

Marta Molińska

m.j.molinska@gmail.com

*Adam Mickiewicz University
Institute of Psychology*



People prone to get bored – who are they?

Growing interest in boredom proneness (BP) has made that it is not only just a psychosocial phenomenon but also an research object. BP as a trait, separated from a state, is linked to tendency to experience tedium and lack of personal involvement and enthusiasm as well as lack of sufficient interest in one's life surrounding and future (Sundberg, Latkin, Farmer and Saoud, 1991).

By discussing the correlates of BP through gender, age, personality traits, cognitive performance, consumer as well as work behaviour, lifestyle, sleep patterns and other individual differences we aim to outline a psychological profile of a boredom-prone person. Our goal is to present a statistical profile of the person susceptible to boredom. We also focus on two BP measures „Boredom Proneness Scale” as linked to internalization problems (depression, anxiety) and „Boredom Susceptibility Scale” as linked to externalization issues (anger, hostility, pathological gambling) and discuss the contribution of increased BP level to forming maladaptive behaviors. In our opinion, such a profile can change the scientific view of this trait.