



## **COGNITIVE FUNCTIONS OF BOREDOM**

The boredom, an unpleasant state of sense of slow-flowing time in which people does not enjoy the activity, is ubiquitous and occurs frequently in a daily life. Although a variety of causes of this state have been proposed (for example emotional, behavioral, motivational and cognitive), it is not clear why people experience boredom. Here, we explore potential cognitive functions of this state. Generally, researchers connect boredom with a low need for cognition and place as opposed to the state of seeking stimulation. It is also related to a low activity- absorption and low engagement. The research in boredom propensity indicates that it is related to executive dysfunctioning: weaker inhibitory control, attentional lapses, vigilance decrement and memory failures. Experiencing boredom during the day predicts cognitive failures. Transferring these data into everyday-functioning, this state decreases school and work performance, reduces job-satisfaction and makes general sense of wellbeing worse. Consequently, boredom causes recognition that the current goal is no longer stimulating and motivates to change the current situation, which results mind wandering and seeking new tasks. Cognitive function of boredom is shifting attention to new, external or internal stimuli, so mind can get involved in new activity or challenge. The purpose of this work is to propose a cognitive function of boredom through review of relevant research, and encourage further experimental work to support this claim.