



Newsletter

April 2025

Editorial Note

Dear ISBS members,

The Directive Board is pleased to share **issue #20** of our Newsletter, in which we are including the **PROGRAM** of the **6th edition** of the **International Interdisciplinary Boredom Conference** (June 26-27, 2025, Online), the new papers published by **Journal of Boredom Studies (issue #3)**, together with other **articles**, and news concerning two forthcoming **books on boredom** by **Mariusz Finkielstein** (Wiley-Blackwell, April 2025), and **Andreas Elpidorou and Josefa Ros Velasco** (Eds., Routledge, June 2025).

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

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

Invite your Colleagues to Join the ISBS

248 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.

6th BOREDOM CONFERENCE

June 26-27, 2025 (Online) #BoredomConference



REGISTRATION: <https://forms.gle/H5UXmaWYhZ1P99rd7>

PROGRAM

June 26, 2025	June 27, 2025
10:30-11:00 Welcome 11:00-13:00 PHILOSOPHY & HISTORY Moderator: Josefa Ros Velasco Thomas G. M. Blank (Johannes Gutenberg-University Mainz, Germany) <i>«If you don't have anything to write to me, write that.» The ostentatious boredom of the 'political animal' in Cicero's Letters.</i> João Miguel Alves Ferreira (University of Coimbra, Portugal) <i>The theory of boredom as a sign of existential disconnection – Alves Ferreira's theory of subjective anomie.</i> Jyun-Tang Lai (Adrian) (National Taiwan Normal University) <i>"Bored and dead and dull": Ernest Hemingway's existential boredom in <u>The sun also rises</u>.</i> Isabel Argüelles Rozada (University of Oviedo, Spain) <i>Idle strolls: The role of boredom in Western urban narratives.</i>	12:00-14:00 SOCIOLOGY Moderator: Mariusz Finkielstein Joydip Dutta (Institute of Social Sciences, Mumbai) <i>The profound boredom and refugee camp: Exploring indeterminateness, emptiness, and silence.</i> Johanne Miller (University of the West of Scotland) <i>Killing time: Introducing destructive boredom as a typology of youth boredom in Scotland.</i> Sergio Pirla (University of Zaragoza, Spain) <i>Income and boredom: Evidence from 30 countries.</i> Jimena Mazzucco (UNED, Spain) and Josefa Ros Velasco (ESIC University, Spain) <i>The induction of boredom through the clothing of people in prison.</i> 15:00-16:30 Moderator: Andreas Elpidorou (TBC) MARIUSZ FINKIELSZTEIN (University of Gdańsk, Poland) LARS SVENDSEN (University of Bingen, Norway)

14:00-15:45

PSYCHOLOGY

Moderator: John Eastwood (TBC)

Johannes P.-H. Seiler (Johannes Gutenberg University Mainz, Germany)
Low sensory information affects cortical activation and drives boredom-related behavior in humans and mice.

Wijnand van Tilburg (University of Essex, UK)
Nature adds color to life: Less boredom in natural versus artificial environments.

BOOK PRESENTATION

Routledge International Handbook of Boredom.
Corinna Martarelli (UniDistance Suisse) and **Wanja Wolff** (University of Hamburg)
+ **Discussion with the editors:** *Future Boredom Research.*

16:00-17:15

Moderator: Wijnand van Tilburg
JOSEFA ROS VELASCO (ESIC University, Spain)

BOOK PRESENTATION

Boredom Experience and Associated Behaviors.
Josefa Ros Velasco (ESIC University, Spain) and **Christian Parreno** (Universidad San Francisco de Quito, Ecuador)

17:30-19:30

CULTURE

Moderator: Annie Runkel (TBC)

Busra Copuroglu (Western University, Canada)
The art of killing time: Boredom, work, and not-doing.

Christian Parreno (Universidad San Francisco de Quito, Ecuador)
Bodies, boredom and the architecture of home in the adventures of Priscilla, Queen of the Desert.

