

Invisible - Sweetness as a Social Barrier

不可见的 - 甜味 作为 社交 障碍

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Abstract

The role of sweet food as a social glue is both significant and positive. However, when sweetness exceeds individually acceptable level it could reveal barriers or differing perceptions of taste or culinary traditions.

The project takes sweet dishes as a marker to reflect the relationship of members of the Chinese community to sweets in Vienna as an observational perspective in order to discuss differences in sweetness tolerance. This difference could produce an impact on social interactions between different groups and even barriers are caused by this difference.

Keywords

Dessert, Sweetness threshold, Social boundaries, Social barriers

摘要

甜食作为社会关系纽带的作用既重要又积极。然而，当甜度超过个人可接受的水平范围时，它可能会显示出社交障碍，或对口味的不同看法。

该项目以甜食为标志，反映了维也纳华人社区成员与甜食的关系，作为一个观察的角度，以讨论甜度容忍度的差异。这种差异可能会对不同群体之间的社会互动产生影响，这种差异甚至造成了社交障碍。

关键词

甜品, 甜度感知阈值, 社交边界, 社交障碍, 社会凝聚力, 社会凝聚力的媒介

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Introduction

The boundaries between different communities in society are related to various forms: geography, skin color, language, nationality, rich or poor, etc. Various factors, both visible and invisible, create diverse communities, and vice versa: communities relate to different factors in order to differentiate themselves. At the same time, communication between different communities makes them richer and more varied.

Food is seen as the most common social tool and is often used in social activities. People communicate by eating together and drinking tea and coffee together. A successful social interaction sometimes only requires enjoying similar flavors. On the other hand, a bad social interaction may be due to an unfulfilled sensation of taste. For example, desserts made of apple and cinnamon did not motivate the participants of this study to eat it. While cinnamon is not commonly found in Chinese

sweets as the main spice in meat stews, the combination of cinnamon and apples is an icon of Austrian desserts.

This paper attempts to establish a non-visual perspective by observing the attitudes and relationships between the Chinese study group living in Vienna and local Viennese sweets. Observations were made by sitting in a cafe with participants of this study, and the expression of taste perceptions of the study group was used as this study material. An observational approach with questionnaires and interviews is used to discuss the differences in sweetness taste tolerance of different social groups. This discussion extends to the social boundaries caused by sweetness taste tolerance.

The group of this study consisted of three people, who came to Austria for education, as follows:

1, Miss Kaki: 30 years old, born and raised in Guangzhou, China, living in Vienna for four years

2, Miss Peach: 34 years old, born and raised in Beijing, China, living in Vienna for two and a half years

3, Miss Lychee: 33 years old, born and raised in Hangzhou, China, living in Vienna for three years

The interviews are conducted on a monthly basis, from March to May, 2022 for a total of three months.

Preface

In the Chinese language, the interpretation of “sweet” is similar to that of the English language, meaning “like the taste of sugar or honey.”¹ However, in contrast to English, the word “sweet” in Chinese is a “Huiyi” character, which means that it is a new Chinese character made up of two separate characters with their own meanings.

The character “甜”(sweet), which is composed of two separate characters “舌”(tongue) and “甘”(sweet), has a richer meaning in terms of its “sweet” meaning. (舌 + 甘 = 甜)

“舌”(tongue): as the name implies, refers to the tongue, “which is the organ in the mouth of humans and animals that discriminates between tastes and helps in chewing and

1. New China Character Dictionary, The Commercial Press (2011), 493

pronunciation”². The word “甘”(sweet): was developed from the word “口”(mouth), which was interpreted by CHEN Changzhi in the Qing dynasty as “甘”(sweet): “Beauty. There is something (one thing) in the mouth.”³ In modern Chinese interprets this as “taste good.” The character form uses the word “口” as one part of the character, which looks like the character “一”(one) in the mouth⁴. In this context when something can be held in the mouth, it usually brings a pleasant feeling. Thus “甘”(sweet) in the Xinhua dictionary, is translated as “sweet, good taste.”⁵ With this translation, the meaning of the word “sweet” becomes more understandable, and the tongue undergoes a sweet, good-tasting sensory experience. When this sensation materializes, it becomes an experience based on the taste of sugar or

2. New China Character Dictionary, The Commercial Press (2011), 444

3. CHEN Changzhi, *Shuowen Jiezi*

4. CHEN Changzhi, *Shuowen Jiezi*

5. New China Character Dictionary, The Commercial Press (2011), 147

honey. Thus the contemporary term “sweet” in the English and Chinese languages have a similar meaning.

