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## **Boredom, Poverty, and Social Justice**

Even if boredom can be said to be *democratic*, in the sense that it can potentially affect all of us, it does not actually affect all of us in the same way. Boredom, I argue, is unjust—some groups are disproportionately negatively impacted by boredom through no fault of their own. Depending on our class membership and self and others' perceptions of our socioeconomic status (SES), we can experience it more frequently, more intensely, and in ways that either leave us incapable of alleviating it or push us to harmful and maladaptive responses to it. Hence, seen in a socio-economic light, boredom becomes a serious threat to our physical and psychological well-being. Insofar as freedom to pursue and achieve one's well-being is essential to human life and a primary concern of contemporary societies, boredom should be considered to be a social justice issue. The disproportionately negative effects of boredom on groups of lower SES indicate the profound ways that boredom affects individuals and further disadvantages those who are already in disadvantageous positions. Boredom isn't the experience of the elite, the wealthy, or those with ample free time. In our current political, social, and economic climate, boredom is primarily the experience of the less privileged, the disadvantaged, and the marginalized.