

# BOREDOM: CONSTRUCT, CAUSES AND CONSEQUENCES

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## Causes of Non-work Boredom

About 340 incidents of non-work boredom were collected. Being bored off the job seems to be a more varied phenomenon, as nine reasons for non-work boredom were identified from the incidents.

One very common situation causing boredom was being at home with nothing to do (81 incidents). Many respondents said they were alone at home, or at least without friends of the same age. Some incidents had an element of separation or grief—"my friends had all joined the Army, so I was home alone." "I'd just had a fight with my brother, so I was home alone." "My girlfriend had broken up with me, so I was home alone."

sounds like situations when one would in current day use the Internet

An equally frequent cause of boredom was being constrained to a low stimulation setting with limited opportunities to relieve boredom (79 incidents). Common examples were waiting to meet a friend who was late, waiting for a bus, waiting in an airport, sitting in a car during a long journey, and sitting in a lecture class.

also sounds like situations when one would in current day use the Internet

A third boring situation involved feeling that there was nothing interesting to do, even though one was with friends. Twenty incidents referred to being bored in groups, either sitting around someone's house, wandering the shopping district, or bar hopping.

A fourth reason given for feeling bored was a sudden drop in activity level. Twenty-two respondents reported being bored after losing a job, between being discharged from the Army and beginning college, or immediately after final exams. The contrast between the earlier hectic pace and the current slow one seemed to intensify feelings of boredom. A composite response of post-exam students in Singapore is, "I spent months in the library trying to squeeze everything into my brain. After the exams were over, I felt so empty and bored...as if I had lost something...there was nothing urgent to do, nothing to accomplish anymore."

sounds like a situation when one would in current day binge-watch TV shows