From the etymological point of view, the meaning of “sweet” in Chinese emphasizes a multi-dimensional sensory experience. This experience is not only limited to the sense of taste. The meaning of “holding something on the tongue” and “good taste” can neither directly point to the single chemical taste of “sweetness”, nor linked only to “sugar” and “honey.” However, as time passed, the translation of “sweetness” was gradually transformed into the two substances “sugar” and “honey.” As a result of the direct and concrete reference to sugar and honey, the integral sensory meaning of the word explained above has been weakened.

In this paper, the discussion of “sweet”, “sweetness”, “dessert” and other subjects about “sweet” are all based on the immediate perception of human beings (which is the members of this study group). Therefore, it does not only refer to the two

material substances: “sugar” and “honey.”

The taste perception of sweets depends on social relations

As stated in the introduction, the experience of sweetness is a sensory experience (flavor-based, influenced by their personal emotions and environmental factors). As of such the questionnaire to the Chinese people living in Vienna at the beginning of the project revealed that the perception of Viennese sweets was not directly related to the dessert itself, but rather focused on the social experience it brings. According to questionnaire respondent Ms. Kaki⁶ (30 years old, living in Vienna for four years), “Sweets mean time spent with close friends.” Even more so, satisfaction with dessert depends on the closeness of the friendship. As Ms. Kaki said, “With friends you like, desserts

6. For ethical reasons, the names of the study participants appearing in this paper are pseudonyms.

will taste good; with friends you don't like, desserts will not taste good." Of course, the experience of eating sweets is not limited to experiencing sweetness. The style, color and appearance of the sweets, the vessel in which the sweets are presented, and the environment in which the sweets are tasted are all sufficient factors to influence the enjoyment of eating the sweets. The impact of the level of sweetness when enjoying the sweets is obvious. This impact is not only based on individual experience, but also supported by scientific studies such as brain science and behavioral psychology, these scientific support will be mentioned below.

Interaction of perception of sweetness and social behavior

Ms. Kaki's response strongly emphasizes an impact of her emotional state depending on the different experiences while tasting sweets. The experience of another questionnaire participant, Ms. Peach (34 years old, living in Vienna for two and a half years), reinforced

the sentiment that there is a change in the experience of eating sweets in case of changing emotional states. In the interview, Ms. Peach told the author that she generally does not consume many sweets but changes her consumption habits under stress and pressure. She talked about it in the interview, “Whenever I feel a great deal of pressure, or stress, I eat more sweets.” This pattern of behavior, by consuming sweets as a tool to relieve stress, is not a unique phenomenon; scientific studies have observed these effects of sugar on our brains. An article published in the scientific journal *Appetite* entitled “The effect of emotional state on taste perception” describes that “everyday variation in affect can modulate the perception of taste.”⁷ In particular, “emotional manipulations in the form of pleasantly or unpleasantly perceived real-life events can influence the intensity perception of taste.”⁸ The findings provide

7. Corinna Noel, Robin Dando. The effect of emotional state on taste perception

8. Corinna Noel, Robin Dando. The effect of emotional state on taste perception

a scientific basis for the phenomena that the changes in the emotional state and sweet dietary habits of the individuals were affected by stress and pressure.

The relationship between sweets and behavior has a multiple perspectives, another participant in the questionnaire, Ms. Lychee, gave an explanation like this: “When I am in a bad mood, or when I am depressed, even a little bit of something sweet can make me happy.” Such changes in mood are similar to the findings of the article “Psychological Effects of Sweet Taste and Sweet Taste Preference” in the journal *Applied Sciences*. The conclusions of that article show that “Tasting something sweet can result in activation of the brain’s reward system.”⁹ This means that sweetness can lead to the occurrence of happy emotions. Thus, Ms. Lychee’s behavioral habits are scientifically supported here.

