

Feeling bored? What kind of bored are you?

Feeling bored? What kind of bored are you?

Scientists have discovered that there are five different types of boredom.

So, the next time you say the words "I am bored," don't be surprised if somebody asks you to be more specific.



Everybody gets bored from time to time. And a study from 2006 revealed that there are four different categories of boredom.

A new study from 2013, led by the University of Konstanz in Germany, decided to do a follow up study on boredom. These researchers wanted to see if the four categories of boredom were still valid.

The researchers surveyed 63 university students and 80 high school students over the course of two weeks. The results confirmed the original four types of boredom, and they also made the researchers decide that there was one additional type of boredom.

The 5 types of boredom are - Indifferent boredom, Calibrating boredom, Searching boredom, Reactant boredom and Apathetic boredom.

Indifferent boredom: is the kind of boredom experienced when one is feeling relaxed, calm, and withdrawn.

Calibrating boredom: if you are really trying to focus on this article, but your mind keeps wandering elsewhere, you are experiencing calibrating boredom. People who feel this the most are those that perform repetitive tasks.

Searching boredom: you are experiencing searching boredom when a task makes you feel irritated and extremely restless. Searching boredom causes you to seek out more interesting activities to focus on.

Reactant boredom: this kind of boredom is similar to searching boredom. However, reactant boredom is worse because it irritates a person to the point of aggression.

Apathetic boredom: this is the fifth type of boredom discovered in the 2013 study. People who suffer from apathetic boredom show very little interest in anything that is happening around them. Researchers are concerned that apathetic boredom could lead to depression.

So the next time you feel bored, try to figure out what type of bored you are. This may help you bust out of your boredom. Or better yet, try these boredom busters - read an interesting book or go outside and exercise in the fresh air!