

Boredom is a state of mind characterized by a lack of interest, stimulation, or challenge. Loss of motivation may indicate burnout, depression, schizophrenia, Parkinson's disease, or Alzheimer's disease. It is a subjective experience that can manifest in a variety of ways, including restlessness, apathy, and disinterest. It can arise from routine tasks, repetitive activities, or lack of novelty, which can result in a sense of time dragging or feeling stuck in a monotonous routine. Boredom can also arise from unmet expectations or a discrepancy between our desires and our current reality. Boredom can be caused by a lack of external stimulation or by internal factors such as a lack of motivation or a sense of purpose. A person should contact a doctor if their lack of motivation is severe or chronic or if they experience additional symptoms. It may also be a complication of conditions such as a stroke.