9. Michael Schaefer, Eileen Garbow. Psychological Effects of Sweet Taste and Sweet Taste Preference

Not only that, but the effect of sweets on behavior is also reflected in the ability to make judgments. The conclusions of an experiment in the article “The Sweet Taste of Revenge: Gustatory Experience Induces Metaphor-Consistent Judgments of a Harmful Act” published in the psychology journal *Social Cognition*, showed that “participants judged the avenger and her action more leniently when they had a sweet taste in their mouths.”¹⁰ And another scientific article, “Experiencing Sweet Taste Affects Romantic Semantic Processing” concludes that sweetness is having romantic dominance effect. In other words, “participants in the sweet taste study processed romantic words more rapidly than processing non-romantic words.”¹¹

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10. Jens H. Hellmann, Deborah F. Thoben and Gerald Echterhoff. The Sweet Taste of Revenge: Gustatory Experience Induces Metaphor-Consistent Judgments of a Harmful Act
 11. Wang Liusheng, Chen Qian. Experiencing Sweet Taste Affects Romantic Semantic Processing

Thus, the relationship between sweetness and human behavior has an influence on each other.

Social boundaries established by differences in perception of sweet taste

There is no doubt that sweetness in food affects human behavior. In the further interviews with the study participants concluded that the level of satisfaction from consuming Viennese sweets was low in general, even though sweetness has a positive effect on mood changes. However, from the viewpoint of the interviewees that will be mentioned below, the environment in which the study sample lived, the role played by sweets did not seem to contribute to a better social rapport of the study group.

For the study group (Ms. Kaki:30 years old, living in Vienna for four years; Ms. Peach:34 years old, living in Vienna for two and a half years; Ms. Lychee:33 years old, living

in Vienna for three years), sweets are a very practical medium to learn about the history, people, and culture of Vienna. For instance, “Kaiserschmarrn” are a dessert named after the King of Austria; “Lebkuchenmann” is a cookie often eaten at Christmas; whether it is an apple cake or apple pie, they are always paired with cinnamon. This medium is not only a way to learn about Vienna, but also a way of cultural exchange. However, in reality this medium did not play a positive role. In other words, since sweets in Vienna did not bring enjoyment to the study group, therefore, for the study group, the sweets do not become a plus point for the impression of the city of Vienna.

In a following interview, Ms. Kaki talked about that “the kind of sweets you get in Vienna, that sweetness is just ‘sweet’, the feeling like white granulated sugar poured directly on the sweets.” It is clear from this that in her experience the desserts in Vienna are excessively sweet. Ms. Lychee said the following about her experience of sweets in Vienna: “If it can be less sweet, then I

must go to all the sweets stores in Vienna and try them.” Ms. Lychee, a major fan of sweets (She likes almost all sweet foods), was also not enthralled by the sweets in Vienna. In contrast, Ms. Peach felt quite positive about her experience consuming sweets. Ms. Peach, who uses sweets as a social tool, said: “Actually, it’s okay to eat once in a while.”

The results of the interviews showed that the low satisfaction by the interviewees (Ms. Kaki, Ms. Peach, Ms. Lychee) of Viennese sweets was inseparably related to its intensity of the sweetness. In particular, some traditional Viennese cafes, such as Sacher Eck Wien’s Sacher cake, had an unacceptable level of sweetness; the same experience was found at Café Gerstner K.u.K Hofzuckerbäcker except for fruit cake and muffin cake; Joseph Brot’s desserts have a great presentation, but are still too sweet.

12. Nasya Aisah Latif, Yulia Sofiatin, Maya Kusumawati, Rully M.A. Roesli. Sweet Taste Threshold among Medical Students with Family History of Diabetes Mellitus

Supermarket chocolates also failed to satisfy the interviewees (Ms. Kaki, Ms. Peach, Ms. Lychee) , e.g. Milka, Ritter Sport, and Maltesers.

The difference in the accepted level of sweetness directly affects the difference in the level of satisfaction felt by the person consuming sweet sweets. These differences are related to the dietary habits of the interviewees, as well as their biological genes and other relevant factors. More specifically from the point of view of the interviewees, the interviewees were Chinese people who came to Vienna for university studies and had not lived in a country other than China before living in Vienna; therefore, their dietary habits were traditionally Chinese and not influenced by the eating habits of Austrians. The interview group was a mixed group with a family history of diabetes (Two of the interviewees have family history of diabetes). A medical study from the Althea Medical Journal showed that “the best estimate threshold for the study group without a family history of diabetes

is higher than that for the study group with a family history of diabetes.”¹² This means that due to the history of diabetes in the families within the participants of study, they had different thresholds for perceiving the amount of sweetness. In turn, differences in the thresholds for sweetness directly affect the sensitivity to sweetness and the amount of sweets intake. Of course, differences in individual lifestyle habits are also an important factor that can affect an individual their sweetness threshold.