Julia Köwitz García (Complutense University of Madrid, Spain)
Between Kant and Schopenhauer. Romantic boredom as nuntius of an existence within the realm of art and pure cognition.

Julian Jason Haladyn (OCAD University, Canada)
Bored with history: Art and post-modernism.

16:45-19:15

OPEN

Moderator: Christian Parreno

Sierra Sheard (University of Louisville, USA)
Racialized boredom: Exploring the affective consequences of racial marginalization.

Álvaro Artaza (UNED, Spain)
Understanding boredom through Ortega y Gasset's moral philosophy.

Lídia Vinczéné Fekete and **Judit Sass** (Corvinus University of Budapest / Pannon University, Hungary)
How to make instructional videos more student-friendly? Effects of multimedia principles on boredom and emotions.

Martin Weiner (Independent Scholar / Architect, USA)
Plastic: The banal and the «interesting.»

<https://www.boredomsociety.com/6th-boredom-conference/>

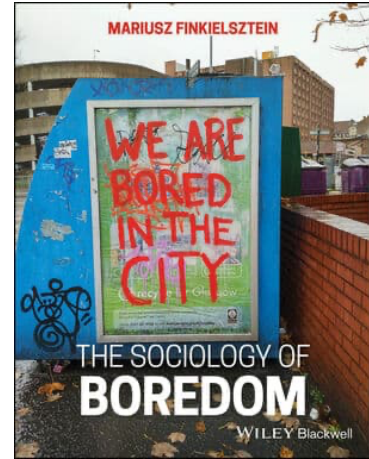
Recent Books

The Sociology of Boredom

Mariusz Finkielstein

Wiley-Blackwell

978-1-394-25333-3



A pioneering sociological exploration of boredom as a culturally- and socially-dependent emotion

Does boredom have a history?

What can hunter-gatherers teach us about boredom?

Is boredom experienced differently by those in different socio-economic classes?

Is boredom a disease that is now globalized in a world of inequalities and marginalization?

Does boredom contribute to political movements, wars, terrorism, or cultural revolutions?

What does boredom have to do with power?

How do high expectations contribute to being recurrently bored?

In *The Sociology of Boredom*, Mariusz Finkielstein provides a new approach to conceptualizing, interpreting, and perceiving one of the most widespread, yet neglected, human emotions. Investigating boredom at both the macro- and micro-sociological level, Finkielstein develops an original relational-expectational theory as he explores boredom through the lenses of different social structure theories, interactionist theory, historical sociology, sociology of emotions, essentialism and constructivism, and social anthropology.

Eight in-depth chapters examine the social production of boredom in modernity and late modernity, addressing topics such as the boredom of marginalized groups, the concepts of busy boredom and consumer boredom, the characteristics and consequences of workplace boredom, the notion of smart boredom in the information society, and more.

Containing detailed analyses of the nature of boredom and its connections to various spheres of social life, *The Sociology of Boredom* is essential reading for advanced undergraduates, postgraduates, university lecturers, and academic researchers in sociology and similar disciplines, particularly those involved in studies on emotions or boredom studies.

Find more [here](#).

The History and Philosophy of Boredom

Edited by **Andreas Elpidorou** and **Josefa Ros Velasco**

Routledge

978-1-032-32825-6

From Lucretius's *horror loci* and Buddhist drowsiness to the religious boredom of acedia and the philosophical explorations of Kant, Schopenhauer, Kierkegaard, and Heidegger, boredom has long been a subject of philosophical fascination. Its story, unfolding through millennia, encompasses apathy, weariness, disaffection, melancholy, ennui, tedium, and monotony. Today, boredom assumes new forms: the drudgery of precarious work, the alienation of neoliberalism, the emptiness of leisure, and the overstimulation of our hyperconnected, technologically saturated lives.

