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## Analyzing Everyday Boredom in Day-to-Day life in the Aspects of Existentialism.

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### Abstract

This article explores how people suffer from boredom in their day-to-day lives. How do the authors and psychological theory of boredom give a remedy for boredom? We all face boredom in everyday life, like work, academics, emptiness, emotional disturbance, and the acceptance of problems. People can recover from boredom and change their minds, focusing on their careers and daily activities. When we feel down in the work and upset at work, it is also called boredom in life. Sometimes, people think alone and need more social contact, which makes their lives boring. Some people are always isolated from others.

**Key Words:** Everyday Boredom, Existentialism, Work Boredom, Academic Boredom, Life Boredom

## 1. Introduction

Boredom means one who needs more interest in their day-to-day lifestyles. It is not only physical but also mental healthiness. When people get bored with their surroundings or their activities, they will suddenly become frustrated, confused, anxious, etc.; boredom factors can cause boredom. There was Monotony, lack of challenge, stimulation, and lack of interest. The effects of boredom were often temporary, and it was an individual behavior. The common effects of boredom were Decreased productivity, Negative Emotions, risk-taking Behaviour, and impact on mental health. We always cope with boredom by engaging in our thoughts, doing new activities, practicing mindfulness, and making social connections. Boredom was a common experience that arose from a lack of mental stimulation or engagement with our surroundings.

## 2. Literary Review

Numerous writers have confirmed the fact that boredom is the most awful emotion. They view boredom as distress in which one's existence becomes meaningless and purposeless. In that case, boredom is "an affective consequence of effortful maintenance of attention to a particular stimulus" (Leary et al. 968). It will be felt whenever the person finds it difficult to focus for any reason. M Martin et al. (2002) discussed several common experiences of boredom. Those feelings include being constrained, restless, lethargic, however guilty, and in certain situations, depression. People who were bored at work experienced a sense of being entrapped. They felt more in control of their life at home compared to work. Individuals who experienced boredom at home also reported feelings of restlessness. They could not focus on a single activity or rest, so they looked for other options. Despite having the freedom to do as they pleased, some felt bad because they failed to make the best use of their time, and some experienced severe depression.

According to Bench and Lench (2013), boredom leads one to attain a new goal. A desire for change is motivated by boredom, which leads one to do certain actions that are different from

the current state. While boredom is considered unpleasant and negative, they stated that boredom will encourage people to seek new goals, though it involves situations that might cause discomfort.

### **3. Discussion**

#### **3.1. Theory of Existentialism:**

Boredom gives people the freedom to do what they want to do next. Sartre says, "...it is we, ourselves, who decide who we are to be" (Sartre 34). One could say human freedom is the core concept of Sartre's existentialism. In his play *The Flies* (1984), he discusses the importance and journey of getting freedom, a key existentialist concept. "Sartre has the idea that people can create their world through freedom. Sartre's opinion is that people are free to make a choice and to act according to that choice" (Mart 52). The protagonist, Orestes, is free since he left his past behind and only thought about his future, whereas his sister, Electra, feels about her past and seeks revenge so she cannot look ahead and is not free. Being an existentialist, Sartre discusses many themes in his writings, such as absurdity. Although life is meaningless and absurd, humans must make it meaningful by themselves. Another is alienation, an effect of feeling like a stranger in the world and themselves.

Albert Camus was a philosopher, author, and journalist who created thoughts about absurdism. According to Albert, existentialism theory was a search for a meaningless and empty world. It also emphasizes individual freedom and choice. His philosophy was when people suffer to face a problem, they make their own decisions, feeling absurd in the lives. So, the people conclude their lives by Faith, Suicide, and Absurdity. Existentialism greatly impacted society because the public always watched others' problems and found mistakes in other lives. It also makes people feel so alone and disturbs their personal lives.

#### **3.2. Boredom in Life:**

The world is filled with the laughter of those innocent people, which makes this earth even more possible for a new beginning. When one among them is missed or absent, they feel lonely. The moments that make the joyful will no longer be seen. All those moments that were saved in pictures are still soulful. Boredom is found in one when all the surrounding things feel numb and meaningless.

