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## **Personality and boredom: the role of self-concept adequacy**

The aim of the presentation is to reflect on the psychology of boredom - in particular, on the role of personality in experiencing boredom. It seems logical that people having different personalities tend to be bored doing different things. Is this really so obvious? Psychological variable which may be crucial here is the so-called self-concept adequacy (Miciuk, 2015), i.e. a new construct which refers to the extent to which one's concept of himself/herself fits empirical evidences for who he/she really is. If you have adequate data about your needs, interests and feelings, it may be easier for you to choose activities which serve your vitality and interest. However, different empirical data highlight the role of different (environmental and personal) variables which make you feel bored even when you are doing something what - as it seems - should raise your interest and devotion. The matter is much more complicated than simple correlational relationships can reveal. My presentation will deal with this subject by referring to both theories and empirical data (Kosslyn & Rosenberg, 2001; Leary, Rogers, Canfield & Coe, 1986, Vazire & Wilson, 2012; Miciuk, 2015).