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Contemporary Myths on Boredom

We don't know anything about boredom. Even though the experience of boredom has been part of our daily life for centuries, we are far from being clear about what its suffering consists of, what its main causes and consequences are, or how we can satisfactorily get rid of it. This is the most repeated myth about boredom throughout western history; one from which derive many others that, at present, throw unnecessary confusion on a phenomenon around which there exists, in fact, a whole corpus of scientific knowledge. Most of them are harmless, simple narratives from our popular culture; others, however, have the power to condition the way in which we perceive reality, to the point of becoming stigmatizing. Breaking with some of our most ingrained beliefs about boredom is not an easy task, although it is necessary to understand the true nature of this state. In my presentation, I will try to disprove some of the contemporary myths that circulate about the experience of boredom. Starting from the first myth that I have mentioned, I will explore the scope of other related myths such as those that say that *the study of boredom is in its infancy*, that *boredom has not been given the attention it deserves*, that *the experience of boredom is born in within modern societies*, that *boredom is an exclusively human condition*, that *boredom arises only in leisure time*, that *being bored is the same as being doing nothing*, that *it is desirable to have moments of boredom*, that *boredom helps our brain to rest*, that *boredom makes us more creative*, and that *those who get bored is because they want to or, what is worse, that only fools get bored.*