

Mariusz Finkielsztein

[mariusz.finkielsztein@gmail.com](mailto:mariusz.finkielsztein@gmail.com)

University of Gdańsk, Poland



## **Sociology of boredom: The relational-expectational theory of boredom**

The presentation is to describe a relational-expectational theory of boredom that combines the main points of the book *The Sociology of Boredom* and shows author's theoretical position being a proposition of sociological addition and contribution to boredom studies.

It can be summarized in seven premises, which are as follows:

- (1) boredom is a socially-constructed emotion;
- (2) boredom is a relational state;
- (3) boredom is caused by a failure of expectations;
- (4) expectation-driven boredom is a civilizational trait;
- (5) expectations (in the form of desires/dreams/aspirations) make the reality boring;
- (6) expectation-driven boredom is a function of social comparisons;
- (7) expectations may lead to anticipatory boredom.

All above premises will be presented and analysed based on various examples derived from interdisciplinary theoretical and empirical insights.