

TITLE

Examining the Construct Validity of Boredom: A Meta-Analysis

ABSTRACT

There has recently been a renewed interest in trait boredom research, in part, due to the number of work and life outcomes it predicts. However, while several trait boredom measures exist, there has been little investigation into aspects of its construct validity. Specifically, questions remain about the construct validity of the two most common trait boredom measures: boredom proneness and boredom susceptibility. In our study, we conduct a meta-analysis to investigate three elements of trait boredom construct validity, 1) convergent validity between measures, 2) different nomological networks concerning personality, and 3) predictive validity regarding subjective well-being. Our meta-analysis includes 39 studies ($K=124$). From a diverse range of samples that contained population samples from 16 different countries. We found boredom proneness and boredom susceptibility had poor convergent validity ($\rho = .26$, 95% CI [.21, .31]). Further, we found differing nomological networks. The meta-analytic estimates between trait boredom and the big five personality traits tended to be lower for boredom susceptibility than for boredom proneness; moreover, the personality traits extraversion and openness had dramatically different relationships between the trait boredom measures. Lastly, for predictive validity, we found boredom proneness to negatively relate to subjective well-being ($\rho = -.34$, 95% CI [-.52, -.16]). Conversely, we were not able to determine a relationship between boredom susceptibility and subjective well-being ($\rho = .01$, 95% CI [-.10, .11]). These results provide insight into how trait boredom measures can be utilized in the workplace and resolve empirical questions regarding boredom proneness and boredom susceptibility. For example, workplaces might benefit from using boredom proneness to gauge employee subjective well-being as it appears to have more precise predictive validity than other measures. Altogether, this meta-analysis contributes a quantitative summary of trait boredom's construct validity with aspects of its convergent validity, differing nomological networks, and predictive validity regarding subjective well-being. References are available upon request from Wei Ming Jonathan Phan (Jonathan.phan@csulb.edu).

KEYWORDS

Trait Boredom, Construct Validity, Personality, Subjective Well-being

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