjì bìng bùshì tèbié de hǎo.

因为现在的话经济并不是特别地好。

Nowadays, the economy isn't very good,

66

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Nàme měi yī gè rén dehuà,
那么每一个人的话，
so everyone,

67

bùguǎn shì zuòshēngyì de, shàngbān ránhòu gànma de
不管是做生意的，上班然后干嘛的
whether they have their own business or working for someone,

68

dōu huì yǒu hěn gèzhǒnggèyàng de yīzhǒng yā lì.
都会有很各种各样的一种压力。
they all face various pressures.

69

Yǒuxiē rén hěn nǔ lì hěn nǔ lì qù zuò yī jiàn shì qing,
有些人很努力很努力去去做一件事情，
Some people work very hard on something,

70

dànshì yīrán méiyǒu kàndào jiéguǒ.
但是依然没有看到结果。
but don't see any results.

71

Bǐrúshuō wǒqù hěn nǔ lì de qù tóuzī yīyàng shénme dōngxi,
比如说我去很努力地去投资一样什么东西，
For example, if I invest in something,

72

dàn kěnéng méiyǒu yínglì de qíngkuàng xià hái kěnéng huì kuīsǔn,
但可能没有盈利的情况下还可能会亏损，
but it doesn't make a profit or even results in a loss,

73

nà wǒ kěnéng xuǎnzé bǎilàn.
那我可能选择摆烂。
I might choose to "let it rot".

74

Wǒ hái bùrú xiān kàn yīxià yòng nàge yínháng de lìxī cúnkuǎn nàxiē
我还不如先看一下用那个银行的利息存款那些
I might as well be living off

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75

Chī lìxī gànma de

吃利息干嘛的

the interest from my savings in the bank.

76

Bǎilàn kěnéng huì wěndìng hǎo xiànzài de shēnghuó.

摆烂可能会稳定好现在的生活。

"Letting it rot" might stabilize my life better.

77

Rúguǒ cuòwù de fāngxiàng nǚlì dehuà

如果错误的方向努力的话

If I work hard in the wrong direction,

78

kěnéng dehuà kuīsǔn huì gèngjiā yánzhòng.

可能的话亏损会更加严重。

the losses could be even worse.

79

Wǒ gèrén shì zhèyàng lǐjiě.

我个人是这样理解。

That's how I see it.

80

Jiùshì nǐ gānggang shuō jīngjì méiyǒu yǐqián nàme hǎo le ma,

就是你刚刚说经济没有以前那么好了嘛，

You just said the economy isn't as good as before,

81

zài shénme fāngmiàn tǐxiàn ne? Jiù zìjǐ yǒu shénme gǎnjué ma?

在什么方面体现呢？就自己有什么感觉吗？

how is that reflected? Do you personally feel it?

82

Dàjiā nàge shénme xiāofèi jiàngjí le ba

大家那个什么消费降级了吧

Everyone has downgraded their consumption.

83

Hòu yìqíng shídài,

后疫情时代，

In the post-pandemic era,

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84

wǒ juéde hǎoxiàng dàjiā nàge xiāofèi dōu jiàngjí le.

我觉得好像大家那个消费都降级了。

it seems like everyone has downgraded their consumption (spending less money).

85

Jiù shuō xiànzài zuìjìn bùshì nàge shuāng shíyī ma, duìbùduì?

就说现在最近不是那个双十一嘛，对不对？

Take the recent Double 11 (online shopping festival), right?

86

Shuāng shíyī, fǎnzhèng wǒ jìde wǒ qián jǐnián dehuà,

双十一，反正我记得我前几年的话，

I remember a few years ago, before the pandemic,

87

zài yìqíng zhīqián jiùshì tèbié dàshǒudàjiǎo de huā,

在疫情之前就是特别大手大脚地花，

I used to spend quite extravagantly.

88

dōu shì zài bǐ shénme, wǒ jīntiān huā le bā jiǔ qiān a shénmede

都是在比什么，我今天花了八九千啊什么的

We would compare (ourselves with our friends) to see who spent 8000 or 9000 yuan

89

jiùshì shuāng shíyī a shénmede

就是双十一啊什么的

during Double 11 or (other similar occasions).

90

Xiànzài dehuà, dōu shì... | Bǐ shéi huā de shǎo ma?

现在的话，都是... | 比谁花得少吗？

Now, it's... | See who spends less?

91

Duì, bǐ yǐqián huā de shǎo hěn duō le

对，比以前花得少很多了

Yes. I spend much less than before.

92

jiùshishuō méiyǒu biyào de dōngxi jiù jǐnliàng bùhuì qù mǎi.

就是说没有必要的东西就尽量不会去买。

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Things that aren't necessary, people will not buy.

93

Yǐqián dehuà jiùshì kàndào shénme dōngxi jiù xiǎng mǎi shénme.

以前的话就是看到什么东西就想买什么。

Before, we would want to buy whatever we saw.

94

Yǔqí shuō dàjiā dōu shì bǎilàn,

与其说大家都是摆烂，

Rather than saying everyone is "letting it rot",

95

wǒ juéde gèng bùrú shuō de shì zhè shì yīzhǒng

我觉得更不如说的是这是一种

I think we should say

96

jiùshì duì xiànzài zhège shèhuì de yīzhǒng fǎnkàng ba.

就是对现在这个社会的一种反抗吧。

that they are resisting against today's society.

97

Jiùshì dàjiā xiànzài de yālì dōu hěn dà,

就是大家现在的压力都很大，

Everyone is under a lot of pressure.

98

suǒyǐ dehuà tōngguò zhèzhǒng duǎnzàn de bǎilàn

所以的话通过这种短暂的摆烂

So by "letting it rot" temporarily,

99

lái tiáozhěng zìjǐ de shēnghuó,

来调整自己的生活，

they can adjust their lives

100

ràng zìjǐ de shēnghuó biànde gèngjiā de jījí xiàngshàng.

让自己的生活变得更加地积极向上。

to making it more positive and uplifting.

101

Nà nǐ gānggang shuō fǎnkàng, shì fǎnkàng shénme ne?

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那你刚刚说反抗，是反抗什么呢？

You just mentioned resistance, what are they resisting against?

102

Yīnwèi xiànzài měigerén de yālì dōu hěn dà,

因为现在每个人的压力都很大，

Everyone is under a lot of pressure,

103

wúlùn nǐ shì qù shàngbān háishi nǐ qù xuéxiào,

无论你是去上班还是你去学校，

whether it's at work or at school.

104

měi gè qúntǐ dōu yǒu zìjǐ de yālì.

每个群体都有自己的压力。

Every group has its own pressures.

105

Nà wǒmen xuésheng dehuà zài xuéxiào lǐmiàn,

那我们学生的话在学校里面，

As a student in school,

106

nà bǐrúshuō wǒ kuàiyào bìyè le,

那比如说我快要毕业了，

for example, I'm about to graduate,

107

nà wǒ kěnéng yòu yào miànlín zhe zhǎo gōngzuò de yālì.

那我可能又要面临着找工作的压力。

so I might face the pressure of finding a job later.

108

Nà nǐ yǐjīng shàngbān le dehuà,

那你已经上班了的话，

If you're already working,

109

nǐ kěnéng yòu yào miànlín zhe gèzhǒnggèyàng de

你可能又要面临着各种各样的

you might face various pressures

110

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zhège láizì shàngsī a huòzhě shì tóngshì zhījiān de yālì.

这个来自上司啊或者是同事之间的压力。

from your boss or colleagues.

111

Jiùshì duì zhèzhǒng yālì de yīzhǒng fǎnkàng, wǒ juéde shì

就是对这种压力的一种反抗，我觉得是

So, this is a resistance against this kind of pressure, I think.

112

Nǐ juéde Zhōngguó rén shìbùshì kěyǐ yòng liánzhóuzhuàn lái miáoshù

你觉得中国人是不是可以用连轴转来描述

Do you think Chinese can be described as constantly being on the go,

113

jiùshì yīzhí zài gōngzuò, yīzhí zài xuéxí,

就是一一直在工作，一直在学习，

always working, always studying,

114

yīzhí zài nǔlì de yī gè zhuàngtài,

一直在努力的一个状态，

and always striving,

115

suǒyǐ dàjiā lèi le cái yào bǎilàn.

所以大家累了才要摆烂。

which might be why people "let it rot" when they get tired of all this?

116

Wǒ juéde shì yǒu de.

我觉得是有的。

I think that is the case.

117

Yīnwèi wǒmen chuántǒng wénhuà yīzhí huì tíchàng shuō

因为我们传统文化一直会提倡说

Our traditional culture has always advocated

118

chī de kǔ zhōng kǔ, fāng wéi rén shàng rén.

吃得苦中苦，方为人上人。

that one must endure the bitterest of hardships to become superior to others.

When It Comes to Work, Why are Young Chinese "Letting It Rot"? - The Bailan Phenomenon

119

Wǒ bù zhīdào wèishénme jiùshì hǎoxiàng...

我不知道为什么就是好像...

I don't why... but it seems that

120

Rén shēng lái jiùshì yào chīkǔ.

人生来就是要吃苦。

we're born to endure hardships.

121

Nà wèishénme wǒmen jiù bùnéng xiǎnglè ne?

那为什么我们就不能享乐呢？

Why can't we just enjoy life?

122

Suǒyǐ dehuà xiànzài yě yǒu yīzhǒng

所以的话现在也有一种

So I feel that

123

wǒ juéde shì cúnzài dàjiā de xīnlǐ dāngzhōng

我觉得是存在大家的心里当中

there is thinking now that

124

jiùshì wǒmen bù yīdìng yào chīkǔ.

就是我们不一定要吃苦。

we don't necessarily have to endure hardships.

125

Jiùshì méi bìyào de kǔ bù chī?

就是没必要的苦不吃？

No need to endure unnecessary hardships?

126

Duì, wǒmen jiùshì méi bìyào de kǔ,

对，我们就是没必要的苦，

Right, if the hardship is unnecessary to take,

127

wǒmen bù xūyào chī.

