



## Boredom in Health, Education and Sports

Guest Editors:

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Deadline for manuscript  
submissions:

**closed (31 July 2022)**

### Message from the Guest Editors

Recent years have seen substantial advancements in research on boredom. Empirical and theoretical work indicates that the sensation of boredom functions as a signal that an ongoing activity is not worth allocating attention to. Boredom triggers exploration behavior, and this can prompt people to engage in both adaptive and maladaptive behaviors. Various activities that convey environmental and health benefits display structural properties that render them likely to induce boredom. Regular physical exercise conveys benefits for personal and public health. However, the repetitiveness of exercise and the fact that gains only occur in small incremental steps can make exercise boring. Additionally, boredom is highly prevalent in academic settings, where it may not only interfere with achievement and performance but also with students' well-being and health. In this Special Issue, we call for submissions that investigate the impact of boredom on environmental and public health issues.





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## Editor-in-Chief

### **Prof. Dr. Paul B. Tchounwou**

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## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

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