



The Physiology of Boredom!!

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Definition of Boredom

Boredom is a hostile, temporary affective state of emotional experience with a resolute inability to concentrate and nonexistence of interest in completing the presentation. It is an affective exercise allied with cognitive attention measures. According to positive psychology, boredom is well-defined as a retort to an average contest for which the individual is over qualified [1].

Evolutionary Significance of Boredom

According to the phenomenon of evolution, persistence of a species rest on the survey of the unaccustomed in the search of discovering new-fangled companions, new-fangled food and water sources, new-fangled spaces of accommodations and innovative information about the world and it's working. Hence boredom acts as a critical direction-finding Course plotting tool of navigation. Boredom is actually a sign of exhaustion or the threshold of exhausting by all that is exciting, gratifying and perhaps enjoyable in the present situation. Boredom arouses us to pursue new-fangled and potentially extra exciting, gratifying environment or to seek out yet untouched innovation [2].

Boredom & Psychiatric illnesses

Boredom is an unpleasant state of mind rising from circumstances interpreted as repetitive causing a withdrawal from the social world, it must be differentiated from other negative symptoms. Research has documented the universal nature of boredom as a legitimate problem in schizophrenic patients [3]. Boredom is supposed to be a negative experience that has sturdy connotations with negatively valenced conditions such as aggression and depression. In various neurological and psychiatric illnesses, boredom is found to be elevated. In general elevated boredom is linked with several psychopathologies such as depression, solitude, futility, anxiety, pathological gambling spontaneity, substance abuse, negative effect, somatisation, malingering, academic catastrophe, occupational discontent and nonattendance, and. Research shows that chronic boredom may affect the physical health of the individual [2].

The concept of Ego-Depletion

The struggle between the will power (self-control or self-regulation system) and temptations that are prompted by several environmental cues are called cravings or urges. Behavioural and neuro-imaging studies suggests that will power or self-control of an individual is housed in the Prefrontal Cortex and the drive in the direction of immediate indulgence, pleasure seeking temptations, reward cravings, are all centered in the meso- limbic areas of mid brain. Only with the expenditure of cognitive resources (strong mental effort), the cravings originating from the mid-brain can be inhibited. Ego-depletion is defined as the Critical reduction in such resources in an individual results in disinhibition of cravings [2-5].

Theories of Boredom

Psychodynamic theory

Boredom is an inability to knowingly find what is looked-for as it is threatening and thus the desire is suppressed. while, the bored person searches the external world for self-satisfaction, when it is not provided, the individual unavoidably feels destitute and unsatisfied.

Existential theory

Boredom is instigated by a dearth of meaning or drive to life; It supervenes when an individual nose-dives to articulate and partake actions that are unswerving with his/her standards in life.

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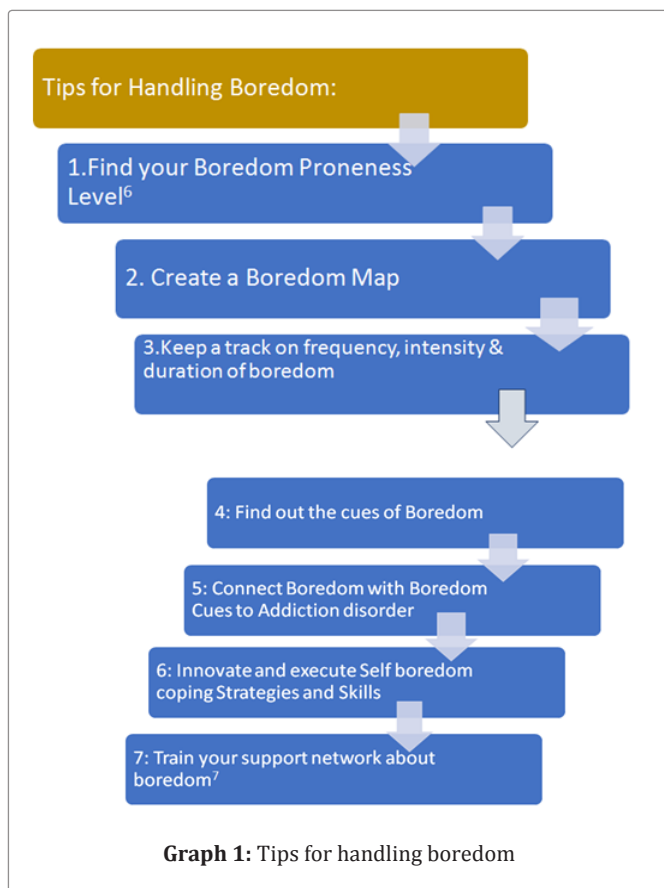
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Arousal theory

When there is an incongruity flanked by the necessity for arousal and the available stimulation in the environment, Boredom occurs.

Cognitive theory

According to this theory, boredom occurs due to a letdown of attention mechanisms that leads to an incapability to emphasis or engross attention. boredom may be treated as momentary failures of Attention span [4,6] (Graph 1).

Boredom-Coping strategies

The boredom coping is a set of skilled actions with which one can learn to cope more competently with boredom.

The strategies that are commonly applied for coping boredom are as follows

1. Controlled day dreaming about one's own future and planning events accordingly.
2. Limited Usage of social media such as Texting, twittering and writing blogs.
3. Indulging oneself in word and number games such as crosswords, Sudoku and puzzles.
4. Inculcating the habit of recording one's thoughts as in Diary writing.
5. Performing Sports and keeping oneself physically fit [7].