

Swearing Increases Physical Strength, Researchers Say

VOCABULARY WORDS

1. swearing /'sweriNG/ the use of offensive language.
Example: The show is absolutely not for kids since there's a lot of swearing from the actors.
2. profane /prə'fān/ obscene, vulgar, rude, offensive
Example: Our supervisor's profane language has led many employees to resign from their positions.
3. numb /nəm/ deprived of the power of sensation.
Example: It was so cold that my fingers went numb.
4. self expression /self ik'spreSHən/ the expression of one's feelings, thoughts, or ideas, especially in writing, art, music, or dance.
Example: They create art for their own pleasure and self-expression
5. at a loss /ət ə lôs/ puzzled or uncertain what to think, say, or do.
Example: She was at a loss for what to do next.



Researchers have discovered that **swearing** and using bad or **profane** language can increase one's physical strength. The researchers are from Keele University in England. They conducted tests on 81 people to see the effect swearing had on their physical performance. In one test, participants did a short, intense workout on an exercise bike.

Some people were asked to swear as much as they could before they started their workout, while others were told to be quiet. In another test, participants were told to grip the bike's handlebars as tightly as they could. The researchers found that the groups who swore a lot, cycled or gripped three to four percent more powerfully than the tight-lipped group.

Past research also shows that swearing helps to increase our tolerance to pain. A 2009 study discovered that swearing led to an increased heart rate and higher levels of adrenaline - these help to **numb** pain. This perhaps explains why so many of us swear when we hurt ourselves. Another study found that swearing was a sign of honesty because people who swear frequently are believed to be better at **self-expression**.

Dr. Richard Stephens, lead researcher of the Keele study, said he was **at a loss** to explain why swearing affects the body. He said: "Quite why it is that swearing has these effects on strength and pain tolerance remains to be discovered. We have yet to understand the power of swearing fully."

DISCUSSION

1. How bad is swearing?
2. How bad is it that children swear?
3. Is it important to know swear words in English?
4. Are the swear words in your country really bad?
5. What do you think of when you hear the term 'bad language'?
6. Who would you never want to hear using bad language?