我们不需要吃。

then we shouldn't endure it.

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128

Dāngrán, yǒuxiē kǔ kěnéng jiùshì wèile

当然，有些苦可能就是为了

Of course, if the hardships we endure

129

ràng zìjǐ de shēnghuó biànde gèng hǎo

让自己的生活变得更好

makes our life better,

130

nà zhèxiē kǔ kěyǐ chī.

那这些苦可以吃。

then it's okay to accept them.

131

Dànshì nàzhǒng méi biyào de, wǒmen jiù bù xūyào qù yìng kěn.

但是那种没必要的，我们就不需要去硬啃。

But if it's the kind that is unnecessary, we don't need to force ourselves to endure it.

132

Nǐ xiànzài zuòwéi yī míng dàxuéshēng,

你现在作为一名大学生，

As a university student,

133

jíjiāng yě yào bìyè le shì ba?

即将也要毕业了是吧？

you are about to graduate, right?

134

Wǒ gānggang rùxué.

我刚刚入学。

I just entered university.

135

Nà wèilái yào miànlín zhǎo gōngzuò de zhège shìqing,

那未来要面临找工作的这个事情，

But in the future, you will need to look for a job.

136

nǐ juéde xiànzài de nǐmen zhè yīdài niánqīngrén yālì dà ma?

你觉得现在的你们这一代年轻人压力大吗？

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Do you think your generation faces a lot of pressure (regarding looking for a job)?

137

Wǒ juéde yālì hěn dà.

我觉得压力很大。

I think the pressure is a lot.

138

Yīnwèi xiànzài jiùshì dàjiā yuèláiyuè juǎn le

因为现在就是大家越来越卷了

Because I feel that everyone is being so competitive

139

érqiě xuélì yě yīzhí zài biǎnzhí.

而且学历也一直在贬值。

and our academic degrees have been constantly devalued.

140

Xiànzài guójiā yě yīzhí zài kāi hěn duō de shuòshì diǎn,

现在国家也一直在开很多的硕士点，

Also, our country now is continuously establishing more master's programs.

141

suǒyǐ yǐqián kěnéng juéde dú gè běnkē

所以以前可能觉得读个本科

In the past, having a bachelor's degree

142

chūlái zhǎo gōngzuò yǐjīng fēicháng yǒu yōushì.

出来找工作已经非常有优势。

was a great advantage when looking for a job.

143

Dànshì xiànzài nǐ dú dào yánjiūshēng kěnéng

但是现在你读到研究生可能

But now, even with a graduate degree,

144

háishi méiyǒu yī gè héshì de gǎngwèi.

还是没有有一个合适的岗位。

you might still not find a suitable job.

145

Gōngzuò le zhīhòu kěnéng hái dào le yīdìng...

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工作了之后可能还到了一定...

Even after you find a job, when you reach a certain...

146

Bǐrúshuō sānshí wǔ suì le huì bèi cáiyuán

比如说三十五岁了会被裁员

For example, when you become 35 years old, you might get laid off.

Note: It's believed that there is a "35-year-old threshold" that makes employees less competitive or desirable for certain jobs, and results in these people that have reached that age to be fired in favor of younger, cheaper labor.

147

jiùshì yī gè gānghǎo yòu shì shàngyǒulǎoxià yǒuxiǎo de niánjì,

就是一个刚好又是上有老下有小的年纪，

You will be at an age when you have old parents and young children to support,

148

jiù shēnghuó yālì huì gèngjiā dà.

就生活压力会更加大。

so the pressure will be even greater.

149

Wèishénme huì chūxiàn zhègè sānshí wǔ suì cáiyuán?

为什么会出现这个三十五岁裁员？

Why do people over 35 face layoffs?

150

Nǐ gōngzuò yǒu le yīdìng de gōngzuò jīngyàn,

你工作有了一定的工作经验，

After you accumulate some work experience,

151

nǐ de gōngzī kěnéng xiāngduì yě huì bǐ

你的工资可能相对也会比

your salary will be higher

152

gāng rùzhí de niánqīngrén gèng gāo.

刚入职的年轻人更高。

than younger people who just joined the work force.

153

Dàn nǐ tǐlì bǐbùshàng niánqīngrén,

但你体力比不上年轻人，

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However, you're not as energetic as younger people,

154

suǒyǐ kěnéng jiù méiyǒu niánqīngrén nàme yǒu jìngzhēnglì

所以可能就没有年轻人那么有竞争力

so you might lose your competitiveness.

155

Yīfāngmiàn shì chūyú jiùshì duì zhège shēnghuó de yā lì.

一方面是出于就是对这个生活的压力。

On one hand, it's due to the pressures of life.

156

Érqiě xiànzài niánqīngrén jīnglì guò... Yóuqíshì jīnglì guò yìqíng zhīhòu,

而且现在年轻人经历过... 尤其是经历过疫情之后,

Especially for young people who have been through the pandemic,

157

wǒ juéde dàjiā de sīxiǎng jiù xiāngduì bǎoshǒu yīdiǎn.

我觉得大家的思想就相对保守一点。

their thinking has become a little more conservative.

158

Jiù juéde hěn duō de dōngxi, wǒ yào zhēnxī shēnbiān de dōngxi

就觉得很多的东西, 我要珍惜身边的东西

They feel that they should cherish what's around them

159

Tā jiù juéde yǒuxiē dōngxi wǒ méi bìyào zài qù pīn le,

他就觉得有些东西我没必要再去拼了,

and for some things, they don't need to fight too hard.

160

wǒ zhǐyào zhēnxī yǎnqián huòzhě wǒ dāngxià suǒ yōngyǒu de,

我只要珍惜眼前或者我当下所拥有的,

They just want to cherish what they have at the moment,

161

ránhòu tā mànman de bǎ zhège jīngshén sōngxiè xiàlai zhīhòu

然后他慢慢地把这个精神松懈下来之后

and gradually their spirit weakens.

162

tā kěnéng jiù juéde wǒ bù juǎn le,

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他可能就觉得我不卷了，

They might feel that they no longer have the energy to compete with others

163

ránhòu jiù mànman de duì hěn duō shìqíng kàndàn le,

然后就慢慢地对很多事情看淡了，

and slowly, they adopt a nonchalant attitude towards life,

164

tā jiù kāishǐ mànman tǎng xiàlai de nàzhǒng gǎnjué

他就开始慢慢躺下来的那种感觉

therefore, they "lie flat".

Note: "Lying flat" is a lifestyle choice where individuals choose to withdraw from the rat race of societal expectations and pressures, opting for a minimalistic existence with reduced work and consumption, often as a form of resistance or a way to cope with the stress and demands of modern life.

165

Dànshì yòu bùnéng wánquán tǎngpíng,

但是又不能完全躺平，

But they can't completely "lie flat",

166

jiù wǒ háishi yào gōngzuò ya,

就我还是要工作呀，

because they still have work

167

wǒ háishi yào qù jiùshì zuò yīxiē shìqíng a

我还是要去就是做一些事情啊

and other things to do.

168

Zhǐbuguò méiyǒu yuánlái nàme juǎn le

只不过没有原来那么卷了

It's just that they don't compete as hard as before.

169

Mànman zhǎodào píng héng?

慢慢找到平衡？

Finding a balance (in life)?

170

Duì duì duì, tā jiùshì zhèzhǒng de

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对对对，他就是这种的

Yes, that's it.

171

Gōngzuò shēnghuó yālì hěn dà

工作生活压力很大

Stress from life and work is high.

172

Shénme fāngmiàn de yālì?

什么方面的压力?

What kind of stress?

173

Gōngzuò fāngmiàn de yālì

工作方面的压力

Stress from work.

174

Jiùshì bùxiǎng shàngbān

就是不想上班

They just don't want to work.

175

Nà yǐqián yě yǒu a

那以前也有啊

But (people) had stress in the past!

176

wèishénme xiànzài de niánqīngrén jiùshì yīnwèi gōngzuò yālì huì bǎilàn?

为什么现在的年轻人就是因为工作压力会摆烂?

Why do young people nowadays "let it rot" due to stress from work?

177

Xiànzài de huánjìng wǒ juéde gēn yǐqián jiù hěn bù yíyàng.

现在的环境我觉得跟以前就很不一样。

I think the environment now is very different from before,

178

Jiù cóng jīngjì fāngmiàn huòzhě shì xiànzài de shēnghuó fāngmiàn,

就从经济方面或者是现在的生活方面，

both in terms of finance and life in general.

179

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nǐ yào gēn lǎoyībèi láishuō, jiùshì chābié shì hěn dà de.

你要跟老一辈来说，就是差别是很大的。

There's a big difference compared to the older generation.

180

Suǒyǐ wǒ juéde niánqīngrén bǎilàn shì yī gè bīrán de qūshì.

所以我觉得年轻人摆烂是一个必然的趋势。

So I think it's inevitable for young people to "let it rot".

181

Nǎ yīfāngmiàn de chābié?

哪一方面的差别？

What's the difference?

182

Jiù jiāzhǎnghuì wèn nǐ cún duōshao qián le?

就家长会问你存多少钱了？

Parents might ask you "how much money you've saved?"

183

Nǐ gōngzī zhǎng méi zhǎng a?

你工资涨没涨啊？

or "have your wages increased?"

184

Jiù cún bùdào qián a xiànzài

就存不到钱啊现在

But now, it's just so hard to save money.

185

Yīnwèi xiàng xiànzài shèhuì fāzhǎn ma,

因为像现在社会发展嘛，

Because in our current society,

186

rúguǒ qù zuògōngzuò dehuà, gōngzī dī érqiě yòu xīnkǔ,

如果去做工作的话，工资低而且又辛苦，

if you got a job, the work is hard, yet the salary is very low,

187

xiànzài jiù xuǎnzé bǎilàn zhè tiáo lù.

现在就选择摆烂这条路。

so people's only option is to "let it rot".

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188

Yī gè shì dàhuánjìng yǐngxiǎng de wèntí

一个是环境影响的问题

Another reason is the overall environment.

