



Newsletter

October 2023

Editorial Note

Welcome to a new issue of the **International Society of Boredom Studies**' Newsletter.

In **Issue #11**, you will find a review of the **5th International Interdisciplinary Boredom Conference** (28-29 June 2023) written by our member **Julia Köwitz** and published in the *Journal of Boredom Studies*, as well as a call for contributions for our Issue #2 (2024). Also, we inform about the **latest papers** published on boredom, and congratulate our members **Wijnand van Tilburg** and **Katy Tam** for having won the **Ig Nobel Prize!**

Please, keep collaborating with us so that this Newsletter contains the most recent news about Boredom Studies by sending your publications, conferences, and call for papers to contact@boredomsociety.com.

Josefa Ros Velasco
Andreas Elpidorou
Mariusz Finkielstein
Wijnand van Tilburg
Christian Parreño

Invite your Colleagues to Join the ISBS

177 members are already enjoying the following benefits of being part of the ISBS:

- Being mentioned on our webpage as a member with a link to your website that may increase your visibility.
- Sharing with us your new publications, calls for papers, or any piece of important information concerning boredom (e.g., media releases). Such items will be disseminated to our network through our Newsletter.
- Staying informed about the work of others, new calls, initiatives, and events concerning boredom studies.

Membership is **free of charge**, and enrolment is fast and easy.

Tell your colleagues that they can become members by [contacting us via our website](#) and completing a short membership form.

Journal of Boredom Studies

JBS closes **issue #1** with the following statistics:

- **9** Papers published.
- **3** Reviews published.
- **2** Translations published.

The last article included was a review of our 5th **#BoredomConference** written by our member **Julia Köwitz**, in which you will find a deep description of the ongoing of the event, including abstracts of the papers some of you presented in June 2023:

Kowitz García, J. (2023). Review of the 5th International Interdisciplinary Boredom Conference (2023), Organized by Josefa Ros Velasco and Mariusz Finkielstein. *Journal of Boredom Studies*, (1). Retrieved from <https://www.boredomsociety.com/jbs/index.php/journal/article/view/22>

No. 1 (2023)

TRANSLATIONS

Review of the 5th International Interdisciplinary Boredom Conference (2023),
Organized by Josefa Ros Velasco and Mariusz Finkielstein

PDF HTML

Julia Köwitz García

[+ More Info](#)

Published 2023-10-23

Keywords

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Abstract

Translation of Köwitz García, J. (2023). Reseña de la 5th International Interdisciplinary Boredom Conference (2023), organizada por Josefa Ros Velasco y Mariusz Finkielstein. *Filosofía en la Red, Plataforma de divulgación filosófica*. <https://filosofiaenlared.com/>. Reproduced with permission of *Filosofía en la Red, Plataforma de divulgación filosófica*.

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1. Abramson, E. E., and Stinson, S. G. (1977). Boredom and Eating in Obese and Non-obese Individuals. *Addictive Behaviors*, 2(4), 181-185. [https://doi.org/10.1016/0306-4603\(77\)90015-6](https://doi.org/10.1016/0306-4603(77)90015-6)
2. Alsop, W. (2012). School of Life Sunday Sermon: Will Also on Boredom [Conference]. Conway Hall.
3. Baaba Dadzie, V. (2023, Jun 28-29). Exploring Differences in the Relationship Between Boredom Proneness and the Feeling and Judgement of Agency" [Conference]. 5th International Interdisciplinary Boredom Conference, online.
4. Bhowmik, T. (2023, Jun 28-29). Endless Scrolling Through Social Media and Boredom - A Tool for Organizational Control [Conference]. 5th International Interdisciplinary Boredom Conference, online.
5. Blomberg, J. (2023, Jun 28-29). The Affective Economy of Boredom - Teachers Practical Knowledge of Boredom as "Sticky" [Conference]. 5th International Interdisciplinary Boredom Conference, online.

Call for submissions for **issue #2** (2024) is now **OPEN**.

Submit your work [here](#) at any time:

<https://www.boredomsociety.com/jbs/index.php/journal/about/submissions>.

Boredom Matters, the ISBS Podcast



In our second podcast episode, **Busra Copuroglu** discusses the topic of boredom and work with **Yonina Hoffman**, **Charlie Tyson**, and **Sheila Liming**. Together our experts explore the relationship between **boredom and work** in the 21st century.

Listen on: [YouTube](#), [Ivoox](#), [SoundCloud](#), [ApplePodcast](#).

Please **contact us** if you wish to contribute to an episode.

Awards

We are pleased to inform you that our members **Wijnand van Tilburg** and **Katy Tam** won **IG Nobel Award!** 🏆

Wijnand van Tilburg and Katy Tam won an **Ig Nobel Award** for their part in an international study into the boredom of teachers and students. The study "**Boredom Begets Boredom**" concluded that students or teachers expecting a lecture or class to be boring can actually make it even more boring for them.

The study was conducted by Van Tilburg and researchers from China, Canada, the United Kingdom, Ireland, Japan, and the United States. They studied undergraduate students' expectations of boredom and experienced boredom in three studies. The **results** indicated that "the mere expectation that a lecture will be boring may be sufficient to exacerbate its subsequent occurrence."

