

tension**1. ['tɛnʃ(ə)n] n****1. 1) напряжение; напряжённость**

tension of the muscles - напряжение мускулов
to reduce tension - ослабить напряжение

2) часто pl напряжённость; напряжённые раздумья или переживания

tensions in modern poetry - напряжённые раздумья современной поэзии
the tension slowly drained from his face - его лицо постепенно утрачивало напряжённое выражение, напряжение медленно уходило /исчезало/ с его лица

3) полит. напряжённое состояние; напряжённость

international tension - международная напряжённость
reduction /easing, lessening/ of tension - ослабление напряжённости
removal of tension - ликвидация напряжённости
to ease /to relax, to slacken/ tension - ослабить напряжение
to aggravate tension - усилить напряжение
to create tension(s) - создавать напряжение /напряжённость/

2. часто pl напряжённые отношения; трения, конфликт

tensions on /among/ the staff [in the family] - нелады между сотрудниками [в семье]
inner tensions - внутренний разлад
conjugal tensions - супружеские трения
tension between spiritual and temporal authorities - трения между духовными и светскими властями
in the tension of these two categories - в столкновении этих двух категорий

3. натянутость, неловкость

feeling of tension - чувство неловкости

4. эл. напряжение

high [low] tension - высокое [низкое] напряжение
high [low] tension accumulator [current] - аккумулятор [ток] высокого [низкого] напряжения
under tension - под напряжением

5. 1) спец. растяжение, натяжение, растягивающее усилие

tension member - а) растягиваемый элемент (*конструкции*); б) тяга, растяжка
tension spring - натяжная пружина
tension insulator - эл. натяжной изолятор, натяжная гирлянда

2) вчт. натяжение

tape tension - натяжение (магнитной) ленты

6. физ. упругость (газа); давление (пара)**7. мед. давление**

arterial tension - артериальное давление
tension of the eye - внутриглазное давление

8. фон. приступ**2. ['tɛnʃ(ə)n] v**

напрягать; создавать напряжение или напряжённость

tension

Oxford Advanced Learners Dictionary 8th Ed.

ten-sion AW [tension tensions tensioned tensioning] noun, verb BrE ['tɛnʃn] ⁸

NAmE ['tɛnʃn] ⁸

noun

1. uncountable, countable, usually plural ~ (between A and B) a situation in which people do not trust each other, or feel unfriendly towards each other, and which may cause them to attack each other

- There is mounting tension along the border.
- **international /racial/political tensions**
- Family tensions and conflicts may lead to violence.
- The incident has further increased tension between the two countries.

2. countable, uncountable ~ (between A and B) a situation in which the fact that there are different needs or interests causes difficulties

- There is often a tension between the aims of the company and the wishes of the employees.

3. uncountable a feeling of anxiety and stress that makes it impossible to relax

- **nervous tension**
- We laughed and that helped **ease the tension**.
- Walking and swimming are excellent for releasing tension.
- a tension headache

4. uncountable the feeling of fear and excitement that is created by a writer or a film/movie director

- dramatic tension
- As the movie progresses the tension builds.

5. uncountable the state of being stretched tight; the extent to which sth is stretched tight

- muscular tension
- Adjust the string tension of your tennis racket to suit your style of playing.
- When knitting, try to keep the same tension throughout.
- Massage can relieve tension in your shoulders and back.

see also ↑surface tension

Word Origin:

mid 16th cent. (as a medical term denoting a condition or feeling of being physically stretched or strained): from French, or from Latin *tensio(n-)*, from *tendere* 'stretch'.

Synonyms:

pressure

stress • tension • strain

These are all words for the feelings of anxiety caused by the problems in sb's life.

pressure • difficulties and feelings of anxiety that are caused by the need to achieve sth or to behave in a particular way: ▪ She was unable to attend because of the pressures of work.

stress • pressure or anxiety caused by the problems in sb's life: ▪ stress-related illnesses

pressure or stress?

It is common to say that sb is suffering from stress, while **pressure** may be the thing that causes **stress**

tension • a feeling of anxiety and stress that makes it impossible to relax: ▪ nervous tension

strain • pressure on sb/sth because they have too much to do or manage; the problems, worry or anxiety that this produces: ▪ I found it a strain looking after four children.

to be **under** pressure/stress/strain

considerable pressure/stress/tension/strain

to **cause** stress/tension/strain

to **cope with** the pressure/stress/tension/strain

to **relieve /release** the pressure/stress/tension/strain

to be **suffering from** stress/tension

Example Bank:

- He suffers from nervous tension.
- Horses are very sensitive to signs of tension in humans.
- I feel some tension in my shoulders.
- In the early 1960's, new tensions arose between the United States and the USSR.
- Laughter can be a great release of tension.
- Money was always a source of tension between her parents.
- More police have been sent to areas of high political tension.
- Racial tensions in the town were running high.
- She often used humour to defuse tension in meetings.
- Stay clear of cables which are under tension.
- Tension builds around the mystery of what will happen to Freddie.
- The hot bath eased the tension in his body.
- The job losses caused greater tensions within the company.
- The metal is weak in tension.
- The movie lacks dramatic tension.
- The sudden tension on the line told me I had hooked a fish.
- The tension among the audience was palpable.
- There has been increased tension over the border incident.
- This old racket needs its string tension adjusted.
- renewed tension with France
- tension between local youths and the police
- the creative tension between democracy and business interests
- the use of editing to heighten the tension
- She was suffering from nervous tension.
- Walking and swimming are excellent for releasing tensions.
- international/racial/political tensions

verb ~ sth (technical)

to make a wire, sail, etc. tight and stretched

Verb forms:

verb forms	
present simple	
I / you / we /they	tension
	BrE / 'tenʃn/
	NAme / 'tenʃn/
he / she /it	tensions
	BrE / 'tenʃnz/
	NAme / 'tenʃnz/
past simple, past participle	tensioned
	BrE / 'tenʃnd/
	NAme / 'tenʃnd/
-ing form	tensioning
	BrE / 'tenʃnɪŋ/
	NAme / 'tenʃnɪŋ/

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tension

Longman DOCE 5th Ed. (En-En)

ten **tion** **W2 AC** /'tɛnʃən/ *BrE* ^ˈ *AmE* ^ˈ *noun*

[**Word Family**: **noun**: ↑tenseness, ↑tension; **verb**: ↑tense; **adverb**: ↑tensely; **adjective**: ↑tense]

[**Date**: 1500-1600; **Language**: French; **Origin**: Latin *tensio*, from *tendere*; ⇒ ↑tend]

1. NERVOUS FEELING [uncountable] a nervous worried feeling that makes it impossible for you to relax ⇒ **tense**:

" The tension was becoming unbearable, and I wanted to scream.

reduce/relieve/ease etc tension

" Exercise is the ideal way to relieve tension after a hard day.

2. NO TRUST [countable usually plural, uncountable] the feeling that exists when people or countries do not trust each other and may suddenly attack each other or start arguing

political/racial/social etc tension

" In those days, there was a great deal of racial tension on campus.

tension between

" The obvious tension between Warren and Anne made everyone else uncomfortable.

3. DIFFERENT INFLUENCES [uncountable and countable] if there is tension between two things, there is a difference between the needs or influences of each, and that causes problems

tension between

" In business, there's always a tension between the needs of customers and shareholders.

4. TIGHTNESS [uncountable] tightness or stiffness in a wire, rope, muscle etc:

" Tension in the neck muscles can cause headaches.

" Muscle tension can be a sign of stress.

5. FORCE [uncountable] the amount of force that stretches something:

" This wire will take 50 pounds tension.

tension on

" There was a lot of tension on the wire before it snapped.

• • •

COLLOCATIONS (for Meaning 1)

■ adjectives

- **unbearable** The tension was almost unbearable by the time we reached the decisive last round.
- **nervous tension** The night before the wedding my mother was in a state of nervous tension.
- **high tension** There was a moment of high tension as the firemen entered the burning building.
- **dramatic tension** (=the tension you feel when you are not sure quite what will happen in a story) This uncertainty adds to the film's dramatic tension.

■ verbs

- **reduce/ease/relieve tension** Breathing deeply helps to clear my mind and reduce tension.
- **sense the tension** She could sense the tension in the room.

■ phrases

- **a state of tension** Marjorie lived in a constant state of tension waiting for his phone calls.
- **an atmosphere of tension** Voting took place in an atmosphere of tension.

• • •

COLLOCATIONS (for Meaning 2)

■ adjectives

- **racial tension** Racial tension boiled over and riots quickly spread.
- **social tension** The economic crisis was accompanied by mounting social tension.
- **political tension** The heightened political tension could easily spill over into violence.
- **tension is/remains high** After the election, political tension remains high.
- **increasing/growing/mounting/rising tension** There are reports of increasing tension in some areas.
- **heightened tension** (=greater than before) a time of heightened tension between the two countries

■ verbs

- **defuse tension** (=make a situation more friendly) He searched for ways of defusing racial tension.
- **raise/increase the tension** The arrests only served to raise the tension.

■ phrases

- **a source of tension** This agreement should remove a major source of tension among America's allies.

tension

Freakuency Pack

12500 **2147**^{MCW}

15000 **1734**^{COCA}

RANGE: **3k** TENSE 22366

tense 4750

tensed 615

tenses 305

tensing 168

tension 10988

tensely 167

tenser 26

tensest 18

tensions 5329

COCA 500k Unlemmatized

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9 **274866**⁹ *nnu*