189

AI chūlái le ma, ránhòu jiù hěn duō jiù xuǎnzé bǎilàn le

AI 出来了嘛，然后就很多就选择摆烂了

AI has come out and that's why many chose to "let it rot".

190

Wèishénme AI chūlái jiù bǎilàn le?

为什么 AI 出来就摆烂了？

Why do people "let it rot" because of the emergence of AI?

191

Yǒu hěn duō zhǎobudào gōngzuò ma

有很多找不到工作嘛

Because a lot of people can't find jobs.

192

Jiùshì AI dàiì le réngōng? | Duì, dàiì le réngōng

就是 AI 代替了人工？ | 对，代替了人工

Because AI has replaced human labor? | Yes.

193

Wǒ juéde cóng gōngzuò shàng lái kàn de huà,

我觉得从工作上来看的话，

I think that at work,

194

nà kěnéng jiùshì zìjǐ kàn bùdào yīxiē xīwàng

那可能就是自己看不到一些希望

maybe people don't see any hope (for things getting better)

195

huòzhě zìjǐ suǒ zuò de nǚlì méiyǒu dá dào yùqī

或者自己所做的努力没有达到预期

or (they feel that) their efforts don't yield the expected results.

196

huòzhě yǒuyīxiē gèng fùxiàng de fǎnkuì

或者有一些更负向的反馈

Also, the negative feedback they receive (from their boss)

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197

yǐngxiǎng zìjǐ de qíngxù hé zhuàngtài le.

影响自己的情绪和状态了。

affects their state of mind.

198

Huòzhě dāngxià wǒ juéde wǒ zuò shénme dōu bù nénggòu jiějué,

或者当下我觉得我做什么都不能够解决，

Or, at the moment, they feel that nothing they do can solve

199

yě bù nénggòu huǎnjiě wǒ xiànzài de xiànzhuàng

也不能够缓解我现在的现状

or alleviate their current problems.

200

nà wǒ kěnéng jiù huì chángshì qù bǎilàn.

那我可能会尝试去摆烂。

So, (young people) might try to "let it rot".

201

Nà nǐ zìjǐ yǒu xiǎng guo bǎilàn ma?

那你自己有想过摆烂吗？

Have you ever thought of "letting it rot" yourself?

202

Kànríngkuàng ba

看情况吧

It depends.

203

nà wǒ zhōumò shénme yě bùxiǎng gàn de shíhou

那我周末什么也不想干的时候

When I don't want to do anything on the weekend,

204

nà wǒ jiù xiǎng bǎilàn a.

那我就想摆烂啊。

then I might want to "let it rot".

205

Zhǐyǒu zhōumò bùxiǎng gàn suàn bǎilàn ma?

只有周末不想干算摆烂吗？

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Is it considered "let it rot" if it's only the weekend that you don't want to do anything?

206

Nà yě fēn jiēduàn ya

那也分阶段呀

It depends on (what you're doing) at the time.

207

Nǐ shàngbān de shíhou yě bùnéng shuō bǎilàn jiù bǎilàn.

你上班的时候也不能说摆烂就摆烂。

When you're at work, you cannot "let it rot" whether you feel like it or not.

208

Zhè duàn huì bō chūqu ma?

这段会播出去吗?

Will this part of the conversation be published?

209

Wǒ lǎobǎn huì kàndào de

我老板会看到的

My boss will see it!

210

Kàn bùdào de

看不到的

No, your boss won't see it.

211

Wǒ yào shàngbān nǔlì!

我要上班努力!

I will work hard!

212

Jiùshì dàjiā fāxiàn zìjǐ nǔlì hǎoxiàng

就是大家发现自己努力好像

Basically, people found that even if they work really hard,

213

yě bìngbù yīdìng nénggòu dédào zìjǐ xiǎngyào de nàge jiéguǒ,

也并不一定能够得到自己想要的那个结果,

they don't necessarily receive the desired results,

214

ránhòu nà bùrú bǎilàn.

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然后那不如摆烂。

so they might as well "let it rot".

215

Shì shénmeshíhou kāishǐ wǒmen juéde... yǒu zhège gǎnjué le?

是什么时候开始我们觉得... 有这个感觉了?

When did we start having this sentiment?

216

Jiù pínfùchājù dà le ba

就贫富差距大了吧

Just because the wealth gap has become bigger now.

217

Yīnwèi nǐ xiàng yǐqián jìhuàjīngjì de shíhou, nà nǐ nǔlì gōngzuò,

因为你像以前计划经济的时候，那你努力工作，

In the past, under the planned economy system,

218

nǐ jiù yī gè gōngfēn, nǐ dédào de jiù huì gèng duō.

你就一个工分，你得到的就会更多。

hard work could earn you certain points, which in turn would lead to greater rewards.

219

Nà xiànzài pínfùchājù shāowēi dà le diǎn,

那现在贫富差距稍微大了点，

Now that the wealth gap is wider,

220

nǐ nǔlì bìngbù yīdìng néng dédào nǐ xiǎngyào de jiéguǒ,

你努力并不一定能得到你想要的结果，

hard work doesn't necessarily earn you your desired result

221

nà jiù tǎngpíng hǎoxiàng yě shì yīyàng de.

那就躺平好像也是一样的。

and it seems that "lying flat" doesn't make a difference.

222

Nà nǐ juéde zhèzhǒng xīnlǐ duì shèhuì yǒu bùhǎo de yǐngxiǎng ma?

那你觉得这种心理对社会有不好的影响吗?

Do you think this attitude has any negative impacts on society?

223

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Duìyú guójiā jìnbù shì kěndìng shì bùhǎo de

对于国家进步是肯定是不好的

It's undoubtedly detrimental to the development of our country.

224

dànshì quèshí xiànzài cúnzài zhèyàng de yī gè bug ba

但是确实现在存在这样一个 bug 吧

But such a "bug" exists

225

Jiùshì yě méiyǒu hěn hǎo de bànfǎ jiějué gǎnjué

就是也没有很好的办法解决感觉

and there isn't any good solution for it, I feel.

226

Nà nǐ xiànzài de zhuàngtài, nǐ juéde nǐ shì juǎn de shíhou gèng duō

那你现在的状态，你觉得你是卷的时候更多

So, do you tend to adopt the "let it rot" attitude

227

háishi bǎilàn de shíhou gèng duō?

还是摆烂的时候更多？

or do you work hard?

228

Jiù yībàn yībàn ba, yī gè yuè yǒu yībàn shíjiān

就一半一半吧，一个月有一半时间

Half half. Half of the month (I let it rot).

229

Wǒ juéde dehuà tǐng dà de yuányīn

我觉得的话挺大的原因

I think a big reason is that

230

jiùshì xiànzài niánqīngrén ma yālì bǐjiào dà

就是现在年轻人嘛压力比较大

young people nowadays are under a lot of pressure.

231

ránhòu hūshēng bǐjiào gāo, huì shuō de rén bǐjiào duō,

然后呼声比较高，会说的人比较多，

But most people are just talking about it,

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232

dàbùfēn rén dōu shuō wǒ zài bǎilàn

大部分人都说我在摆烂

and saying that they're "letting it rot".

233

Tāmen shuō zài bǎilàn, nǐ juéde tāmen shì zhēnde zài bǎilàn ma?

他们说在摆烂，你觉得他们是真的在摆烂吗？

They say that they "let it rot", but do you think they are actually doing it?

234

Jiùshì kěnéng jiùshì duì shēnghuó de yīzhǒng tàidu ba

就是可能就是对生活的一种态度吧

It might just be an attitude towards life.

235

Jiùshìshuō wǒ xiǎng bǎilàn,

就是说我想摆烂，

Perhaps they want to "let it rot",

236

dànshì kěnéng shì gèng duō de shì bèidòng de zài shēnghuó

但是可能是更多的是被动地在生活

but they're forced to work in order to make a living.

237

Nǐ gānggang shuō de xiànzài niánqīng rén yālì dà ma,

你刚刚说的现在年轻人压力大嘛，

You just mentioned that young people have a lot of pressures.

238

nǐ juéde yǒu nǎ yīxiē yālì ne?

你觉得有哪一些压力呢？

What pressures do they have?

239

Tǐng duō fāngmiàn de ba, jiù wǒ gèrén éryán dehuà

挺多方面的吧，就我个人而言的话

There are pressures from many directions. As far as I am concerned,

240

jiùshì bǐfāngshuō gōngzuò shàng de yālì,

就是比方说工作上的压力，

there is pressure from work

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241

háiyǒu shēnghuó shàngmiàn de yā lì
还有生活上面的压力
and life in general,

242

háiyǒu yīxiē láizì jiā tíng de, bǐrúshuō cuīhūn ma
还有一些来自家庭的，比如说催婚嘛
as well as the pressure to marry from my family.

243

Zhè yīdài de niánqīng rén xiāng bǐ wǒmen fù mǔ nà yīdài
这一代的年轻人相比我们父母那一代
Do young people of this generation

244

yǒu shénme bùtóng ma?
有什么不同吗?
differ from our parents' generation in any way?

245

Wèishénme xiànzài de niánqīng rén huì yǒu bǎilàn zhège xīnlǐ?
为什么现在的年轻人会有摆烂这个心理?
Why do young people nowadays have this "let it rot" attitude?

246

Kěnéng shì yīnwèi xiànzài de dāngxià dàhuánjìng jiāoliú de rén gèng duō,
可能是因为现在的当下大环境交流的人更多,
It might be because the current environment allows for more interactions,

247

ránhòu niánqīng rén de xiǎngfǎ kěnéng gēn dāngshí yě bù tài yīyàng.
然后年轻人的想法可能跟当时也不太一样.
and as a result, young people's thinking may also be different from those of the past.

248

Xiāngduì lái shuō gōngzuò ba
相对来说工作吧
Relatively speaking, regarding jobs,

249

yīnwèi dāngshí de huà, kěnéng gèng duō de shì nǐ dúshū zhīhòu,
因为当时的话，可能更多的是你读书之后，

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if you received an education at that time (when our parents were young),

250

yǒu yī gè bāo fēnpèi de gōngzuò zhīlèi de

有一个包分配的工作之类的

a job position might be assigned to you

Note: In China, from 1951 to 1999, university graduates would get jobs assigned to them by the state.