In the case of the study group, Viennese sweets exceeded the group's sweetness threshold and caused feelings of dissatisfaction. This was also the reason the study group was not sufficiently motivated to taste Viennese sweets and gain social experiences with them. The role of desserts as a social connection is important and positive. However, when the sweetness level exceeds the range of acceptable levels for an individual, it may have a negative impact during social activities. In other words, foods that are too sweet, or not sweet enough, bring

with them a sense of discomfort in the tasting experience, and the discomfort in the tasting experience further affects their mood, which in turn affects social behavior. Of course, this dissatisfaction in a group setting also brings empathy, becomes a glue between Chinese people, but whether it is dissatisfaction or empathy in a group setting, the social barrier still exists.

Imagination of the sweets offering system in Vienna sweets stores

From the perspective given by the project participants, differences in sweetness acceptance thresholds lead to the formation of social boundaries. Then, can the sweetness level of particular sweets be developed in a more multi-layered direction to better fit the different needs of different people, and can it play a more positive role in social behavior?

According to StadtWien's statistics on the origin of the population in Vienna in 2020, Austrian nationality accounts for 69

percent of the total population. The total population of EU nationalities other than Austrian nationality is 13.6 percent of the total population of Vienna. European nationalities excluding Austrian and EU nationalities account for ten percent. Asian nationalities account for five percent. African nationalities account for approximately 0.9 percent. American nationalities account for about 0.6 percent. From these figures, it shows that the population of Vienna contains diverse nationalities. The levels of sweetness of Viennese sweets are not as diverse as the demographic structure of Vienna.

In the context of the wide variety of sweets offered in Vienna, the development of a more diversified choice may be able to change some of the social barriers brought about by the lack of sweetness in food (As in this study done by the author, these three ladies very rarely go to the traditional Viennese sweets stores). This kind of change can also provide more possibilities to connect with other people.

Artistic Practice

Given that the study is an artistic one, the artist's practice is thus just as much the language in which the topic is told.

The author's artistic practice is essentially an expression of the ambivalence of loving but not being able to happily eat the Viennese sweets of sweetness in high amounts. The author's fear of sweets in containing a high level of sweetness is drawn in exaggerated size and with strong ink.

Social design is not the design of human interaction in a narrow sense, social design has broader boundaries and more possibilities. In the research of this project, sweetness level was used to reflect on the interaction between the group member of this study and the Viennese dessert store, thus opening up the topic for discussion and arising awareness of the sweetness discomfort, thus becoming a way to express how the author understands social design.

Conclusion

The different understanding of the sensory experience of "sweetness" and thresholds are the results of the relationship between the study's target group (Three participants of the questionnaire and interview: Miss Kaki, Miss Peach and Miss Lychee) and Viennese sweets. This social barrier which exists due to sweetness is not entirely negative. Invisible barriers of taste are placed under the context that can be discussed to make people aware, which is what this study is endeavoring to accomplish. Also, because this invisible barrier is gradually becoming known, the possibility of changing or breaking this social barrier is available and can create a positive impact for social activities. As mentioned in the chapter on the imagination of Vienna Dessert Supply System, when people gradually see such boundaries and thus become aware, this awareness can gradually become an appeal for change. Looking at more detail, it is not impossible for the sweets offered by Vienna sweets stores to make a

change in the sweetness of sweets. The sugar reduction initiative launched by Spar Austria in April 2019 together with food and beverage manufacturers, the Austrian Medical Council, doctors, and medical associations has already proven to be a great success.¹³ With this trend of sugar reduction initiatives, a systematic change from the sweetness of desserts served in Viennese sweets stores seems to be close at hand. Therefore, this article uses three ladies' perception of the sweetness level of sweets as a topic, hoping to raise awareness of the level of sweetness of sweets.

