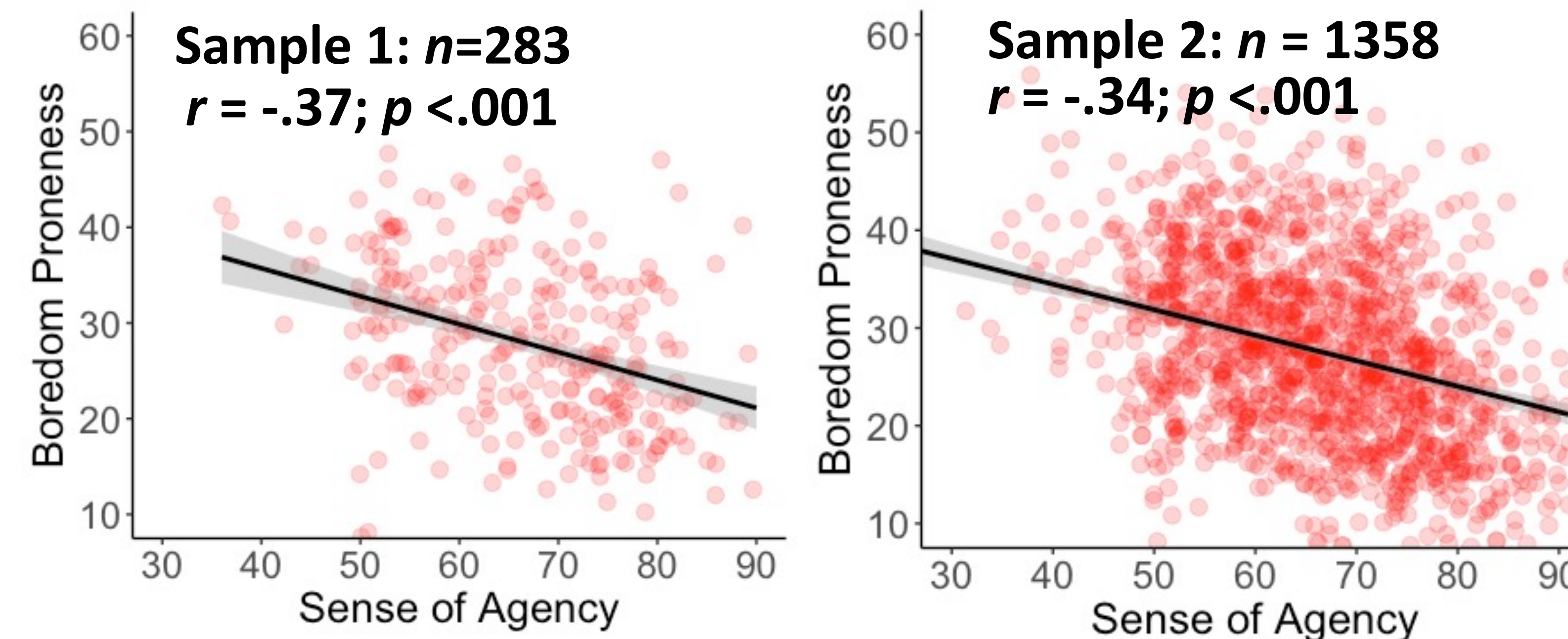


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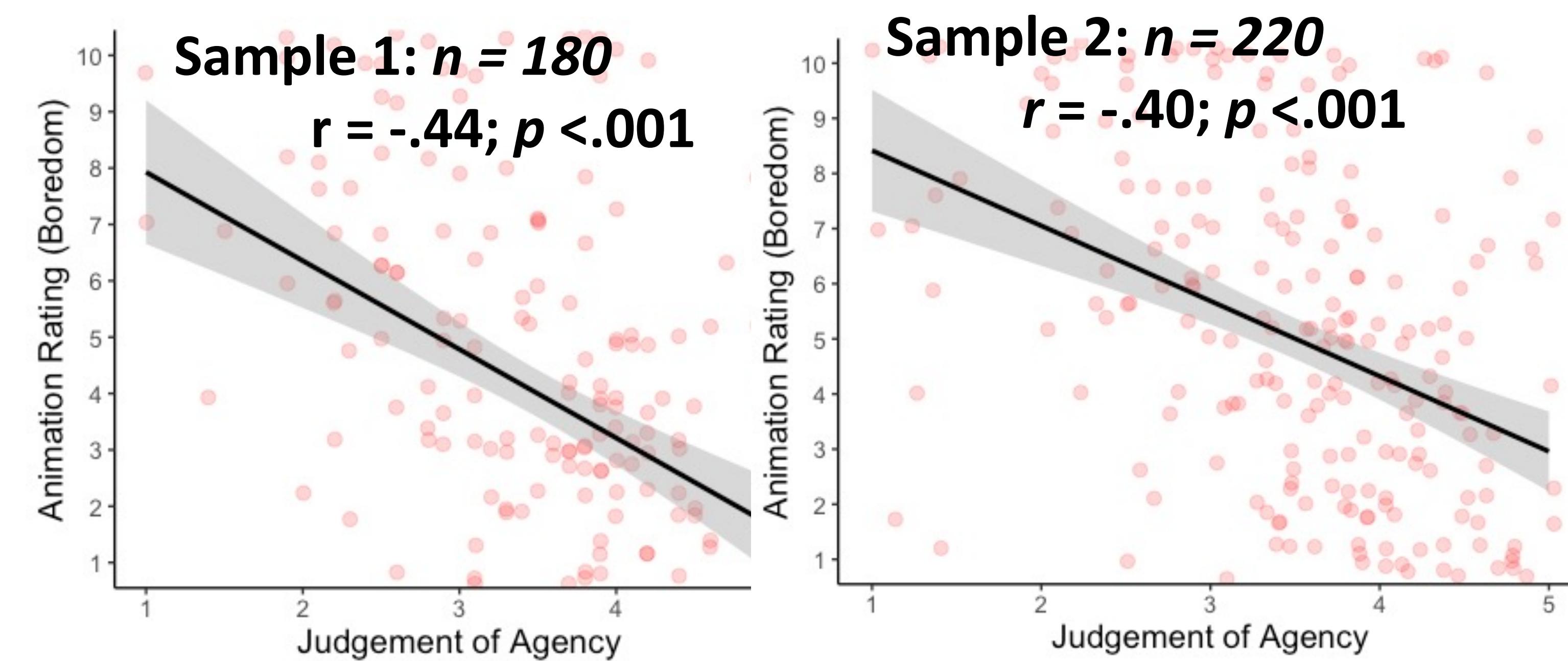
Boredom and the sense of agency

- Boredom signifies a dissatisfaction with whatever activity we are currently engaged in [1]
- Being unable to engage effectively with our environment may be felt as a threat to our sense of agency [2]

Boredom is negatively associated with agency



Boredom and the judgement of agency



Research Questions

- Are boredom and the sense of agency negatively associated?
- Does the sense of agency predict boredom proneness?
- Does boredom influence perceptual judgements of agency?

Agency predicts boredom proneness

Hierarchical Regressions Predicting Boredom Proneness (Sample 2)

	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>	<i>p</i> Δ	<i>R</i> 2Δ
Step 4						
Age	-0.08	0.07	-1.14	.255		
Gender	0.59	0.51	1.16	.248		
Ax	3.66	0.33	11.19	<.001		
Loc	2.52	0.36	-7.00	<.001		
BSCS	-0.25	0.03	-8.88	<.001		
GSES	-0.19	0.05	-3.67	<.001		
SAS	-0.15	0.02	-8.06	<.001		
					<.001	0.03

What do we know about boredom and agency?