251

ránhòu yīzhí gàn xiàqu | Róngyì ná dào tiěfǎnwǎn, shì ba?

然后一直干下去 | 容易拿到铁饭碗，是吧？

and you could work there forever. | It was easier to get an "iron bowl"?

Note: "Iron bowl" refers to a job or position that is considered very stable and secure, almost like a guarantee of lifelong employment. The term is often used to describe government jobs or positions in state-owned enterprises.

252

Duì, róngyì ná dào tiěfǎnwǎn shì yī gè

对，容易拿到铁饭碗是一个

Right, that's one aspect.

253

Jiù shuō dào zhǎo gōngzuò, nǐ jué de xiànzài zhǎo gōngzuò nán ma?

就说到找工作，你觉得现在找工作难吗？

Speaking of jobs, do you think it's hard to get a job now?

254

Duìyú niánqīng rén lái shuō de huà, zhǎo gōngzuò bù nán,

对于年轻人来说的话，找工作不难，

For young people, it's not difficult to find a job,

255

dàn shì zhǎo dào fúhé zìjǐ xiǎng yào de gōngzuò nán.

但是找到符合自己想要的工作难。

but it's difficult to get a job they like.

256

Nà nǐ shēnbiān hái yǒu qí tā de rén bǎi làn ma?

那你身边还有其他的人摆烂吗？

Are there people around you who "let it rot"?

257

Shéi bù dōu bǎi làn, niánqīng rén dōu bǎi làn

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谁不都摆烂，年轻人都摆烂

Who doesn't? Everyone "lets it rot".

258

Dàjiā wèishénme bù nǚlì gōngzuò ne?

大家为什么不努力工作呢？

Why doesn't everyone work hard anymore?

259

Jiùshì ràng lǎobǎn zhīdào yīfēnqiányīfēnhuò.

就是让老板知道一分钱一分货。

Because we want the boss to know that they get what they pay for.

260

Nǐ gěi wǒ liǎng qiān wǔ nǐ hái xiǎngyào shénmeyàng de fúwù a?

你给我两千五你还想要什么样的服务啊？

What kind of service do you expect for 2500 yuan (\$342) a month?

261

Zhēnde shì

真的是

Really!

262

Qián gěi dàowèi, wǒ yě dàowèi.

钱给到位，我也到位。

If the money is good, I will be good as well.

263

Guilín cái liǎng qiān wǔ ma?

桂林才两千五吗？

(The salary) in Guilin is only 2500 yuan (a month)?

264

Méiyǒu méiyǒu, wǒ méiyǒu

没有没有，我没有

No, not for me.

265

Wǒ hái shì wǔ qiān duō de.

我还是五千多的。

Mine is over 5000 yuan.

266

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Kěyǐ de, nà shǎo bǎi yīdiǎn háishi

可以的，那少摆一点还是

Not bad. Then you should slack off less.

267

Juéduì yào bǎi!

绝对要摆！

I will definitely slack off.

268

Gěi gè bā qiān jiù kěyǐ le

给个八千就可以了

Maybe 8000 yuan will be enough (to make you stop slacking off)?

269

Gěi yī wàn wǒ zuò bā qiān, gěi bā qiān wǒ zuò liù qiān.

给一万我做八千，给八千我做六千。

I'll do 8,000 yuan worth of work for 10,000, and 6,000 worth of work for 8,000.

270

Rúguǒshuō shì nàzhǒng chúncuì de bǎilàn dehuà,

如果说是那种纯粹地摆烂的话，

If you're talking about people who "let it rot" completely,

271

qíshí wǒ zhōuwéi de hái bù duō.

其实我周围的还不多。

actually there aren't many around me.

272

Yīnwèi wǒmen xiànzài hái zài shǔyú shuō shì bóshì jiēduàn dehuà,

因为我们现在还在属于说是博士阶段的话，

Because we are studying for a PhD

273

dàjiā dōu háishi mán juǎn de.

大家都还是蛮卷的。

and everyone is still quite competitive.

274

Zhōuwéi háishi bǎilàn de mán shǎo de qíshí.

周围还是摆烂得蛮少的其实。

There are actually only a few who "let it rot" around us.

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275

Zhěngtǐ láishuō ba, jiù yǒuyīxiē rén huì juéde

整体来说吧，就有一些人会觉得

In general, some people might feel that

276

wǒ jiù bù gōngzuò le, wǒ bù nǔlì le, wǒ yě bù fèndòu le

我就不工作了，我不努力了，我也不奋斗了

they don't want to work too hard,

277

fǎnzhèng yǒuméiyǒu qián yě wúsuǒwèi le

反正有没有钱也无所谓了

and it doesn't matter if they don't have money.

278

Zhège shì niánqīngrén kěyǐ zuò de ma?

这个是年轻人可以做的吗？

Can young people really afford to do this?

279

Wǒ juéde wǒmen bùnéng bǎilàn ba, wǒmen yī bǎilàn jiù méiyǒu...

我觉得我们不能摆烂吧，我们一摆烂就没有...

I don't think we can "let it rot". If we do, we won't have...

280

Wǒ gǎnjué shēnghuó zhōng kěnéng hěn duō shíhou

我感觉生活中可能很多时候

I feel that in life, many times,

281

rúguǒ yīdàn tíngxià jiǎobù,

如果一旦停下脚步，

once you stop going forward,

282

hěn duō dōngxī kěnéng jiù huì yǒu hěn dà de yālì.

很多东西可能就会有有很大的压力。

there will be pressure from many aspects.

283

Hòumian nǐ yào zài xiǎngyào qù zhànqǐlai, qù nǔlì

后面你要再想要去站起来，去努力

Later, if you want to stand up and work hard again,

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284

wǒ juéde fēicháng nán le.

我觉得非常难了。

it will be very difficult.

285

Wǒ juéde hái shì bù yào bǎi làn ba.

我觉得还是不要摆烂吧。

So I think it's better not to "let it rot".

286

Qí shí dà jiā dōu yǒu bǎi làn de nà ge qíng xù zài,

其实大家都有摆烂的那个情绪在，

Actually, everyone has the desire to "let it rot"

287

zhǐ shì kàn nǐ bǎi làn hé nǐ shàng jìn de zhàn bǐ duō bù duō.

只是看你摆烂和你上进的占比多不多。

but it depends on how much of your time is spent slacking off versus being motivated (to be productive).

288

Dà jiā shí ér shì bǎi làn, shí ér shì biān cè yī xià, duì

大家时而是摆烂，时而是鞭策一下，对

Sometimes, we slack off and sometimes, we motivate ourselves.

289

Shēn biān yǒu péng you yǒu guo, zì jǐ yě yǒu guo

身边有朋友有过，自己也有过

Both my friends and I have had this attitude.

290

Wèi shén me huì xiǎng bǎi làn?

为什么会想摆烂？

Why do you guys want to "let it rot"?

291

Rú guǒ qù zuò gōng zuò de huà, gōng zī dī yī ge wèn tí

如果去做工作的话，工资低一个问题

If we look for a job, one issue is that the salary is low

292

ér qiě yòu xīn kǔ, xiàn zài jiù xuǎn zé bǎi làn zhè tiáo lù.

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而且又辛苦，现在就选择摆烂这条路。

and the work is hard, thus we choose to give up.

293

Nǐmen zìjǐ yǒu xiǎng guo bǎilàn ma?

你们自己有想过摆烂吗？

Have you ever thought about "letting it rot"?

294

Tiāntiān zài bǎi zhe

天天在摆着

I am doing it every day.

295

Rúguǒ kěyǐ dehuà, wǒ xiǎng yīzhí bǎi xiàqu.

如果可以的话，我想一直摆下去。

If possible, I'd like to "let it rot" forever.

296

Tiāntiān xiǎng bǎilàn, nà nǐ zìjǐ shì wèishénme ne?

天天想摆烂，那你自己是为什么呢？

You want to do it every day? What is your reason?

297

Gōngzuò bǐrúshuō fánmáng zhīzhōng

工作比如说繁忙之中

It's a way to relax

298

ràng zìjǐ fàngsōng de yīzhǒng fāngshì ba.

让自己放松的一种方式吧。

in the middle of busy work.

299

Wǒ juéde zhèzhǒng xīnlǐ qíshí zài wǒmen niánqīngrén dāngzhōng

我觉得这种心理其实在我们年轻人当中

I think this kind of mentality is very common

300

háishi fēicháng chángjiàn de.

还是非常常见的。

among young people.

301

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Yīnwèi wǒ xiànzài háishi xuésheng ma,
因为我现在还是学生嘛，
Since I'm a (university) student,

302

suǒyǐ dehuà zài xuésheng qúntǐ dāngzhōng
所以的话在学生群体当中
(I know that) it's even more common

303

háishi gèngjiā chángjiàn de.
还是更加常见的。
among students.

304

Nǐ suǒ shuō de xuésheng bǎilàn shì zhǐ tāmen jiù wánquán bù xuéxí le
你所说的学生摆烂是指他们就完全不学习了
When you say that students "let it rot", do you mean that they don't study at all

305

háishi zhǐshì shuō yǒu mǒu yī gè shíqī bǎilàn?
还是只是说有某一个时期摆烂？
or just slack off during certain periods?

306

Wǒ juéde dàjiā suīrán píngcháng dōu shuō bǎilàn
我觉得大家虽然平常都说摆烂
I think that although everyone says that they're slacking off,

307

dàn qíshí gèng duō de zhǐshì mǒu yī duàn shíjiān huòzhě shì mǒu yī tiān,
但其实更多的只是某一段时间或者是某一天，
it's more about doing it during a period of time.

