



PROBLEMATIC OR PRODUCTIVE –

EXPERIENCE OF BOREDOM IN EVERYDAY LIFE

This project aims to examine the experiences of boredom in everyday life, in order to illuminate how people interact with their boredom and understand its purpose. This was achieved by interviewing 10 individuals, ages 30 – 65 years old, and residents of Canada. Boredom has often been studied through a quantitative approach that operationalizes it as a clearly understood negative experience. This project, however, uses in-depth semi-structured interviews to provide examples of how boredom is a diverse and subjective experience, which allows it to be both problematic and productive, rather than just one. As such, I argue that boredom is multi-faceted, in that, it can push and motivate people to renew themselves, but that it can also create feelings of anxiety within individuals. Others however, saw this need to renew and stimulate as an unsustainable ideal, and found meaning within the slow down of time. Amongst all of this, boredom could also be a sign of a society running on constant everfleeting stimulations, which deserves critical attention. Boredom offers us a look at how individuals experience life, and conceptualize existential meaning for themselves. While the study does not offer a representational examination of boredom, it does shed light on this ubiquitous experience by providing examples of boredom that have gone overlooked in the current literature.