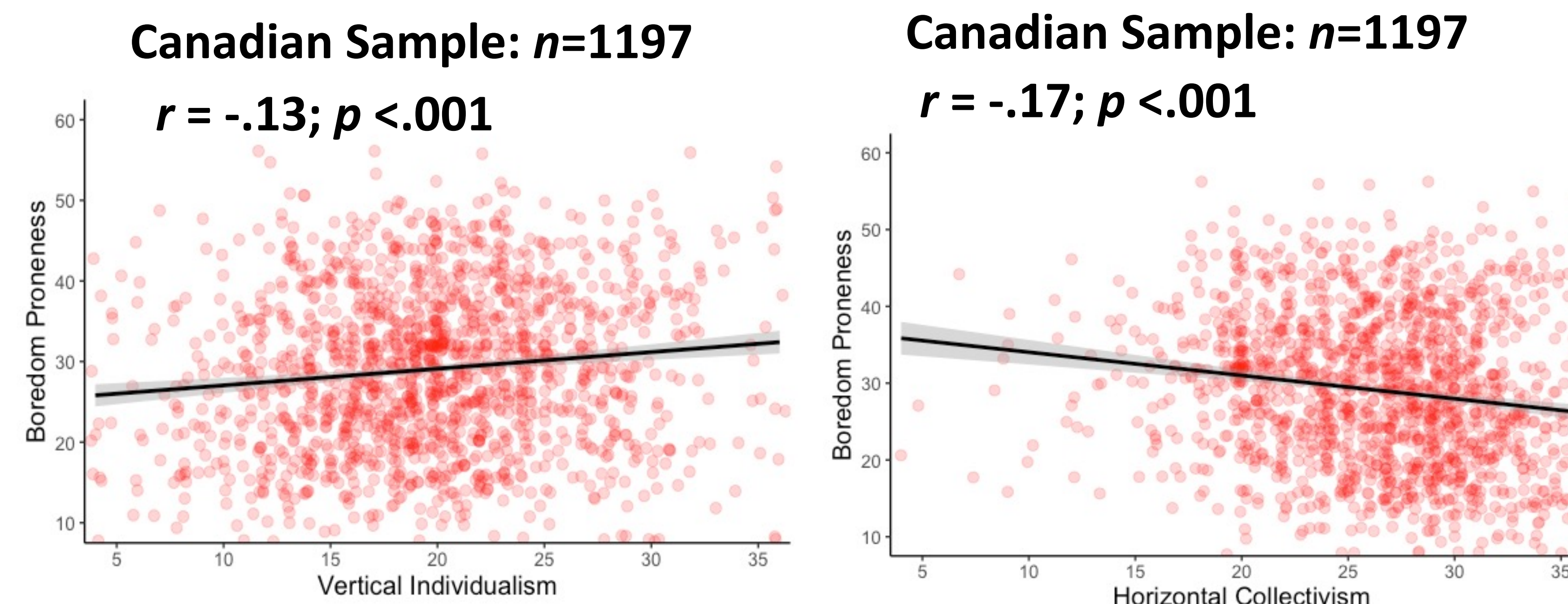
- The highly boredom prone tend to have a diminished sense of agency.
- The negative sense of agency may underlie the failure to launch.
- The more bored you are in the moment, the less agency you ascribe externally.

Methods

The relation between boredom and the sense of agency was explored within a self-regulatory framework.

2 samples completed 5 questionnaires of boredom proneness, agency, self-control, self-efficacy and regulatory mode.

Does culture influence boredom/agency?



References

- [1] Eastwood, J. D., Frischen, A., Fenske, M. J., & Smilek, D. (2012). The unengaged mind: Defining boredom in terms of attention. *Perspectives on Psychological Science*, 7(5), 482–495
- [2] Danckert, J.; Eastwood, J.D. (2020). *Out of My Skull: The Psychology of Boredom*; Harvard University Press: Cambridge, MA, USA.