

# Inflation

In general, **inflation** refers to the **increase in the quantity or value of something that leads to a decrease in its real significance or worth**. While most commonly used in economics, the concept also applies metaphorically in science, academia, and language.

## Types of Inflation

- **Economic Inflation**

> A general increase in prices and a fall in the purchasing value of money over time.

- **Scientific or Academic Inflation**

> The excessive use of terms, titles, or metrics that dilutes their meaning (e.g., buzzword inflation, degree inflation).

- **Language Inflation**

> When terms are exaggerated or overused, reducing their clarity or impact (e.g., calling every minor study groundbreaking).

## Summary

**Inflation**, beyond economics, often signals a **loss of meaning due to overuse or overabundance**.

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Last update: **2025/06/17 06:51**

