
RELATIONSHIP BETWEEN IMPULSIVITY AND BOREDOM PRONENESS IN EMERGING ADULTS

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ABSTRACT

Impulsiveness is the term used to describe or demonstrate behaviour that involves little to no deliberation, planning, or evaluation of the effects of a decision, especially when it entails taking risks. Boredom proneness, a persistent individual difference feature linked to a wide range of favourable outcomes, is defined by both frequent and strong feelings of boredom. The psychological trait of impulsivity has a lengthy history of research and many established correlations with other qualities and outcomes in life. However, it is hardly ever examined outside of the West, it raises concerns about how broadly it can be applied. It is crucial to remember that boredom and impulsivity are complex concepts that can be affected by a range of variables, including individual characteristics, environmental circumstances, and situational context. Consequently, the relationship between the two might change based on people and circumstances. In general, impulsivity and boredom are distinct concepts, although they can interact and have an impact on one another. Understanding how these two components interact can help us understand human motivation, behaviour, and psychological health. In the current study we are examining the connection between impulsivity and boredom proneness and how it influences an individual.

KEYWORDS: Impulsiveness, boredom proneness, emerging adults

1.INTRODUCTION

Impulsivity is a psychological and behavioural attribute characterized by the propensity to act or respond without hesitation or thought to possible outcomes. High levels of impulsivity are frequently accompanied by difficulty controlling one's immediate reactions or wants, which results in impulsive behaviour and decision-making.

A person's propensity to feel bored frequently and intensely in a variety of contexts and activities is referred to as being "boredom prone." It is a trait-like quality that can differ from person to person, with some being more prone to boredom than others.

Research studies have found a positive correlation between impulsivity and boredom proneness. This means that individuals who score higher on impulsivity measures are also more likely to score higher on measures of boredom proneness. This correlation suggests that there may be some underlying connections between the two traits.

It is possible to think of the link between impulsivity and proneness to boredom as two-way. On the one hand, people with high levels of impulsivity might be more likely to get bored. Their inability to control their urges and desire for instant fulfilment can cause them to lose interest in activities over time. When given jobs that demand patience or sustained effort, they may soon grow bored and turn to novelty and stimulation.

It is vital to remember that not everyone exhibits the same level of the correlation between impulsivity and boredom propensity because of individual differences, life experiences, and

environmental factors. A multidimensional examination is necessary because different types of impulsivity, such as motor impulsivity, attentional impulsivity, and non-planning impulsivity, may have varied connections with boredom proneness.

Impulsivity in emerging adults:

Adulthood is a period of expanded investigation and trial and error. Impulsivity can turn out to be more articulated as youngsters wrestle with new liabilities, connections, and autonomy. This can appear as incautious independent direction, risk-taking way of behaving, and an inclination to look for sensations. In a few aggressive grown-ups, lack of caution can prompt positive encounters, for example, investigating new open doors and shaping different social associations. Notwithstanding, it can likewise have adverse results, for example, substance misuse and wild way of behaving.

Boredom proneness in emerging adults:

Hopeful grown-ups frequently experience times of change, tension, and hanging tight for significant life altering situations (like finishing their schooling, finding a super durable line of work, or shaping long haul connections). Such temporary periods can prompt expanded sensations of boredom proneness. Boredom proneness in emerging adults at this phase of life can be related with sensations of anxiety, disappointment, and void.

While there might be an association among impulsivity and boredom proneness, it is essential to take note of that they are discrete parts with their own qualities. Not all incautious individuals experience elevated degrees of weariness, and not all handily exhausted individuals are profoundly indiscreet. The connections between these characteristics are intricate and can be impacted by various variables, including individual contrasts and setting. Understanding the transaction among impulsivity and boredom proneness might be pertinent in various circumstances, for example, planning mediations to oversee imprudent way of behaving and addressing factors that add to boredom proneness in instructive and work setting.

OBJECTIVES OF THE STUDY

1. To find out the significant relationship between impulsivity and boredom proneness in emerging adults.
2. To find out the significant relationship between attention facet and boredom proneness in emerging adults.
3. To find out the significant relationship between motor facet and boredom proneness in emerging adults.
4. To find out the significant relationship between planning facet and boredom proneness in emerging adults

HYPOTHESES

1. There is a significant relationship between impulsivity and boredom proneness in emerging adults.
2. There is a significant relationship between attention facet and boredom proneness in emerging adults.
3. There is a significant relationship between motor facet and boredom proneness in emerging adults.
4. There is a significant relationship between planning facet and boredom proneness in emerging adults

2.METHODOLOGY

Quantitative data are often used to explore relationships between variables, test hypotheses, and draw generalizable conclusions from the data collected. It is one of the most important types of data used in empirical research in psychology and other scientific fields.

Correlation, in quantitative data collection, refers to a statistical measure of the degree of association or relationship between two or more variables. This helps researchers understand how

changes in one variable relate to changes in another. Correlations are an essential tool in many studies because they allow researchers to explore relationships between variables and predict their behaviour. In this study correlation is used to measure the correlation and understand whether it is positive or negative type of correlation.

