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The theory of boredom as a sign of existential disconnection – Alves Ferreira's theory of subjective anomie

The theory of boredom as a sign of existential disconnection proposes an innovative approach to understanding boredom as a symptom of a deeper disconnection between the individual and the world around them. In contrast to the conventional view of boredom as a transient emotion, this theory highlights it as a crucial indicator of a lack of authentic engagement with one's own existence. In the context of contemporary society, characterised by a constant overload of external stimuli such as social media, instant entertainment, and incessant news, boredom emerges as an internal alert to a life lived superficially and devoid of meaning. It indicates a profound need to reconnect with values, genuine relationships, passions, and spiritual pursuits that truly give life its meaning. To overcome boredom, individuals are encouraged to practise slowing down, cultivate mindfulness, and seek moments of deep reflection and contemplation. This journey of reconnection with oneself and the world around leads to a more authentic and meaningful life, filled with vitality and fulfilment. Thus, the theory of boredom as a sign of existential disconnection offers a transformative perspective on the human experience, highlighting boredom as an invitation to deeper reflection on one's own existence and the search for a broader sense of purpose in life. This approach not only expands our understanding of boredom but also invites us on a journey of self-discovery and personal growth...