



IS THE BORED MIND AN UNCONSTRAINED MIND?

In my speech I would like to present an analysis of the relation between the mental experience of boredom and the state of mind that can be perceived either as constrained (blocked, focused, limited to work on one thing only) or unconstrained (free, open, able to associate some ideas spontaneously). Some researchers and some theorists in the field of creativity issue claim that 'boredom is creative' and explain it often by the occurrence of the low arousal in the brain which implies a widening of attention and an ability to make distant associations. In the same time others say that 'boredom is creative' because being bored is to experience some limitations and blockades in our functioning that we want to defeat and then we become creative. The question about the phenomenon of the boredom that emerges here is following: Is the mental state of boredom connected rather with experiencing some constraints or is it related to the openness more? Hopefully, analyzing that particular problem will bring us closer to comprehend the essential philosophical problem of the boredom's nature.