308

jiùshì xiāngdāngyú gěi zìjǐ fàng yī gè jià
就是相当于给自己放一个假
They're just giving themselves time off

309

ránhòu yī gè duǎnqī de zhège zàntíng, ànxià yī gè zàntíngjiàn
然后一个短期的这个暂停，按下一个暂停键
by pressing the "pause button"

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310

ràng zìjǐ gèng hǎo de xiūxi yīxià, gèng hǎo de tiáozhěng yīxià

让自己更好地休息一下，更好地调整一下

so they can rest a little bit and adjust (their pace of life).

311

Wǒ juéde gèng duō de shì zhèyàng de yīzhōng xīnlǐ

我觉得更多的是这样的一种心理

I think it's more of this kind of thinking.

312

Nà nǐ shēnbiān yǒu bǎilàn de rén ma?

那你身边有摆烂的人吗？

Do you know anyone who "lets it rot"?

313

Wǒ jiù dài biǎo a

我就代表啊

I am representative (of this group).

314

Miáoshù xià nǐ yī tiān bǎilàn de shēnghuó shì zěnmeyàng de

描述下你一天摆烂的生活是怎么样的

Describe your day as someone who slacks off.

315

Zhège bùhuì fāgěi lǐngdǎo kàn ba? | Bùhuì

这个不会发给领导看吧？ | 不会

You won't show this to my boss, right? | No.

316

Méiyǒu, méiyǒu de

没有，没有的

No no, (I am just joking).

317

Wǒ juéde zěnméi shuō, jiùshìshuō nǔlì le yī duàn shíjiān,

我觉得怎么说，就是说努力了一段时间，

I think when I work hard for some time

318

hǎoxiàng méiyǒu kàndào shénme jiéguǒ,

好像没有看到什么结果，

and I don't seem to see any results,

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319

nà jiù xiǎngyào tíngxiàlái tiáozhěng yīxià zìjǐ,
那就想要停下来调整一下自己,
that's when I want to stop

320

nà wǒ jiù xuǎnzé bǎilàn.
那我就选择摆烂。
and slack off a bit.

321

Yīnwèi rúguǒ yīzhí zài nǔlì, shàngjìn gànma de
因为如果一直在努力，上进干嘛的
If I keep working hard and being motivated,

322

ránhòu méiyǒu dédào xiǎngyào de jiéguǒ,
然后没有得到想要的结果，
yet I am not getting any good results,

323

hěn róngyì xiànrù, jiào shénme, dāngxià yī gè jiāolǜ
很容易陷入，叫什么，当下一个焦虑
I will likely get anxious.

324

Qíshí jiāolǜ a, nèihào qíshí duì zìjǐ de shēnxīn jiànkāng
其实焦虑啊，内耗其实对自己的身心健康
Actually, anxiety and internal conflicts are not good for both,

325

yě bùshì tèbié de hǎo
也不是特别地好
your physical and mental health.

326

Wǒ juéde shìdàng de bǎilàn yě shì yīzhǒng tiáojié xīnqíng ba,
我觉得适当地摆烂也是一种调节心情吧，
I think slacking off accordingly is also a way to regulate your mood,

327

wǒ juéde xīnli de nàzhǒng zhuàngtài.
我觉得心里的那种状态。

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and your state of mind.

328

Nà nǐ zěnmē fàngsōng zìjǐ?

那你怎么放松自己?

So, how do you relax yourself?

329

Dǎ wáng zhě

打王者

Playing King of Glory.

330

Dǎ yóuxì, shì ba?

打游戏, 是吧?

Playing (online) games?

331

Rúguǒ lián guī dehuà, kěnéng gèngjiā yǐngxiǎng xīnqíng.

如果连跪的话, 可能更加影响心情。

(But) if I lose the game all the time, it might affect my mood even more.

332

Méiyǒu, kāiwánxiào la

没有, 开玩笑啦

No, just kidding.

333

Jiù gēn péngyou shénme yīqǐ guàngguang jiē, liáo liáotiān shénmede.

就跟朋友什么一起逛逛街, 聊聊天什么的。

I just hang out with friends and talk with them.

334

Jiùshì hěn máng de shíhou huì máng lǐ tōuxián ba,

就是很忙的时候会忙里偷闲吧,

It's like stealing time when you're really busy,

335

yīnggāi zhèyàng shuō

应该这样说

that's what I mean.

336

Nà nǐ xīwàng cóng gōngzuò zhōng dédào shénme ne?

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那你希望从工作中得到什么呢？

What do you hope to get from work?

337

Dédào shénme jiéguǒ?

得到什么结果？

What kind of results?

338

Nà dāngrán shì shēngzhí jiāxīn zhè zhīlèi de

那当然是升职加薪这之类的

Of course, it's things like promotion and raises.

339

Nà nǐ shēnbiān yǒu bào yǒu bǎilàn xīnlǐ de rén ma?

那你身边有抱有摆烂心理的人吗？

Does anyone around you have the attitude of "letting it rot"?

340

Méiyǒu ba, dōu zhège niánjì le zěnmē bǎilàn?

没有吧，都这个年纪了怎么摆烂？

Probably no one. How can we do that at our age?

341

Yǒu jiā yǒu yè, shàng yǒu fùmǔ, xià yǒu háizi de

有家有业，上有父母，下有孩子的

We have families and responsibilities, such as taking care of our old parents and young children.

342

méiyǒu zīgé qù bǎilàn.

没有资格去摆烂。

We don't have the right to "let it rot".

343

Nà bǎilàn de shì shénmeyàng de qúntǐ ne?

那摆烂的是什么样的群体呢？

So, what kind of people would do this?

344

Shì gèng niánqīng yīdiǎn de ma?

是更年轻一点的吗？

Younger people?

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345

Jiù xiāngduì kěnéng fùdān bǐjiào shǎo yīdiǎn de ba.

就相对可能负担比较少一点吧。

Maybe people with less responsibilities.

346

Nǐ yàoshi shuō, bǐrúshuō zhège rén yòu yào huán fángdài,

你要是说，比如说这个人又要还房贷，

If you have mortgages to pay,

347

ránhòu yòu yǒu fùmǔ yào shànyǎng,

然后又有父母要赡养，

parents to support

348

ránhòu háizi zhèngzài shàng xiǎoxué huò yòu'éryuán,

然后孩子正在上小学或幼儿园，

and your children are still in elementary school or kindergarten,

349

méiyǒu zīgé qù bǎilàn.

没有资格去摆烂。

then you don't have the option to do it.

350

Shénmeyàng de qíngkuàng xià cái huì ràng dàjiā bù qù bǎilàn?

什么样的情况下才会让大家不去摆烂？

Under what circumstances would people become less inclined to "let it rot"?

351

Méiyǒu nàzhǒng PUA de rén jiù kěyǐ le.

没有那种 PUA 的人就可以了。

In an environment where there aren't people who PUA (are manipulative).

Note: "PUA" stands for "Pick-up Artist". It involves the use of tactics such as belittling, negation, and personal attacks to undermine an employee's confidence and gradually gain control over them, often leading to a loss of self-esteem and self-worth. This manipulation can make employees feel dependent on their superiors and submissive to their demands.

352

Néng bùnéng jǔ yī gè lìzi jiùshì jiěshì PUA?

能不能举一个例子就是解释 PUA？

Can you give an example to explain PUA?

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353

Qíshí wǒ zhīqián yǒu yī fèn gōngzuò,
其实我之前有一份工作，
Actually I had a job before,

354

nàge wǒ shàngmiàn de lǐngdǎo jiùshì shǐjìn gēn wǒ shuō
那个我上面的领导就是使劲跟我说
where my superior kept telling me

355

nǐ wánchéng le zhège mùbiāo,
你完成了这个目标，
if I achieved this goal,

356

wǒ yǔnnuò gěi nǐ shénme shénme zhíwèi
我允诺给你什么什么职位
I was sure to be given a certain position.

357

Dànshì wǒ wánchéng le, ránhòu tā yòu shuō nǐ zài děngděng.
但是我完成了，然后他又说你再等等。
But when I achieved it, he told me to wait a little longer.

358

Ránhòu wǒ yòu wánchéng le yī gè mùbiāo,
然后我又完成了一个目标，
When I met another target,

359

tā yòu shuō nǐ zài děngděng.
他又说你再等等。
he told me to wait again!

360

Ránhòu shìbùguòsān ma, dànshì tā dào dì sān cì le,
然后事不过三嘛，但是他到第三次了，
Three strikes and you're out. In the third time,

361

tā hái shì zhèyàngzi, wǒ jiù zhíjiē bǎilàn le.
他还是这样子，我就直接摆烂了。

When It Comes to Work, Why are Young Chinese "Letting It Rot"? - The Bailan Phenomenon

he was still like this, so I just straightaway gave up.

362

Wǒ jiù gēn tā chíxù qǐngjià, wǒ jiù bùxiǎng shàng le.

我就跟他持续请假，我就不想上了。

I kept making excuses to not show up for my job because I didn't feel like working anymore.

363

Gōngzī shàngzhǎng

工资上涨

If our salaries increase, (then less people will "let it rot").

364

Duì, ránhòu jiùshì xiūxi shíjiān biàn duō | Duì

对，然后就是休息时间变多 | 对

Right, also having more time off. | Right.

365

Yèyú shíjiān duō dehuà kěnéng huì.

业余时间多的话可能会。

If we have more free time, maybe (less people will slack off).

366

Nǐ juéde yǒukěnéng shíxiàn ma?

你觉得有可能实现吗？

Do you think this is likely to happen?

367

Xīwàng ba, xīwàng guójiā nénggòu kàndào zhè yī tiáo xīnxī.

希望吧，希望国家能够看到这一条信息。

I hope so. I hope our government sees this message.

368

Kěnéng shōurù ba

可能收入吧

Maybe when our income (increases).

369

Shōurù dī ma xiànzài shì?

收入低吗现在是？

Is the income low now?

370

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Wǒ juéde zhìshǎo duìyú wǒ láishuō shì tǐng dī de

我觉得至少对于我来说是挺低的

I think it's quite low, for me at least.