The History and Philosophy of Boredom is an outstanding collection, exploring boredom's intellectual history from its early origins in classical thought to its contemporary manifestations. Containing eighteen specially commissioned chapters by an international team of contributors, the volume is organized into four thematic parts:

- Ancient Philosophical Perspectives
- Religious and Medieval Explorations
- Modern Philosophical Investigations
- Critical and Interdisciplinary Approaches

Topics include boredom in Socratic dialogue, Daoist and Buddhist traditions, Stoicism, and Cynicism; the religious significance of boredom in Judaism and early Christianity; boredom's role in the works of Kant, Kierkegaard, Schopenhauer, Mill, and Nietzsche; philosophical pessimism; phenomenological approaches; boredom as a political phenomenon; and boredom's intersections with capitalism, socialism, racial identity, and transhumanism.

The History and Philosophy of Boredom is indispensable for students and researchers in the history of philosophy, emotion studies, phenomenology, and moral psychology. It will also interest scholars in religion, classics, sociology, and the history of psychology.

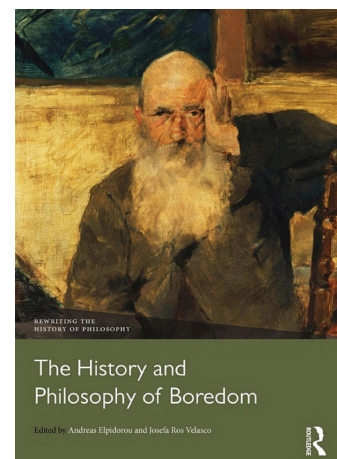


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Boredom as a Vice of the Mind: The Contrastive Method of Socratic Dialogue
Laura Candiottto

East Side Story: Daoism and Buddhism on the Nature of Boredom
Bongrae Seok

Ancient Cynics on Boredom: Only the Boring Are Bored
boomer trujillo

Boredom in Seneca's *Epistles*: Sameness and Stoic Aesthetics
Chiara Graf

PART II. Religious and Medieval Explorations

Boredom in Jewish Tradition: Longing for Radical Amazement
Erica Brown

The Sin of Our Age: Acedia in Early Christianity and in the Present
Peter Toohey and Danielle Greenberg

Make Grace Come Green Again: Medieval Perspectives on Boredom
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Noetic Boredom: Acedia, Dejection, and the Virtues in the Philokalia and Tibetan Buddhism
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PART III. Modern Philosophical Investigations

A Mental Diatetic to Avoid (European) Boredom: Kant as a Life Coach
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The Experience of Boredom in Classical Contemporaneity
Josefa Ros Velasco

Spectacular Desolation: Boredom as a Political Phenomenon
Elizabeth S. Goodstein

Capitalism, Socialism, Boredom: The "Object as Comrade"
Michael E. Gardiner

Racialized Boredom
Sierra Sheard and Andreas Elpidorou

Transhumanism: The *Tedium* and Dilemmas of Transcending the Mortal Condition
Esther Sánchez González

Find more [here](#).

Papers Suggested by Our Members

Published by the *Journal of Boredom Studies*:

Kavanagh, C. (2025). Slow, Complex, Dull? Climate Boredom and Kim Stanley Robinson's *The Ministry for the Future*. *Journal of Boredom Studies*, 3. <https://doi.org/10.5281/zenodo.15294597>

On, G. (2025). Finding Something for Yourself: Exploring Boredom Through the Lens of Identity Development. *Journal of Boredom Studies*, 3. <https://doi.org/10.5281/zenodo.15177187>

Published by the **members of the Boredom Society**:

Goetz, T., **Fries**, J., **Stempfer**, L., **Kraiger**, L., Stoll, S., Baumgartner, L., Diamant, Y., Porics, C., Sonntag, B., Würglauer, S., **Van Tilburg**, W. A. P., & **Pekrun**, R. (2025). Spiritual boredom is associated with over- and underchallenge, lack of value, and reduced motivation. *Communications Psychology*, 3, 35. <https://doi.org/10.1038/s44271-025-00216-7>

