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Boredom in the work of Academics

The emotional aspects of scientific work are frequently neglected as not essential or not strictly scientific as far as emotions are so subjective. However, subjectivity is constructed via experiences that can be traced and have a significant influence on the work and well-being of academics, and boredom is one of the key elements in that scheme – it could be detrimental for motivation, satisfaction, and efficacy of performed activities.

The first reaction of many academics is denying that they have ever been bored, however, after some consideration, they often admit that it may be present in their work, even if they do not allow themselves to speak it loudly. Boredom may be connected with every aspect of academic work – research, administration, or teaching. In the presentation, I would like to focus on the first two.

The presentation aims to show the experience of boredom among academics during performing their duties based on the qualitative research among university teachers of the University of Warsaw (in-depth interviews, participant observation). The concepts of boredom and circumstances/causes of boredom will be the main object of consideration.