371

Bǐrúshuō jīngjì xiàxíng le,

比如说经济下行了，

For example, when the economy is in a downturn,

372

jiùshì dàjiā miànlín de shēngcún yālì gèng dà,

就是大家面临的生存压力更大，

everyone faces greater survival pressure.

373

nǐ jiùshì miànlín fángzi yào duàngōng le,

你就是面临房子要断供了，

When they are about to default on their mortgage,

374

háizi xuéféi yào jiāo bù shàng le,

孩子学费要交不上了，

and unable to pay the children's tuition fees,

375

kěnéng jiù huì yǒu wēijī yìshì le.

可能就会有危机意识了。

they might have a sense of crisis (and stop "letting it rot").

376

Wǒ juéde rúguǒ zhège shèhuì

我觉得如果这个社会

I think if society

377

dōu shì cháo zhe fēicháng hǎo de fāngxiàng qù fāzhǎn dehuà,

都是朝着非常好的方向去发展的话，

is developing in a very positive direction,

378

nà wǒ gūji dàjiā yě bùhuì tài bǎilàn.

那我估计大家也不会太摆烂。

people probably won't slack off too much.

When It Comes to Work, Why are Young Chinese "Letting It Rot"? - The Bailan Phenomenon

379

Xiàng jīnnián de jiùyè shìchǎng jiù bùtài hǎo,
像今年的就业市场就不太好,
You see, the job market isn't very promising this year,

380

wǒ zhōuwéi hěn duō tóngxué tā dōu méiyǒu zhǎodào gōngzuò.
我周围很多同学他都没有找到工作。
many of my classmates haven't found jobs.

381

Nà zhèzhǒng qíngkuàng xià, nà wǒmen zhǐnéng tōngguò bǎilàn
那这种情况下，那我们只能通过摆烂
Under these circumstances, we can only resist this kind of situation

382

qù duìkàng zhèyàng de yīzhǒng huánjìng lo
去对抗这样的一种环境咯
by slacking off.

383

nà bùrán wǒmen hái yǒu shénmeyàng de bànfǎ ne?
那不然我们还有什么样的办法呢?
If not, what other options do we have?

384

Zhège shèhuì jiùshì zhèyàng, bìng bùshì wǒmen zìjǐ bù nǔlì,
这个社会就是这样，并不是我们自己不努力，
It is what it is. It's not that we don't want to work hard,

385

zhǐshì shuō zhège shèhuì jiù xiànzài jiù cúnzài zhèyàng de wèntí.
只是说这个社会就现在就存在这样的问题。
it's just that society, as it is now, has these issues.

386

Nà xiàng yǐqián... Qiánduànshíjiān hěn huǒ de,
那像以前... 前段时间很火的，
Like before, there was a hot discussion

387

jiùshì ràng nàzhǒng shòu guo gāoděngjiàoyù de rén
就是让那种受过高等教育的人
about letting those who have received higher education

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Note: "Taking off Kong Yiji's robe", refers to changing one's outdated or impractical self-identity to be more in line with a person's current life situation. It suggests that highly educated individuals should be realistic and accept lower standards if they want to be employed.

388

tuōxià zìjǐ de chángshān.

脱下自己的长衫。

take off their "long gowns".

389

Dànshì zhēnde shì... | Kǒng yǐjǐ nàge?

但是真的是... | 孔乙己那个？

But is it really... | You mean, Kong Yiji?

390

Duì, jiùshì zhēnde shì wǒmen bù yuànyì tuōxià zhège chángshān ma?

对，就是真的是我们不愿意脱下这个长衫吗？

Yes. Is it really that we are unwilling to take off our "long gowns"?

391

Nà wǒmen tuō le,

那我们脱了，

If we do take them off,

392

tā jiù zhēnde nénggòu yǒu jiùshì fúhé wǒmen zhège

它就真的能够有就是符合我们这个

will there really be a job that matches

393

zhème duō nián shòu guo jiàoyù de yī gè gōngzuò ma?

这么多年受过教育的一个工作吗？

our education from all these years?

394

Jiùshì wǒmen yě xīwàng nénggòu

就是我们也希望能够

We would like to

395

gěi shèhuì chuàngzào xiāngyīng de jiàzhí,

给社会创造相应的价值，

create corresponding value for society,

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396

dàn rúguǒ zhège gǎngwèi hé nǐ shòu guo de jiàoyù
但如果这个岗位和你受过的教育
but if the job doesn't match

397

jiùshì bù pǐpèi dehuà,
就是不匹配的话,
the education we've received,

398

nà wǒmen dú zhème duō nián de shū, nà yìyì zài nǎlǐ ne?
那我们读这么多年的书，那意义在哪里呢？
then what's the point of studying for so many years?

399

Nà zhèzhǒng bǎilàn de xīnlǐ ba duì shèhuì yǒu fùmiàn de yǐngxiǎng ma?
那这种摆烂的心理吧对社会有负面的影响吗？
Does this mentality of slacking off have a negative impact on society?

400

Zhège wǒ juéde shì yǒu fùmiàn de yǐngxiǎng,
这个我觉得是有负面的影响，
I think it does have a negative impact,

401

dànshì kěndìng yě huì yǒu zhèngmiàn de yǐngxiǎng.
但是肯定也会有正面的影响。
but there will definitely be positive impacts as well.

402

Fùmiàn de yǐngxiǎng jiùshì yīdàn jiùshì dàjiā zhèzhǒng xīnlǐ...
负面的影响就是一旦就是大家这种心理...
The negative impact is that once everyone starts to adopt this mentality...

403

kěnéng yǒuxiērén zhǐshì kāiwánxiào de shuō,
可能有些人只是开玩笑地说，
Although some people might be joking,

404

dàn rúguǒ yǒuxiērén yīdàn bǎ zhège bǎilàn
但如果有些人一旦把这个摆烂

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if other people start to

405

dàngchéng yī gè... hěn rènzhēn de qù duìdài dehuà,
当成一个... 很认真地去对待的话,
slack off seriously,

406

nà kěnéng wǒmen zhège shèhuì
那可能我们这个社会
then our society

407

jiù méiyǒu gèng duō de fāzhǎn dònglì le.
就没有更多的发展动力了。
might not have much momentum to make progress.

408

Nà zhèngmiàn de?
那正面的?
And the positive side?

409

Yě shì wǒ gāngcái shuō le hěn jiǔ de,
也是我刚才说了很久的,
As I've mentioned earlier,

410

jiùshì shíshí de lìyòng zhèzhǒng tàidu qù tiáozhěng zìjǐ de shēnghuó,
就是适时地利用这种态度去调整自己的生活,
adopting this attitude from time to time to adjust your life

411

ràng zìjǐ de shēnghuó yǒu yī gè...
让自己的生活有一个...
in order to have a...

412

Pínghéng? | Duì, pínghéng
平衡? | 对, 平衡
A balance (in life)? | Right.

413

ránhòu ràng zìjǐ de shēnghuó

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然后让自己的生活

And, to allow new opportunities

414

chūxiàn yī gè xīn de zhuǎnjī shénmede

出现一个新的转机什么的

to enter your life.

415

Yǒuxiē rén kěnéng tōngguò bǎilàn, duǎnzàn de bǎilàn jǐtiān,

有些人可能通过摆烂，短暂地摆烂几天，

Through a temporary slacking off, some people might

416

tā kěnéng jiù zhǎodàole zìjǐ yǐhòu xiǎngyào zuò de shìqing

他可能就找到了自己以后想要做的事情

find out what they want to do in the future

417

huòzhě shìyǐ hòu zìjǐ xiǎngyào cóngshì de fāngxiàng.

或者是以后自己想要从事的方向。

or a new direction for their career.

418

Nà zhè yě shì yī gè hěn hǎo de xuǎnzé, wǒ juéde

那这也是一个很好的选择，我觉得

I think this choice can also be good.

419

Zhèzhǒng bǎilàn de xīnlǐ shì dàxuéshēng duō yīdiǎn

这种摆烂的心理是大学生多一点

Is this mentality of slacking off more common among university (graduates)

420

háishi shuō shòu jiàoyù chéngdù

还是说受教育程度

or among people

421

shāowēi dī yīdiǎn de rénqún duō yīdiǎn?

稍微低一点的人群多一点？

with lower education?

422

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Shòu gāoděngjiàoyù gèng duō yīxiē de rén dehuà

受高等教育更多一些的人的话

People with higher education

423

tā kěnéng huì duì zìshēn de zhège fāzhǎn,

他可能会对自身的这个发展，

might be more concerned about their own development

424

duì zìshēn de zhège yǐhòu de zhège rénshēng huì yǒu gèng duō de sīkǎo.

对自身的这个以后的这个人生会有更多的思考。

and their future life.

425

Jiùshì nǐ sīkǎo de yuè duō,

就是你思考得越多，

The more you think about it,

426

nǐ kěnéng jiù huì yuè wǎng zhège fāngxiàng qù fāzhǎn.

你可能就会越往这个方向去发展。

the more you will move in that direction (of "letting it rot").

427

Jīngjìzhuàngkuàng dōu fēicháng de hǎo,

经济状况都非常地好，

When the economic situation is better.

428

bǐrúshuō nàge shénme zuò shénme dōu huì dé qián

比如说那个什么做什么都会得钱

For example, whatever you do makes money.

429

Kàndào xīwàng, shì ba?

看到希望，是吧？

When you see some hope, right?

430

Duì, kàndào xīwàng

对，看到希望

Right.

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431

Jiù xiàng gǔshì yīyàng de, duìbùduì ma?

就像股市一样的，对不对嘛？

Take the stock market as an example.

432

Gǔshì nàge shíhou dà niúshì de shíhou,

股市那个时候大牛市的时候，

When it was a bull market

433

jiù tóu nǎ yī zhī gǔpiào dōu zhuànqián,

就投哪一支股票都赚钱，

and investing in any stock could make money,

434

jiù hěn duō de rén jiù huì nǎpà shì qù jièqián yě qù chǎogǔ

就很多人就会哪怕是去借钱也去炒股

many people would even borrow money to invest.

435

Tiānshàngdiàoxiànbǐng le, diào qián le

天上掉馅饼了，掉钱了

It was like money falling from the sky.