Hsu, C. F., Chen, V. C. H., Ni, H. C., Chueh, N., & **Eastwood**, J. D. Boredom proneness and Inattention in Children With and Without ADHD: The Mediating Role of Delay Aversion. *Frontiers in Psychiatry*, 16, 1526089. <https://doi.org/10.3389/fpsy.2025.1526089>

Kim, J., Gu, M., Baek, J., Kim, J., & **Lee**, H. (2025). Moderated Moderation Effect of Pre-Boredom, Perceived Control, and Perceived Value on Post-Boredom. *International Journal of Advanced Culture Technology*, 13(1), 410-417. <https://doi.org/10.17703/IJACT.2025.13.1.410>

Lee, J. A., Drody, A. C., & **Danckert**, J. (2025). The effect of boredom, psychopathy and sadism on unprovoked aggression towards others. *Journal of Criminal Psychology*, (ahead-of-print). <https://doi.org/10.1108/JCP-01-2025-0005>

Schöfer, P., **Danckert**, J., Stadler, P. F., & **Bogdan**, M. (2025). The Regulatory Character of Boredom in AI—Towards a Self-Regulating System based on Spiking Neural Networks. In *Procs. of the 33th European Symposium on Artificial Neural Networks, Computational Intelligence and Machine Learning (ESANN 2025)*. <http://www.i6doc.com/en/>

Seiler, J. P. H., Elpelt, J., Mashkov, V., Ghobadi, A., Kapoor, A., Turner, D., ... & Rumpel, S. (2025). A reduced perception of sensory information is linked with elevated boredom in people with and without attention-deficit hyperactivity disorder. *Communications Psychology*, 3(1), 47. <https://doi.org/10.1038/s44271-025-00233-6>

Others:

Chapy, A., & Gal, C. (2025). Boredom and Anorexia: Escaping the Ontological Condition. *Philosophy, Psychiatry, & Psychology*, 32(1), 23-36. <https://doi.org/10.1353/ppp.2025.a954578>

Huang, F., & Zhang, H. (2025). The relationship between boredom and second language achievement: A multilevel meta-analysis. *Studies in Second Language Acquisition*, 1-24. <https://doi.org/10.1017/S0272263125000142>

Kim, H., & Noh, H. H. (2025). Exploring the Psychological Pathways to Malicious Comment Writing: The Roles of Boredom Proneness and Fear of Missing Out (FOMO) within the I-PACE Model. *Knowledge Management Research*, 26(1), 243-269. <https://doi.org/10.15813/kmr.2025.26.1.011>

Kim, J., Kaplan, S. A., Aitken, J. A., & Ponce, L. (2025). An examination of the daily relationship between job boredom and later burnout and turnover intentions along with mitigating strategies. *Current Psychology*, 1-16. <https://doi.org/10.1007/s12144-025-07788-x>

Macías, A. B., Manqueros, C. C., & Salas, M. G. C. (2025). Relación del uso nocturno del celular con el aburrimiento en adultos mexicanos. *Chakiñan, Revista de Ciencias Sociales y Humanidades*. <https://chakinan.unach.edu.ec/index.php/chakinan/article/view/1243>

Mancone, S., Celia, G., Zanon, A., Gentile, A., & Diotaiuti, P. (2025). Psychosocial Profiles and Motivations for Adolescent Engagement in Hazardous Games: The Role of Boredom, Peer Influence, and Self-Harm Tendencies. *Frontiers in Psychiatry*, 16, 1527168. <https://doi.org/10.3389/fpsy.2025.1527168>

McGough, O. H., Pujji, S. D., Sullivan, J., & Dinzeo, T. J. (2025). Understanding Boredom Proneness in Schizotypy: An Exploratory Study Including Substance Use and Sense of Purpose. *Journal of Psychopathology and Behavioral Assessment*, 47(1), 28. <https://doi.org/10.1007/s10862-025-10205-z>

