

An insight into  
boredom, the cause  
and the cure for the  
state of mind called  
bore...



**ASSIGN  
BUSTER**

The Dictionary describes bored as "as dull, tedious, and lacking stimuli".

There is an inherent anxiety in boredom; people will expend considerable effort to prevent or remedy it, yet in many circumstances it is accepted as an inevitable suffering to be endured. A common way to escape boredom is through creative thoughts or 'daydreaming' yet I define Boredom as a lack of entertainment or a stimulant.

School students can very easily get bored in the summer holidays because of a lack of change in the activities what they do in their day to day life.

Everyone becomes bored at least once in their life. Boredom is a condition characterized by perception of one's environment in their life.

In the newspaper lately there have been reports on teenagers being bored in the summer holidays. And it is the local government getting the blame for closing down public swimming pools and under funding them. The result of this is anti social behaviour i. e. vandalism petty theft and more anti social behaviour.

There are many ways in which to tackle boredom. Getting a paper round is a good idea because it gets you up and out of the house, you can also earn money from it also possessions can be bought to prevent future boredom. But the downside to having a paper round is that you have to do it and it might cut into fun stuff. Joining a youth group is a good idea because there are normally new people every time you go. Buying a new computer game is useful force to tackle boredom and it can be very expensive, and you have to have the console to play it on in the first place.

To stop this dreaded lack of entertainment you should try, not to do something all the time but rather go out to meet new people. This could be the people you would normally hang around with but maybe you could choose different people to hang around with. I find going to the park every day and just hanging about very boring. Some people get drunk to avoid boredom. Although this can make things funny and interesting, it is not a very good idea and can cause trouble as well it does damage to your body mostly your liver.

Boredom we will all get it at least once in our life time but it is very easy to stop being bored, just go out there and find some thing to cure it. It is very simple to avoid but it is just as easy to fall into the trap of boredom.

I hope that this essay has given you an insight into boredom the cause and the cure for the state of mind called boredom.