436

yǒu yī gè zhège jīhuì, yǒu yī gè zhège jīyù

有一个这个机会，有一个这个机遇

With such an opportunity,

437

dàjiā dōu bùhuì qù xuǎnzé bǎilàn.

大家都不会去选择摆烂。

nobody would "let it rot".

438

Jiùshì xiàng jīngjì hǎo le, gōngzī gāo le, bǎilàn de rén jiù shǎo le.

就是像经济好了，工资高了，摆烂的人就少了。

If the economy is better and the salary is higher, less people will slack off.

439

Nà nǐ juéde bǎilàn zhège qúntǐ shì

那你觉得摆烂这个群体是

Do you think people

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440

kěnéng dàxuéshēng xiàng shòu guo gāoděngjiàoyù de duō yīdiǎn

可能大学生像受过高等教育的多一点

with higher education tend to "let it rot"

441

háishi shuō méiyǒu shòu guo gāoděngjiàoyù de duō?

还是说没有受过高等教育的多?

or those who haven't received higher education?

442

Xiàng dàxuéshēng shòu guo jiàoyù de duō yīdiǎn.

像大学生受过教育的多一点。

More people with higher education, like college students "let it rot".

443

Wèishénme?

为什么?

Why is that?

444

Yīnwèi gōngzī dī bùxiǎng qù, gōngzī gāo zuò bùliǎo

因为工资低不想去，工资高做不了

Because they don't want to accept a low salary, but their ability doesn't match a higher income job.

445

suǒyǐ jiù xuǎnzé bǎilàn.

所以就选择摆烂。

So they chose to slack off.

446

Jiùshì bǎilàn de rénqún zhōng shì nánxìng duō háishi nǚxìng duō?

就是摆烂的人群中是男性多还是女性多?

Is it more common for men or women to "let it rot"?

447

Wǒ juéde nánxìng bǐjiào duō ba

我觉得男性比较多吧

I think it's more common for men.

448

Wèishénme ne?

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为什么呢？

Why is that?

449

Yīnwèi wǒ juéde... kěnéng shuō de yǒudiǎn hǎoxiào,

因为我觉得... 可能说得有点好笑，

Because I think... This might sound a little amusing.

450

jiùshì kěyǐ cóng shēncái yánzhí guǎnlǐ fāngmiàn láishuō

就是从身材颜值管理方面来说

From the perspective of physical appearance and fitness management,

451

xiàng bǐrúshuō nǐ kàn dàxué bìyè wǔ nián hòu,

像比如说你看大学毕业五年后，

if you look at people who have graduated from university for at least five years,

452

kěnéng hěn duō nán tóngxué tā de shēncái jiù yǐjīng fāfú le.

可能很多男同学他的身材就已经发福了。

many males become overweight.

453

Dànshì nǚ tóngxué tā hái shì hěn niánqīng hěn měilì.

但是女同学她还是很年轻很美丽。

But females still look young and beautiful.

454

Wǒ shì cóng zhège jiǎodù shàng lái fēnxī de

我是从这个角度上来分析的

(I come to this conclusion) from this consideration.

455

Nà wèishénme tāmen jiù huì fāfú le ne? Jiù bù guǎnlǐ le ne?

那为什么他们就会发福了呢？就不管理了呢？

Why do these men become overweight? Why don't they manage their fitness?

456

Kěnéng tāmen shì duì shēncái shàng yě bǎilàn,

可能他们是对身材上也摆烂，

Maybe they're letting their body "rot"

457

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kěnéng yě shì shēnghuó yālì dǎozhì ba.

可能也是生活压力导致吧。

because of stresses in life.

458

Nà nǐ juéde xiànzài de zhège shèhuì

那你觉得现在的这个社会

So, who do you think faces more pressure in today's society,

459

nánxìng gēn nǚxìng shéi miànlín de shèhuì yālì gèng dà?

男性跟女性谁面临的社会压力更大?

men or women?

460

Wǒ juéde nǚxìng miànlín de shèhuì yālì yīnggāi huì gèng dà,

我觉得女性面临的社会压力应该更大，

I think it's women

461

yīnwèi nǚxìng miànlín zhe yīxiē shēngyù shàng de yālì,

因为女性面临着一些生育上的压力，

because we face pressures relating to childbearing,

462

jiùshì xiànzài zhège shèhuì duì nǚxìng hái shì bù tài yǒuhǎo de.

就是现在这个社会对女性还是不太友好的。

and society is still not very friendly towards women.

463

Yīnwèi yùlíng nǚxìng zài qiúzhí de guòchéng zhōng

因为育龄女性在求职的过程中

For example, women of childbearing age face many difficulties

464

jiù huì yùdào hěn duō de kùnnan.

就会遇到很多的困难。

when looking for a job.

465

Jiù bǐrúshuō huì xiǎngdào nǐ yào xiū chǎnjià, hái yào gěi nǐ fā gōngzī,

就比如说会想到你要休产假，还要给你发工资，

(The company) might take into consideration a future maternity leave which they will need to pay,

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466

gōngsī jiù huì juéde yòng rén chéngběn jiù huì tígāo.

公司就会觉得用人成本就会提高。

so the cost of hiring women increases in their mind.

467

Érqiě jiā tíng... Zài Zhōngguó zhège shèhuì,

而且家庭... 在中国这个社会，

In addition, in Chinese society,

468

yībān jiā tíng hái shì nǚ xìng jiāngù de duō yīdiǎn.

一般家庭还是女性兼顾得多一点。

women generally take on more responsibilities in the household.

469

Suǒyǐ wǒ juéde nǚ xìng miàn lín de yā lì huì gèng jiā dà yī xiē.

所以我觉得女性面临的压力会更加大一些。

So I think women face greater pressures.

470

Nánde duō | Wèishénme ne?

男的多 | 为什么呢?

More men ("let it rot"). | Why is that?

471

Wǒ gǎnjué nánde tā yǒu yīdìng de duò xìng.

我感觉男的他有一定的惰性。

I feel that men have a certain amount of laziness.

472

Nà nǐ shuō yīxià zhè shèxiàng xiǎo gē yǒu duò xìng ma?

那你说一下这摄像小哥有惰性吗?

Well, tell me, is the camera guy lazy?

473

Shì ma? Nánde duò xìng shì shénme yìsi?

是吗? 男的惰性是什么意思?

Really? What do you mean that men are lazy?

474

Jiùshì nǐ wèishénme huì zhème shuō?

就是你为什么会这么说?

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What made you say that?

475

Jiùshì tiānshēng jiù yǒu yīzhǒng duòxìng

就是天生就有一种惰性

They just have a kind of innate laziness.

476

Tiānshēng jiù lǎn, tīngdào méi?

天生就懒，听到没？

Laziness by nature. Do you hear?

477

Bǔchōng yīxià, jiào dùn gǎn lì

补充一下，叫钝感力

Let me add, it's called insensitivity.

478

Hǎo, dùn gǎn lì

好，钝感力

Alright, insensitivity.

479

Zhège lǎn cóng nǎlǐ tǐxiàn ne?

这个懒从哪里体现呢？

How does this "laziness" manifest itself?

480

Kěnéng jiùshì dùn gǎn lì, nǐ yào qínkuài yīdiǎn dehuà,

可能就是钝感力，你要勤快一点的话，

Maybe it is insensitivity because if men were more diligent,

481

nǐ jiù huì shāowēi bǐjiào mǐngǎn.

你就会稍微比较敏感。

they would become more sensitive.

482

Xiàng nǚshēng yīyàng bǐjiào mǐngǎn,

像女生一样比较敏感，

If they're as sensitive as women,

483

zhùyì dào shìqíng yǒu shénme chābié,

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注意到事情有什么差别，
they will notice differences

484

jiù huì gǎibiàn zìjǐ de xíngdòng,
就会改变自己的行动，
and change their behaviors (in order to become better).

485

ránhòu nán de tā jiù dùn gǎn lì ba,
然后男的他就钝感力吧，
Since men are insensitive,

486

gǎnshòu bùdào, yě bùhuì gǎi, yě bùhuì dòng, nà jiù lǎn.
感受不到，也不会改，也不会动，那就懒。
they don't notice (faults), and they won't correct them or do anything about them. So they
appear lazy.

487

Nán de duō | Wèishá?
男的多 | 为啥？
More men ("let it rot"). | Why?

488

Yīnwèi... | Lǎn ma? | Duì
因为... | 懒吗？ | 对
Because... | Lazy? | Yes.

489

Yīnwèi dàduōshù qíngkuàng xià hǎoxiàng dōu shì nán de bǐjiào lǎn,
因为大多数情况下好像都是男的比较懒，
Because in most cases, it seems that men are lazier,

490

nǚ de hǎoxiàng hěn shǎo.
女的好像很少。
women seem to be less so.

491

Zàntóng, dànshì wǒ chúwài.
赞同，但是我除外。
Agree, but I'm an exception.

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492

Tā lǎn ma? | Lǎn

他懒吗? | 懒

Is he lazy? | He is.

493

Zěnmē lǎn?

怎么懒?

How is he lazy?

494

Tā dōu bāng nǐ līn dōngxi, nǐ hái shuō tā lǎn

他都帮你拎东西，你还说他懒

He carried things for you, and you say he's lazy.

495

Kěshì...

可是...

But...

496

Tā līn de shì wǒ de.

他拎的是我的。

But that's my stuff.

497

Duì ya, tā méi līn wǒ de ya!

对呀，他没拎我的呀！

Right! He didn't carry my stuff!

498

Kěshì tā méiyǒu hǎohǎo xuéxí

可是他没有好好学习

But he didn't study hard.

499

Suǒyǐ nǐ de xuéxí hěn chà ma?

所以你的学习很差吗？

So your grades are poor?

500

Bānjí dì sì míng

班级第四名

Fourth in the class.

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501

Dàoshǔ ma? | Zhèngshǔ

倒数吗? | 正数

Bottom? | Top (four).

502

Liù jí hái méi guò, sì jí gāng guò.