They search for a new world inside themselves. Their moments with family, friends, children, and so on will be absent. They start to feel loneliness, depression, and anxiety, which are all the causes of boredom in their life. Boredom is found in the workplace, school, college academics, and life's emptiness. The lack of interest in certain areas of occupation and academics caused all these. "Boredom is a state of mind characterized by a lack of interest, stimulation, or challenge. It is a subjective experience that can manifest in various ways, including restlessness, apathy, and disinterest." (Ndetei et al. 2).

#### **3.3. Work boredom**

Humans live their lives once and have yet to complete anything. Their desires lead them to all sorts of complications. People need to catch up on what they are doing every day. As they are trained and shaped by continuously working day after day, they don't know anything other than waking

up, eating, and starting to work on their occupation. They are completely on their schedule on working and leading their life. After work, they don't have any other enjoyment. The fun was missed after having a scheduled workplace and environment. They sit in front of a computer all day and do their work, which they regularly do. The fun in the outside world is hidden and confined within a small screen. This causes them boredom when they do not think of anything else than work. The boredom while doing the same process leads them to laziness in mind, physical and mental exhaustion, and especially to exist in this world as a human being but not for a soulful life. Boredom at work is inevitable because of their way of living in the occupation. "Furthermore, boredom is an activity-related emotion that fades away when one is no longer involved in the boredom-evoking situation. A daily diary design is, therefore, appropriate, as it allows us to examine boredom close to the time that it is experienced (i.e., while working)" (Hooff and Hooff 251). All they have to do is stay still, work, and avoid boredom during working hours. Companies have started introducing small cafes inside the workplace to make them more active and energized.

### **3.4. Academic bore**

Homosapiens rule the worldviews. The next generation is carried out with the young teenagers after the parent's generation. These teenagers are energetic and excited to know all the world's best adventures except for studies. They find it to be difficult yet more boring. They prefer to be instructed where the education place is all about instruction and full of rules and regulations. "Boredom occurs regularly at work and can have negative consequences" (van Hooff and van Hooff 133).

Young minds are searching for interesting life events that are not found in the book. This makes them feel bored. They are bored due to the syllabus's scheduled pattern. They do not find it interesting. Nowadays, kids are more educated by society and the environment. They want something new knowledge to add to their minds. It is in positive aspects also. "In particular, boredom is intimately linked to the project and promises of modernity and its associated effects on time, from factory industrialization to contemporary work platforms." (Noury et al. 791)

So, they find it boring when all these syllabuses are already planned, and they are not ready to accept new forms. They do not want to sit still in a fixed place and cannot look around the world. They find it boring to be in a safe environment for a year. The classes felt boring due to their fixed points, which were not for the students' taste. The early waking makes them exhausted and rebelled, making them tired and lazy. This makes them feel bored, making them mentally absent during class hours. They often sit and watch what happens outside the classroom. Like in Beckett's "Waiting for Godot", the characters Estragon and Vladimir. "Everything is repetitive and going on cyclically. Life is meaningless as a bubble. All these issues emerged after the misshape of world wars and the consequences of that brutality. The existence of human beings and God was in question." (Fatima et al. 137).

### **3.5. Emptiness in Life**

Life is beautiful when your soul finds its place. The environment decides most of your activeness in mind. If it is not found, you feel empty when nothing seems interesting. You are not ready to do a daily routine and feel tired and lazy. Feeling lazy makes one feel lethargic about one's life,

work, and existence. Being sluggish is one of the common emotions felt by bored people. People often lose interest in everything, even their favorite activity, as they feel bored. This lack of interest makes them feel empty and question their existence. Here, their life becomes pointless. Though they are free in this world, they feel trapped within themselves.

#### 4. Conclusion:

Boredom is not a terminal disease that one cannot cure. People can overcome boredom by accepting and moving on from the current situations. In the case of workplace boredom, the employees can be given more control over their work instead of controlling them and constraining them at a particular place. They can provide breaks at regular intervals so they feel supported with their work and energized.

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