13. Website Spar. SPAR Austria's successful sugar reduction initiative continues in 2021

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Vienna with its four beautiful seasons, gently flowing through time, has provided me with the sense of urban estrangement, this as well as the newfound master's degree program have given me encouragement and energy to continue moving forward in life. Social design is not only a discipline in an

art university, but also a methodology for studying urbanism. Using social design as a methodology and Vienna as an experimental field, this is where innovative and experimental activities on urban development and social development begin. The social designers' sensitivity to the evolution of society, their courage to think about and take on social responsibility have made them and this young discipline mutually successful. The vibrant power they create together makes the future full of possibilities.

Chinese Version
中文版

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导言

社会不同群体之间界线的构成形式是多种多样的，地理环境，肤色，语言，国籍，贫富等等，各种各样不可见的与可见的因素构成了各式各样、纷繁复杂的群体，反之亦然，不同的社群以不同的因素以区分自己。同时，也因为其差异性，使得群体与群体之间的交流丰富多彩。

食物被看作为最常见的社交工具被广泛的运用于社交活动中。人们通过一起吃饭，一起喝茶喝咖啡进行交谈。一场成功的社交，有时候往往只需要一点味觉上的共享。而一场糟糕的社交，则可能是因为其味觉没有得到满足，或是超越了交流一方其味觉的接受程度。例如，苹果和肉桂所组合而成的甜点，并不能调动起本文研究对象的积极性。肉桂作为炖肉的主要香料并不常见于中国的甜点中，而肉桂和苹果组合而成的甜食却是奥地利甜点的一种

标志性的存在。

本文试着从生活在维也纳的研究样本群体与本地甜品之间的态度与关系入手，建立一种非视觉化的视角，以与研究对象一同坐在咖啡馆进行观察，以研究群体的味觉感受表述为研究材料。观察法与问卷调查及访谈法来讨论不同社会群体对甜味容忍度的差异，以及是否，或者这种差异在某些情境下成为了社交边界。

调研群体由三人组成，因大学学习来到奥地利，她们分别是

- 1，柿子小姐：30岁，出生成长于中国广州，居住维也纳四年
- 2，桃子小姐：34岁，出生成长于中国北京，居住维也纳两年半
- 3，荔枝小姐：33岁，出生成长于中国杭州，居住维也纳三年

访谈以每月一次进行，从三月持续到五月，共计三个月。

前言

在中文中，对于甜的解释与英文相似，直指“像糖或者蜜的味道”。¹然而与英文相区别的是，中文中“甜”这个字属于会意字，意味着这是由两个独立汉字，根据其独立的含义所组成的新的汉字。由“舌”与“甘”两个独立汉字组成的“甜”，在其“甜”的含义上有着更丰富的意义。“舌”，顾名思义，指舌头，“是人和动物嘴里辨别滋味，帮助咀嚼和发音的器官。”²“甘”字是从“口”字发展而来的，清代陈昌治说文解字中对“甘”的解释为：“美也。从口含一。一，道也。”³用现代汉语解释为：“味美。字形采用“口”作边旁，像口中含一。“一”，是“道”的意思。”⁴当口中可以

1. 商务印书馆·新华字典，第 493 页

2. 商务印书馆·新华字典，第 444 页

3. 说文解字，网络词典

4. 说文解字，网络词典

含住什么东西的时候，一般情况下，这种东西是会带来愉悦的感的。因而，“甘”，在新华字典的中的解释为：“甜，味道好。”⁵ 解释到这里，“甜”字的含义便清晰可见了，舌头体验到的一种甜的，味道好的感。而将这种感物化，就成为了建立在糖或者蜜这种物质之上的感官体验。因而，虽然从“甜”的中英文释义的角度来看，两者并没有太大的区别。但从字源的角度来看，中文中“甜”的含义更强调一种多维的感官的体验。这种体验并不局限于味觉，其“味道好”与“舌头含住某物”无法直接指向“甜”的单一的化学理论，也无法看到其“糖”与“蜂蜜”这两种物质。在漫长的时光流转中，“甜”的含义被逐渐具象到“糖”与“蜂蜜”这两种物质中。而也正因为其对于糖与蜂蜜的直指与具象的指代，而使得其原本整体的感官含义逐渐弱化。

