LIFESTYLE

The exact age you start becoming a boring, predictable adult

By NYMAG

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If you're feeling like your life has, well, become rather routine and your impulsive side seems to have gone on a very long vacation, there's a very good reason why.

A bunch of French boffins found that the "golden age" to make random decisions peaks at 25. After that, we lose it. Now, we know why.

The study published in PLOS Computational Biology found that at our peak, humans can "outcompete" many computer algorithms in making seemingly random patterns.

The research looked at people from 4 to 91-years old and asked them to perform a series of tasks to see if scientists based their ability to behave randomly. The tasks included coin flips, picking cards from a deck and listing the hypothetical results of 10 rolls of dice.

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Nicolas Gauvrit and his colleagues at the Neuroscience Research Group, LADISPE for the Natural and Digital Sciences in Paris, assessed people's ability to "[avoid] repetitions, [avoid] or not other patterns — gender, education, language — the study found that the ability to behave randomly was dependent on age, and that it declined after 25. "Twenty-five is, on average, the golden age when humans are most (subnet! computers," Gauvrit said.

"This experiment is a kind of reverse Turing test for random behavior, a test of strength between algorithms and humans," said study co-author Hector Zenil.

The authors are using the results of the study to look at potential connections between cognitive decline and neurodegenerative diseases.

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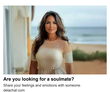

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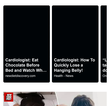

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