The sample of the study consists of 125 emerging adults of the age 18-25 from various districts in Kerala. To assess impulsivity, Barratt Impulsiveness Scale (Revised) which was developed in 1995 by Ernest Barratt to measure impulsiveness using 30 items under three facets: Attentional facet, Motor facet and planning facet was used. The 30-item test has four scoring categories: (1) rarely/never, (2) occasionally, (3) often, and (4) almost always/always. The sum of all the items determines the final score.

Boredom proneness was measured using the Boredom Proneness scale introduced by Richard Farmer and Norma. D. Sundberg. It is 28 item instrument to assess the tendency towards boredom. The scale is scored by summing all the correct answers based on the answers. Participants were given questionnaires through Google forms after the data collection techniques were chosen and finalised. A comprehensive statistical analysis of the data is obtained using SPSS.

3.RESULTS AND DISCUSSIONS

Impulsivity is a psychological and behavioural attribute characterized by the propensity to act or respond without hesitation or thought to possible outcomes. Boredom proneness, a persistent individual difference feature linked to a wide range of unfavourable outcomes, is characterised by both frequent and strong feelings of boredom. The measures used were Boredom Proneness scale and Barratt Impulsiveness Scale (Revised). The hypothesis of the study was that there is a significant relationship between impulsivity and boredom proneness, attention facet and boredom proneness, motor facet and boredom proneness and between planning facet and boredom proneness in emerging adults.

Table 1: Correlation between Impulsivity and Boredom Proneness in emerging adults.

Spearman's rho	Boredom proneness
Impulsivity r value	0.222
p value	0.013

Correlation is significant at the 0.5 level. Hence there is a positive correlation between Impulsivity and Boredom proneness. A positive correlation between impulsivity and boredom would suggest that as impulsivity increases, so does boredom and vice versa. In other words, people who tend to be more impulsive are also more likely to experience boredom.

Other studies on impulsivity and boredom proneness conducted by researchers shows that there is a relationship between boredom proneness and impulsiveness as it was investigated among 381 undergraduates. A significant positive correlation of .56 obtained between boredom proneness and impulsivity [John D. Watt and Stephen J. Vodanovich, 1992].

Table 2: Correlation between Attention facet and Boredom Proneness in emerging adults.

Spearman's rho	Boredom proneness
Attentional facet r value	-0.070
p value	0.437

There is no significant relationship between attentional facet and boredom proneness. Both impulsivity and boredom can cause persistent attention deficits. People who have difficulty focusing and sustaining attention on tasks or activities may have difficulty engaging with stimuli or situations for long periods of time, leading to both the distraction and boredom associated with impulsivity.

Table 3: Correlation between Motor facet and Boredom proneness in emerging adults.

Spearman's rho		Boredom proneness
Motor facet	r value	-0.012
	p value	0.892

There is no correlation between motor facet and boredom proneness. People with the motor facet of impulsivity are more likely to seek exciting experiences to alleviate feelings of boredom. This sensational behaviour can manifest as impulsive decisions to take risky or novel actions to avoid boredom. The motor facet of impulsivity may be associated with a higher level of restlessness, which could contribute to an increased susceptibility to experiencing boredom. Restless individuals may have difficulty staying engaged in activities for an extended period, leading to feelings of boredom.

Table 4: Correlation between Planning facet and Boredom proneness in emerging adults.

Spearman's rho		Boredom proneness
Planning facet	r value	0.339
	p value	0.000

Correlation is significant at the 0.01 level. The planning facet of impulsivity may be associated with a higher level of restlessness, which could contribute to an increased susceptibility to experiencing boredom. Restless individuals may have difficulty staying engaged in activities for an extended period, leading to feelings of boredom. The planning facet is related to cognitive control, which helps individuals inhibit impulsive responses. People with higher planning scores can better control their impulses and resist acting on immediate urges.

4. CONCLUSION

This study explored the intricate connection between impulsiveness and proneness to boredom and sought to examine the various dimensions of both concepts and their potential interactions. The study utilized established psychometric measures to evaluate different facets of impulsiveness and proneness to boredom, which yielded a comprehensive understanding of their interplay. It also delved into the complex relationship between impulsiveness and proneness to boredom, aiming to investigate the distinct dimensions of each construct and their potential interactions. Through this

investigation, we discovered that there is a positive correlation between impulsiveness and boredom proneness in emerging adults. The facets of impulsiveness include the Attention aspect, the Motor aspect, and the Planning aspect. There is no correlation between the Attention aspect and proneness to boredom, as well as the Motor aspect and proneness to boredom. However, a significant correlation can be observed between the Planning aspect and proneness to boredom. By thoroughly examining the different facets of both constructs, this study offers valuable insights into the underlying mechanisms of these phenomena, laying the groundwork for future research and potential therapeutic interventions.

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