5. 商务印书馆·新华字典，第147页

在本文中，所谈及的“甜”、“甜味”、“甜品”等关于“甜”的一系列话题，都是建立在人类最原初的、最纯粹的味觉体验上的，因而，它并不仅仅指代糖和蜂蜜这两种物质。

甜食的味觉体验取决于社会关系

如前言中所言，甜的体验是一种整体的感官体验，因而在项目之初，对生活在维也纳的中国人群体的问卷调查中发现，调查对象对于维也纳甜食的感受并不直指甜点本身，而着重强调于甜点带来的社交体验。问卷对象柿子小姐（30岁，居住维也纳四年）认为：“甜食意味着和好友共度的时光。”较之更甚，对于甜点的满意程度甚至取决于友情关系的亲密程度。越是亲密的友情关系，所体验到的甜点的滋味就越好，越是疏离的友情，对甜点的体验满意度就越低。如同柿子小姐所言：“与自己喜欢的朋友一起，甜点会很好吃；与自己不喜欢的朋友一起，甜点会变得不好吃。”当然，对于甜点的整体体验并不意味着是对于甜的整体体验。其甜点的造型、色泽、外观，陈放甜点的容器，以及品尝甜点的环境都足够成为影响甜点体验的因

素。而甜度的差别对甜点体验造成的影响则是显然的。这种影响不仅仅是依靠个体经验的诉说，脑科学，行为心理学等科学研究也提供了相关的理论支持。

甜味的感知与社会行为的互动

柿子小姐的经历着重强调情绪对于甜食体验感受的差别。而另一位问卷对象桃子小姐⁶（34岁，居住维也纳两年半）的经历则将这种在情绪差异下导致的甜食的进食习惯的改变强化了。在访谈中，桃子小姐坦言，她对于甜食的喜爱并没有形成依赖，却在因精神压力和紧张的情绪之下改变了甜食的进食习惯。她在访谈中说到：“每当感受到巨大压力，或者紧张的时候，

6. 出于伦理原因考虑，本文出现的调研对象的姓名均为化名。

就会多吃一些甜食。”很显然，桃子小姐将甜食视为缓解压力的工具。这种行为模式的形成并非是个体现象，在糖对大脑的影响的医学研究中可以找到相关理论研究依据。一篇发表在科学期刊 *Appetite* 上题为《情绪状态对味觉的影响》的文章显示：“情感的日常变化可以调节对味觉的感知。”⁷ 具体来说：“进一步以愉快或不愉快的现实生活事件的形式进行的情感操纵可以影响味觉的强度感知。”⁸ 这个结论为当事者在紧张及压力之下情绪状态改变与甜食进食量以及进食习惯的改变提供了科学依据。

甜食与行为关系的反向影响也同样有着有趣的一面。

7. Corinna Noel, Robin Dando. The effect of emotional state on taste perception

8. Corinna Noel, Robin Dando. The effect of emotional state on taste perception

9. Michael Schaefer, Eileen Garbow. Psychological Effects of Sweet Taste and Sweet Taste Preference

调查问卷的另一位受访者荔枝小姐给出这样一段经历：“在心情的不好的时候，或者情绪低落的时候，哪怕是一点点的甜的东西，都能让我开心起来。”这种情绪的变化在与《应用科学》期刊中的《甜味的心理效应和甜味偏好》一文的结论相似。该文的结论显示：“尝到甜的东西会导致大脑奖励系统的激活。”⁹这意味着甜味会导致开心的情绪的发生。因而，荔枝小姐的行为习惯在这里得到了科学印证。

不仅如此，其甜味对行为的影响还体现在判断上。一组发表在心理学期刊《社会认知》上的《复仇的甜味 - 胃口的体验诱发了对有害行为的隐喻一致的判断》一文的实验结论显示：“当实验参与者嘴里有甜味时，他们对复仇者的判断更宽松。”¹⁰而另一篇科学文章《体验甜味会影响浪漫

10. Jens H. Hellmann, Deborah F. Thoben and Gerald Echterhoff. The Sweet Taste of Revenge: Gustatory Experience Induces Metaphor-Consistent Judgments of a Harmful Act