六级还没过，四级刚过。

He hasn't passed the CET-6 (an English test), just passed CET-4.

503

Yīngyǔ bùxíng

英语不行

So, his English isn't good.

504

Nà nǐ juéde bǎilàn de shì nán de duō hái shì nǚ de duō?

那你觉得摆烂的是男的多还是女的多?

So, do you think there are more men or women who "let it rot"?

505

Wǒ juéde yīnggāi shì nǚ de huì bǐjiào duō ba.

我觉得应该是女的会比较多吧。

I think there might be more women.

506

Wèishénme ne?

为什么呢?

Why is that?

507

Wǒmen guójiā dehuà nàge

我们国家的话那个

In our country,

508

jiù juéde nánrén dehuà jiù yīnggāi shì yào dǐngtiānlìdì

就觉得男人的话就应该是要顶天立地

men are expected to be the backbone of the family,

509

shì zuòwéi yī gè jiāting de dǐngliángzhù zhīlèi de

是作为一个家庭的顶梁柱之类的

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to stand tall and strong.

510

Zhèzhǒng sīxiǎng dehuà huì yīnwèi kè zài tāmen gǔzi lǐmiàn

这种思想的话会因为刻在他们骨子里面

This kind of thinking is ingrained in our bones.

511

Nà rúguǒ yī gè nánrén tā xuǎnzé le bǎilàn,

那如果一个男人他选择了摆烂，

So if a man chooses to "let it rot"

512

tā rúguǒ yǒu jiātíng dehuà,

他如果有家庭的话，

and he has a family,

513

nà kěnéng tā yào miànlín nàge shèhuì de yālì

那可能他要面临那个社会的压力

he might face greater social pressures,

514

nàzhǒng shēngyīn dehuà gèngjiā dà.

那种声音的话更加大。

and the criticism he receives will be more.

515

Jiùshì tā méiyǒu bànfǎ bǎilàn?

就是他没有办法摆烂？

So, he can't "let it rot" (even if he wants to)?

516

Xiāngduì dehuà bǐ nǚrén bǎilàn dehuà

相对的话比女人摆烂的话

Compared to women, (if a man "lets it rot"),...

517

nàge jiào shénme | Chéngběn gāo

那个叫什么 | 成本高

how to say it? | The stakes are higher?

518

Chéngběn yào gāo hěn duō, duì duì duì

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成本要高很多，对对对

Yes, the stakes are higher (for men)

519

Yīnwèi nàge shèhuì yālì kěnéng huì gèngjiā dà yīxiē,

因为那个社会压力可能会更加大一些，

because the social pressures might be greater.

520

wǒ shì zhèyàng juéde de

我是这样觉得的

That's what I think.

521

Jiùshì nán de bǎi bù qǐ làn, shì ma?

就是男的摆不起烂，是吗？

So men can't afford to "let it rot"?

522

Xiāngduì bǐ nǚ de bǎilàn de nàge chéngběn yào gāo nàme yīdiǎn

相对比女的摆烂的那个成本要高那么一点

Relatively speaking, the cost for men to "let it rot" is higher than for women.

523

Wǒ juéde kěnéng nǚxìng huì dà yú nánxìng ba.

我觉得可能女性会大于男性吧。

I think there might be more women than men (who "let it rot").

524

Nánxìng dehuà tā kěnéng hái huì bēifù zhe

男性的话他可能还会背负着

Men might bear

525

shēnshang de yīdiǎndiǎn xiǎoxiǎo de yālì,

身上的一点点小小的压力，

a little more pressure,

526

yīnwèi měigerén bùtóng ba.

因为每个人不同吧。

because everyone is different.

527

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Nánxìng bǐ nǚxìng duō le shénme yālì?

男性比女性多了什么压力？

What kind of pressure do men have that is more than women?

528

Jiù bǐrúshuō xiànzài tāmen nàzhǒng jiéhūnshēngzǐ a

就比如说现在他们那种结婚生子啊

For example, in respect to marriage and childcare,

529

nà nǐ kěndìng yālì kěnéng huì dà yú nàxiē...

那你肯定压力可能会大于那些...

the pressure (for men) is definitely greater than...

530

Nà nǚháizi bù yīyàng,

那女孩子不一样，

For girls, the situation is different.

531

nǚháizi tā bǐrúshuō jīntiān xīnqíng bùhǎo,

女孩子她比如说今天心情不好，

If a girl is in a bad mood today,

532

tā kěyǐ mǎshàng jiù lì mǎ bǎilàn.

她可以马上就立马摆烂。

she can immediately start "letting it rot".

533

Dàn nánháizi rúguǒ xīnqíng bùhǎo,

但男孩子如果心情不好，

But if a guy is in a bad mood,

534

tā huì kǎolù dào jiātíng, zhǒngzhǒng zhǒngzhǒng yuányīn ba

他会考虑到家庭，种种种种原因吧

he will consider his family and other things.

535

Dànshì dàduōshù nánxìng yě bùhuì ràng zìjǐ de qīzi

但是大多数男性也不会让自己的妻子

However, most men won't let their wives

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536

huòzhě nǚpéngyou qù nàme nǔlì.

或者女朋友去那么努力。

or girlfriends work that hard anyway.

537

Ránhòu jīběnshàng nánxìng de yālì huì dà yīdiǎn.

然后基本上男性的压力会大一点。

So basically, men tend to have more pressures.

538

Suǒyǐ nǚxìng shì bǎilàn yě bùhuì bèi rén shuō, dànshì nánxìng kěnéng...

所以女性是摆烂也不会被人说，但是男性可能...

So, women can "let it rot" without being judged, yet men might...

539

Duì duì duì, shì yī gè dàoli

对对对，是一个道理

Right, it's the same meaning.

540

Yīnggāi yě yībàn yībàn ba | Duì, wǒ juéde yībàn yībàn

应该也一半一半吧 | 对，我觉得一半一半

It should be half and half (men and women equally "let it rot"), right? | Yes, I agree.

541

Jiùshì nǐ juéde nánxìng gēn nǚxìng miànlín de yālì shì yīyàng de ma?

就是你觉得男性跟女性面临的压力是一样的吗？

So, you think the pressure faced by men and women is the same?

542

Jiù Guìlín běndì éryán wǒ juéde shì yīyàng de,

就桂林本地而言我觉得是一样的，

Here in Guilin, I think it's the same.

543

kěnéng nǚxìng hái dà yīxiē.

可能女性还大一些。

Well, maybe more for women.

544

Wèishénme?

为什么？

Why is that?

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545

Yīnwèi zài wǒ gèrén de gǎnjué láishuō,
因为在我个人的感觉来说，
I personally feel that

546

kěnéng Guǐlín de nánháizi de bǎilàn de chéngdù gèng dà,
可能桂林的男孩子的摆烂的程度更大，
guys in Guilin have a greater degree of "let it rot" mentality.

547

kěnéng tā de shàngjìnxīn fāngmiàn zhīlèi de
可能他的上进心方面之类的
Perhaps in terms of striving to be better,

548

wǒ gèrén juéde kěnéng méiyǒu nǚshēng gèng nǔlì.
我个人觉得可能没有女生更努力。
they are not as hard-working as women.

549

Wǒ juéde dehuà nánxìng kěnéng gèng duō ba.
我觉得的话男性可能更多吧。
I think there might be more men (who "let it rot").

550

Nánxìng de yālì kěnéng gèng dà,
男性的压力可能更大，
Since men face more pressure,

551

suǒyǐ tā kěnéng gèngjiā xiǎng wúsuǒwèi yīdiǎn.
所以他可能更加想无所谓一点。
they might be more likely to have this attitude of indifference.

552

Nǎ yīfāngmiàn de yālì gèng dà?
哪一方面的压力更大？
What kind of pressure is greater (on men)?

553

Bǐfāngshuō jiùshìshuō Zhōngguó de hūnyīn xísú, duì ba?
比方说就是说中国的婚姻习俗，对吧？

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For example, in terms of Chinese marriage customs,

554

Jiùshì nánfāng yào zhǔnbèi cǎilǐ, zhǔnbèi fángzi,
就是男方要准备彩礼，准备房子，
the man has to prepare a dowry, a house,

555

zhǔnbèi chēzi zhèxiē
准备车子这些
a car, and so on.

556

Zhèxiē shì yī gè bǐjiào jùtǐ de yālì.
这些是一个比较具体的压力。
These are tangible pressures.

557

Wúxíng de yālì jiùshì qítā fāngmiàn de kěnéng huì yùdào de gèng duō,
无形的压力就是其他方面的可能会遇到的更多，
They might also experience more intangible pressures,

558

jiù bǐrúshuō gōngzuò zhīlèi de.
就比如说工作之类的。
such as pressure from work.

559

Nà nǐ shuō nánxìng kěnéng yīnwèi jīngjì yālì gèng dà yīdiǎn,
那你说男性可能因为经济压力更大一点，
So you're saying that because men have greater financial pressures,

560

huì bǎilàn de gèng duō yīdiǎn | Duì
会摆烂的更多一点 | 对
they tend to "let it rot" more? | Right.

561

Nà rúguǒshuō tā yǒu zhème duō de jīngjì yālì gēn jiātíng zérèn,
那如果说他有这么多的经济压力跟家庭责任，
But if they have so much financial pressure and family responsibilities,

562

tā hái néng bǎilàn ma?

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他还能摆烂吗？

can they really afford to "let it rot"?

563

Duì a, suǒyǐ jiùshì huí dào le wǒmen yī kāishǐ shuō de,

对啊，所以就是回到了我们一开始说的，

Right, so it goes back to what we said at the beginning.

564

wǎngshàng dàbùfēn rén shuō bǎilàn,

网上大部分人说摆烂，

Most people online say that

565

kěnéng zhǐshì xīntài shàng xiǎng bǎilàn,

可能只是心态上想摆烂，

they want to "let it rot", but it's just a thought,

566

dàn shíjìshàng tā bìng méiyǒu.

但实际上他并没有。

and not something they will actually carry out.