The Ig Nobel Awards are awarded every year to scientific studies that make you laugh but also make you think. These involve real, scientific research into topics that may seem silly but have an actual impact on society. The boredom study won in the Education category.

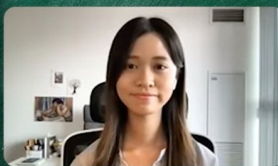
You can **watch the ceremony** here: <https://youtu.be/P9UQi0ORXv4>.

Congratulations on the part of ISBS!

The Education Prize



Katy Tam, Cyanea Poon, Victoria Hui, Wijnand Van Tilburg, Christy Wong, Vivian Kwong, Gigi Yuen, Christian Chan.



Papers Written and Suggested by Our Members

Finkielsztein, M. (2023). Boredom and Power: How Power Relations Influence Feeling Boredom. *Zoon Politikon*, 14, 123-148.

<https://doi.org/10.4467/2543408XZOP.23.004.18504>

Goetz, T., Bieleke, M., Yanagida, T., Krannich, M., Roos, A.-L., Frenzel, A. C., Lipnevich, A. A., & Pekrun, R. (2023). Test boredom: Exploring a neglected emotion. *Journal of Educational Psychology*.

<https://doi.org/10.1037/edu0000807>

Rodriguez, I. O. (2023). Technical civilisation, boredom and responsibility in Jan Patočka. *Pensando. Revista de Filosofía*, 14(32), 74-88.

<https://doi.org/10.26694/pensando.vol14i32.4456>

Martarelli, C. S., Bertrams, A., & Wolff, W. Short Boredom Proneness Scale--German Version. *Assessment*. <https://doi.org/10.1037/t82956-000>

Stathopoulos, A. (2023). On the Boredom of Whoredom: Re-Writing the Politics of Sex Work Through Passivity and Femininity. *Journal of Lesbian Studies*, 1-22. <https://doi.org/10.1080/10894160.2023.2253671>

An, J., Payne, L. L., Lee, M., & Janke, M. (2023). Understanding boredom and leisure in later life: A systematic review. *Innovation in Aging*, igad109.

<https://doi.org/10.1093/geroni/igad109>

Kara, F. M., Sarol, H., Gürbüz, B., & Gürkan, R. K. (2023). Boreout at the Office: The Role of Leisure Boredom in Predicting Job Burnout and Social Media Addiction. *Journal of Education and Recreation Patterns*, 4(2).

<https://doi.org/10.53016/jerp.v4i2.178>

Kawada, M., Shimazu, A., Miyanaka, D., Tokita, M., Sakakibara, K., Mori, N., ... & Schaufeli, W. B. (2023). Boredom and engagement at work: do they have different antecedents and consequences?. *Industrial health*.

<https://doi.org/10.2486/indhealth.2023-0028>

Coen, J. W. (2023). The hidden potential of boredom—How does the relative perception of boredom influence concentration and task performance?. *Junior Management Science*, 8(3), 617-633. <https://doi.org/10.5282/jums/v8i3pp617-633>

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Seppälä, P., Harju, L., Virkkala, J., & Hakanen, J. J. (2023). Is boredom at work bad for your health? Examining the links between job boredom and autonomic nervous system dysfunction. *Stress and Health*.

<https://doi.org/10.1002/smi.3326>

Magri, E. (2023). Atmospheres of boredom in Martin Heidegger and David Foster Wallace. In *The New Yearbook for Phenomenology and Phenomenological Philosophy* (pp. 108-124). Routledge.

Constâncio, J. (2024). Time, Death and Boredom in Schopenhauer: Existential Themes in His Theory of (Self-) Consciousness. In *The Schopenhauerian Mind* (pp. 95-109). Routledge.

Bordes, J. (2023). L'ennui ouvrier dans la pensée de Simone Weil. Cohérence du matériel et du spirituel. *Labyrinth*, 25(1), 205-227.
<https://doi.org/10.25180/lj.v25i1.325>

Ros Velasco, J., & del Olmo, C. (2023). " Lo contrario del aburrimiento no es el entretenimiento, es el significado": entrevista con Josefa Ros Velasco. *Minerva: Revista del Círculo de Bellas Artes*, (40), 79-82.

Miscellaneous

We received the following question in the ISBS YouTube Channel by **Roan van Dijk** maybe someone can answer:

"Hello, I am a student and I do research on boredom and asylum seekers in the Netherlands. I want to prove that boredom is a problem within this group but I can't find any information about the average frequency and duration of boredom. I want to check if asylum seekers experience more boredom than others and what we can do about it. Do you guys know any resources?"

To answer Roan van Dijk, please, contact him here:
roanvandijk01@gmail.com.

Our member Francisco Gomes de Matos wants to share with our community a rhymed reflection on boredom:

*Boredom is like a kingdom
From which its king and all subjects have
Left
And creatively seek a new
Palace to erect*

Share with us your articles, books, news, videos, and interviews on boredom, and whatever you want to see here!

Contact us

INTERNATIONAL SOCIETY OF BOREDOM STUDIES

Email: contact@boredomsociety.com



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