
BBC LEARNING ENGLISH

English Together

Mobile Phone Addiction



This is not a word-for-word transcript.

የኤል አንድ ተናጋሪ አቅራቢ

ሰላም፣ ስለወቅታዊ ጉዳይ ወደምንወያይበትና ስለጉዳዩ ለማውራት የሚያስፈልገውን ቋንቋ ወደምናቀርብበት የ English Together ዝግጅት እንዲን በደህና መጡ። ሐና እባላለሁ። አብሮኝ/አብራኝ አለ/አለች።

Sam

Hi, I'm Sam.

Kee

And I'm Kee. Welcome!

የኤል አንድ ተናጋሪ አቅራቢ

በዚህ ሳምንት ዝግጅታችንን ስለተንቀሳቃሽ ስልክ 'addiction' ሱስ እንነጋገራለን። ስለጉዳዩ ለማወቅ ጉጉት ስላደረብን የተንቀሳቃሽ ስልክ ተጠቃሚዎች በምን ያህል ጊዜ ስልካቸውን እንደሚነኩ ለመረዳት ሞክረናል። These results come from dscout.com. በየምን ያህል ጊዜ ይመስልዎታል?

- ሀ) በየ33 ሰከንዱ
- ለ) በየ43 ሰከንዱ
- ሐ) በየ53 ሰከንዱ

Kee

I know, I know...

የኤል አንድ ተናጋሪ አቅራቢ

The question's not for you, ለመመለስ እንዳይሞክሩ። መልሱን ቆየት ብለን በዝጅታችን መኃል እንነግርዎታለን። Now, listen to a BBC 5Live news story on this topic of 'mobile phone addiction', የተንቀሳቃሽ ስልክ ሱስ

News insert

Now, are you addicted to your mobile phone? Apparently, almost a third of us are unable to go more than an hour without checking it and a quarter of us recognise we are addicted to these devices. The heaviest smart phone users click, tap and swipe on their phone 5,500 times a day.

Sam

Wow, 25% of people say that they are addicted to their phones. Hmm, I use my phone a lot, but I don't think I'm addicted to it...

<notification sound>

Kee

I'm not so sure.....

<notification sound><notification sound>

Sam

Sorry... I'll be with you in just a minute.

<notification sound><notification sound><notification sound>

የኤል አንድ ተናጋሪ አቅራቢ

Come on Sam, we're at work!

Sam

Sorry, I got distracted there for a minute! <notification sound> Can you explain that while I answer this message?

የኤል አንድ ተናጋሪ አቅራቢ

ምክንያቱም አንችም 'distracted' ትኩረትሽን ስለተነጠቅሽ ነው ሳም?

Kee

Would you say that you can be distracted by mobile phones...?

የኤል አንድ ተናጋሪ አቅራቢ

Definitely.... Just ask Sam!

Sam

Sorry, I was distracted there, wasn't I? Let's get on with the show... so what do you think of this story?

Kee

Well, it's clear isn't it – people just use their phones too much. No one seems to be able to pay attention to anything anymore.

የኤል አንድ ተናጋሪ አቅራቢ

I think you might be right - 'pay attention' አትኩሮት መስጠት. But phones are just part of our life now, aren't they? It's complicated, isn't it?

Kee

I don't think it's that difficult – for some things you just need to be able to pay attention. What's so difficult about that?

<notification sound>

Sam

Erm...sorry again, that might have been me. Do people still turn their phones off? Really? All I have to do is make sure I focus on what I'm doing.

የኤል አንድ ተናጋሪ አቅራቢ

Really, Sam? 'Focus' የሚለው ቃል፣ ማተኮር፣ ልብ ማለት ነው። I have to put my phone away when I'm working on something, or I can't focus.

<notification sound>

Kee

Guys, just turn your phones off, then you can focus. There's no way you can be productive like this, checking your phones every 20 seconds.

<notification sound>

የኤል አንድ ተናጋሪ አቅራቢ

Yes, sorry! 'Productive', ምርታማ መሆን ማለት ነው። I think I'm more productive when I really concentrate on work.

ይህም ቀደም ሲል አቅርቦላችሁ ወደነበረው ጥያቄ ይመልሰናል። በአማካይ የተንቀሳቃሽ ስልክ ተጠቃሚ ስልኩን ወይንም ስልኩን በየ 33 ሰከንዱ ይነካል ወይንም ትነካለች።

Kee

And how do you think you could be more productive?

Sam

Erm... by really focusing on my work.

Kee

And what do you think would help you focus?

Sam

I need to make sure I only pay attention to my work and not be distracted.

Kee

Really? What do you think might be distracting you?

<notification sound>

Sam

You're talking about my phone, aren't you?

Kee

How did you guess?

<shut down sound>

የኤል አንድ ተናጋሪ አቅራቢ

እሽ የሳምን ምሳሌ በመከተል እኔም ተነቀሳቃሽ ስልጤን አጠፋለሁ. . .

እርስዎስ? ስልክዎ 'distracted' ያደርግዎታል? ለነገሮች 'pay attention' እና 'focus' ማድረግን አስቸጋሪ

ያደርግብዎታል? ስራዎት ላይ 'productive' ከመሆን ይከልክልዎታል? እና. . .

የዚህ ሳምንት ዝግጅታችንን አጠናቅቀን ከመሰነባበታችን በፊት ዛሬ ስንነጋግርባቸው የነበሩትን ቃላት እንመልከት።

ሁሉም ከአትኩሮት ጋር የተያያዙ ቃላት ናቸው። 'distracted' አንዳች ነገር ለሚያከናውኑት ተግባር ትኩረትዎን

እንዳይሰጡ ሲከለክልዎት ማለት ነው፤ 'pay attention' ትኩረትን ከማጣት ይልቅ አንዳች ነገርን ልብ ማለት፤

ማስተዋል ማለት ነው። 'focus' አንዳች ነገር ላይ አፅንዖት ሰጥቶ ማተኮር ማለት ሲሆን 'productive' ረዘም ላለ ጊዜ

አንድን ስራ ማከናወን መቻልን ይገልጻል።

አብረውን ስለቆዩ እናመሰግናለን፤ ለሌላ የ English Together ዝግጅት በሚቀጥለው ሳምንት ይጠብቁን።