的语义处理》则得出了甜味是具有浪漫优势效应的结论。换言之，“在甜味条件下的参与者比处理非浪漫的词更快地处理浪漫的词。”¹¹

由此可见，甜与人的行为之间的关系是双向的，并且相互影响。

甜味建立的社交边界

甜味影响人的行为这一点已然是毋庸置疑的了。在进一步的与研究对象的访谈中发现，调查对象对于维也纳甜食的体验的满意度整体处于一个较低的水平。纵然甜味对情绪的变化产生积极的影响。然而从下文的所将提及的访谈对象来看，在本调查研究样本所生活的环境下，甜味所发

11. Wang Liusheng, Chen Qian. Experiencing Sweet Taste Affects Romantic Semantic Processing

挥的作用似乎并没有促成样本群体更好的与社会亲近。

对于样本群体而言，通过甜品来了解维也纳的历史、人文及风俗习惯是一种非常实用的媒介。这种媒介不仅是了解维也纳的一种方式，也是文化交流的一种方式。然而在实际的生活中，这种媒介并未发挥它的积极作用。换言之，甜品并未在样本群体与维也纳的社会关系之间展示其积极的媒介作用。

在随后的访谈中，柿子小姐谈到：“在维也纳吃到的甜点，那种甜是‘硬甜’，就是白砂糖直接倒在甜品上的感觉。”从中可以明确的看到，维也纳的甜点对于柿子小姐而言过于甜了。荔枝小姐对于维也纳的甜品的体验这样说道：“如果能不那么甜，那一定要吃遍维也纳的甜品店。”荔枝小姐作为甜品的爱好者，却对维也纳的甜品望而却步。相较而言，桃子小姐对甜品体验的感受相对积极。桃子小姐将甜品作为社交工具，对甜品的甜度有着自己的看法，

她表示：“其实偶尔吃一次也还好。”然而这样的结论却也从侧面说明了桃子小姐所品尝到的甜点带来的甜度感受值偏高。

其访谈的结果表明，访谈对象对甜品满意度的低下，与其甜度有着不可分割的关系。尤其是一些传统的咖啡馆，如 Sacher Eck Wien 的萨赫蛋糕有着难以接受的甜度；而 Gerstner K.u.K Hofzuckerbäcker 除水果蛋糕以及玛芬蛋糕外，其他蛋糕的甜度也同样难以接受；Joseph Brot 的甜点有着非凡的外观，却依然甜度超标；再者，超市售卖的巧克力也很难选到令访谈对象满意的甜度，例如 Milka、Ritter Sport、Maltesers 都无法令访谈对象满意。甜度接受程度的差别直接影响了体验者感受的满意程度的差别。这种差别跟对象群体的饮食习惯，生物基因等因素有着相关的关系。从访谈对象的角度

12. Nasya Aisah Latif, Yulia Sofiatin, Maya Kusumawati, Rully M.A. Roesli. Sweet Taste Threshold among Medical Students with Family History of Diabetes Mellitus

具体来说，对象群体为以大学学习为目的而来到维也纳的中国人群体，且来到奥地利前，他们并未在除中国外的其他国家生活过，因此，她们的饮食习惯是传统的中国饮食习惯，并未受西方国家的饮食所影响。访谈群体为糖尿病家族史的混合群体，鉴于一篇来自《阿尔塞亚医学杂志》医学研究表明：“无糖尿病家族史研究群体的最佳估计阈值高于有糖尿病家族史的研究群体。”¹²这意味着，由于访谈群体的不同糖尿病家族史背景，她们对甜味的感受阈值也不尽相同。而甜味感受阈值的差别直接影响对甜度的敏感度的差别，以及甜食摄入量的差别。当然，个体日常生活习惯的差异也同样是可以影响甜度阈值的重要因素。

就研究群体而言，其体验到的维也纳的甜点超过该群体的接受阈值而造成的不适感，正是研究群体没有足够的动力去品尝维也纳甜品及从中获得社交体验的原因。因此，甜品作为一种社会纽带的作用

是重要且积极的。然而，当甜度超过个人可接受的水平范围时，它便可能会显示出社交障碍，或是对口味体验的不同看法。换句话说，过于甜，或是过于少甜的食物带来的，是口感体验上的不舒适感，而口感体验上的不舒适进一步影响情绪的波动，进而影响社交行为。当然，这种集体的厌恶也同样带来集体的共鸣，但无论是集体厌恶还是集体共鸣，这种社交障碍依旧存在。

