

Josefa ROS VELASCO

[josros@ucm.es](mailto:josros@ucm.es)

*Complutense University of Madrid*



## **Boredom as a risk factor for the physical and mental health of institutionalized elders: An overview**

One of the main goals of civil society is to ensure the physical and mental well-being of old people. The new ecological view of aging shows that physical and cognitive decline in the elderly can be attributed to environmental conditions. Many studies have shown that loneliness is one of those contextual factors that play against optimal aging. Is boredom also a factor? Levels of satisfaction and perception of well-being in the last stage of life are intimately associated with boredom. Studies have demonstrated boredom is one of the biggest problems in old age, in all parts of the world, ranking number 7 in the top-10 of the most important setbacks, especially for those living in nursing homes. Boredom has come to be considered a risk factor in ensuring dignified aging because its sustained suffering over time causes both physical and psychological problems that affect the development of the elderly's lives. Boredom leads to states of anger, irritation, and frustration, agitation and nervousness, sleep disorders, decreased functional abilities and perceived sense of health, loneliness, disinterest in the outside world, depression, increased alcohol consumption, and even suicidal ideation. My presentation will be an exposition of the state of affairs of the relationship between boredom and aging from a socio-psychological perspective.