

Boredom analysis essay



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Can Boredom lead to trouble? Can boredom lead to trouble? Unfortunately, we must admit that it is true. Boredom usually occurs when you have nothing to do and when there is lack or no interest involved in the situation that is presented. You are bored because you are stuck in an instance that you don't want to belong in, but yet you cannot do anything about it or are not doing anything about it. Your mind is not completely focused and it is difficult to concentrate and feel interested. Usually, some people use to cry out I'm Bored! When they already feel the presence of boredom. People who are experiencing boredom get into all sorts of mischief, whether they are young or old. They may start hanging out with a bad company just because it would bring some entertainment. The same motivation can make them try and use cigarettes, alcoholic drinks or even drugs abuse as people seek out new thrills. Boredom often makes young people do something illegal and may commit some crime, just because they think it would make them feel excited.

It blocks our interest and enjoyment in different conditions and it can even lead to suicide as people despair of life. Even if a bored person stays at home and watches TV, this still can lead trouble because they may adopt a couch potato lifestyle and spoil their health by eating an excessive amount of junk foods and limited amount of movements and exercise. Truly, boredom can be a serious matter. Maria Dye Clayton Author So, boredom can definitely have a lot of negative outcomes. What do you think are some ways to prevent this?

We must constantly think of ways to keep busy and have fun. Go outside and find a few friends to play sports and games with. Keep yourselves busy by

going out to the mall and some other places with your friends and family. There are also things such as shopping or bowling. Do not deprive yourself because when you feel self-deprived you are unable to have self-fulfillment which makes it difficult to feel interested or do things. We must have self-fulfillment, creativity, self-expression and realization to achieve our needs or be interested in ongoing things.

Sometimes, we tend to sleep because it's the natural thing to do but some people can't sleep because their mind is too active thinking about what should they do today, worrying about what they'll do tomorrow or mad because they ought to sleep but aren't and lying wide awake is so boring. But, the next time you find yourself being bored be happy. You've just been handed a gift you can use in any ways. If you do, you'll find that being bored is sometimes the very best state to be in. Boredom By Matriculation