维也纳甜品店甜品供应系统的想象

从访谈对象给出的感受的角度看，既然甜度接受阈值的差异导致了某些社交边界的形成，那么，将一种甜品的甜度往更

13. Statistik Austria, Berechnung MA 23, "Bevölkerung nach Staatsangehörigkeit und Geschlecht 2019 und 2020
Offizielle Statistik der Stadt Wien

加多层次的方向发展，以更适合不同人群的不同需求，是否能够在社交行为中发挥更为积极的一面呢？

从 StadtWien 给出的 2020 年维也纳人口来源统计数据来看，奥地利籍占总人口数的百分之六十九，奥地利籍除外的欧盟国籍的人口总和占维也纳总人口数的百分之十三点六，欧洲籍除奥地利籍及欧盟籍外，占比百分之十，亚洲籍占百分之五，非洲籍约百分之零点九，美洲籍占比约百分之零点六。¹³ 从这些数据来看，维也纳的人口构成是多元化的。而甜品甜度值的狭窄显然并不适应维也纳多元化的人口结构。

在种类纷繁的维也纳的甜品供应的大环境下，从甜度的角度发展出更为丰富的层次，以提供更加多元的选择，或许能够改变些许由甜度不适性而带来的社交屏障的现状。而一种系统的改变，也为除该系统外的社会连接提供了更多的可能性。

艺术实践

鉴于该研究是一项艺术研究，因而，艺术家的实践也同样是讲述这一主题的语言。

作者的艺术实践从本质上来说是对维也纳高甜度的甜品的一种喜爱却又无法愉快食用的矛盾心态的表现。对高甜度甜食的恐惧，以夸张的尺寸，并以浓墨来表现。

社会设计并非是狭义的人与人之间的交互设计，社会设计有着更为广泛的边界及可能性。在此项目的研究中，以甜度来反观研究群体与维也纳甜品店之间的交互，由此来展开话题讨论，使更多的人对甜度的不适应产生意识，从而成为社会设计发出的一点声音。

结论

对于“甜”的感官体验的理解不同，以及不同的感受阈值以形成的社交障碍是该研究的目标群体（三位参与问卷调查与访谈的人员：柿子小姐，桃子小姐与荔枝小姐）与维也纳甜品之间的关系所展现出来的结果。这种因甜度而造成的社交障碍并非是完全消极的。不可见的味觉边界障碍被放置到可被讨论的环境之下，使人们产生相应的意识，是本文想要做的。同时，也正因其不可见的边界逐渐暴露在人们的视线之中，因此而有了改变或打破这种社交屏障的参考方式及可能性成为这项研究为社交活动所带来的一点点积极的影响。如同维也纳甜品店甜品供应系统的想象一章节所谈到的，当人们逐渐看到这种界限，从而产生意识，这种意识便能够逐渐成为改变的号召力。从更为细节的畅想来看，维也纳甜品供应系统在甜品的甜度上做

出改变并非不可能。奥地利 Spar 公司在 2019 年 4 月与食品和饮料制造商、奥地利医学委员会、医生和医学协会共同发起的减糖倡议已被证明是一个巨大的成功¹⁴。在这种减糖行动的趋势下，从维也纳甜品店的甜品供应的甜度上做出系统的改变似乎已近在眼前。因此，本文借由三位女士对甜食的甜度感受作为话题，希望能够提升人们对于甜食甜度的意识。

14. Website Spar, SPAR Austria's successful sugar reduction initiative continues in 2021

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在维也纳四季的风华中，在缓缓流淌的时光中，在城市疏离感的享受中，这个年轻的专业带给我的，是一路向前鼓舞的勇气，与绵延不绝前行的力量。社会设计不止是艺术大学里的一门学科，更是研究城市主义的一种方法论。以社会设计作为方法，以维也纳作为试验田，关于城市发展、社会发展的开创性的、实验性的行动在这里起步。社会设计者对于社会演化的敏感性，对于社会责任的思考与承担的勇气，令他们与这个年轻的专业之间相互成就。他们一同创造的生机盎然的力量，令

未来充满一切可能性。

社会设计，未来可期！

Invisible -
Sweetness as a Social Barrier

不可见的

- 甜味作为社交障碍

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June 2022, Vienna

二零二二年六月 于 维也纳