Nash, C. (2025). Towards Optimal Health Through Boredom Aversion Based on Experiencing Psychological Flow in a Self-Directed Exercise Regime—a Scoping Review of Recent Research. <https://doi.org/10.20944/preprints202503.2244.v1>

Obradović Strålman, S., & Tešin, A. (2025). Beyond the sand: exploring excitement and boredom in coastal vacations. *Anatolia*, 1-15. <https://doi.org/10.1080/13032917.2025.2470734>

Pellegrini, V., Leombruni, E., Iazzetta, S., Saettoni, M., & Gragnani, A. (2025). Development, validation, and psychometric properties of the Italian and English version of the Boredom Intolerance Scale (BIS). *Personality and Individual Differences*, 240, 113151.

<https://doi.org/10.1016/j.paid.2025.113151>

Rismaya, S. N. (2025). The Role of Boredom Proneness on Phubbing Behavior in the Millennial Generation. *KnE Social Sciences*, 10(7), 571-583.

<https://doi.org/10.18502/kss.v10i7.18357>

Roy, A. G., & Behera, B. (2025). Employee ethical silence and turnover intention: Investigating the role of workplace boredom and exhaustion with moral disengagement. *Journal of Management Practices, Humanities and Social Sciences*, 9(1), 58-69. <https://doi.org/10.33152/jmphss-9.1.5>

Stang, P., Weiss, M., Jainta, S., & Krauss, S. (2025). Sexuality and Boredom. *American J Sci Edu Re: AJSER*-241.

<https://doi.org/10.71010/AJSER-2025-e241>

Ulfah, B., Nooryastuti, N. A., & Widiati, U. (2025). Evaluating the Context-Dependent View of How and Why Ph. D. Students Experience Boredom during Their Studies. *rEFLECTIONS*, 32(1), 234-268.

<https://doi.org/10.61508/refl.v32i1.263871>

Valverde, W. B., Cudco, S. T., & Condo, D. A. (2025). Social processes of youth boredom: Rational Emotive Behavior Therapy and Recreational Mathematics as solutions. *Universidad & ciencia*, 14(1), 201-212.

<https://doi.org/10.5281/zenodo.15102384>

Zhu, Y., & Mohanan, S. A. (2025). The Role of Loneliness, Boredom, and Emotion Regulation in Short Video Addiction Among Chinese University Students. *AU-HIU International Multidisciplinary Journal*, 4, 29-39.

<https://assumptionjournal.au.edu/index.php/auhiu/article/view/8668>

Journal of Boredom Studies

Submit your articles, reviews, and translations at any time through our website:

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

Call for COLLABORATION

Our member [Roberto Kahlmeyer-Mertens](#) invites the members of our community to submit their papers to the journal ***Aoristo – International Journal of Phenomenology, Hermeneutics and Metaphysics*** at any time. Kahlmeyer-Mertens' is the editor-in-chief of this publication in which your contributions will be welcome: <https://e-revista.unioeste.br/index.php/aoristo/issue/archive>.

Call for TRANSLATION

We are looking for someone (either a member of the society or someone external) who would like **to translate the following article** into **English** to be published in issue #2 of the **Journal of Boredom Studies**:

- **Retana, C. (2011). Consideraciones acerca del aburrimiento como emoción moral.** *Kañina, Revista de Artes y Letras, Universidad de Costa Rica*, 35(2), 179– 190.

It can be read (in Spanish) here (**FREE**):

<https://revistas.ucr.ac.cr/index.php/kanina/article/view/561>.

If you are interested in doing so for our journal (or know someone interested), please contact us: contact@boredomsociety.com / jbs@boredomsociety.com.

Please, feel free to suggest other possible translations to our editors.

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

Contact us

INTERNATIONAL SOCIETY OF BOREDOM STUDIES

Email: contact@boredomsociety.com

