

Jayden Lovelady

Mark Ellis

ERWC

03 November 2022

The Argument of Debilitation vs. Adaptation

Throughout this module, we have exclusively been shown arguments combating the negative aspects of cell phones and constantly circulating media, almost force-feeding us an unrounded opinion. Whereas in reality, there are so many more layers to this argument than the ones we scraped the top of in this section. Those arguments being of the likes of claiming creativity is killed by our constant access to entertainment and technology, how the quiet life means more, or how being bored is the only way to find one's creative side. However, I would argue that the constant consumption of media and living a fast-paced life are helpful parts of sparking creativity and stimulation, especially in a generation like this one.

Creativity can be sparked by almost anything, as it is completely up to how a person's brain responds to processing something. Whos to say that for some people, especially those who have been unfortunately raised with a screen stuck in front of their face, that creativity purely comes from boredom? Manoush Zomorodi and Ian H. Robertson, to be exact. Both authors argue that creativity stems from being bored, from having nothing else to think about and being the one to entertain your own mind. While that argument seems logical and realistic, it's bold to assume the majority of people fall into such a category when creativity is such a personal experience. Ian Robertson says in his article Embrace Boredom to Become More Creative, "Boredom is the psychological equivalent of fallow fields in agriculture — where they are left without any crops

for a while to allow them to regenerate” (cite). Here, Robertson is claiming that a bored mind is the equivalent to fertile open fields waiting to be used to nourish new crops, or in this case thoughts. In regards to this ideology, the argument must be raised, what do you think will plant the new seeds? Creativity comes from inspiration, even if it takes getting bored to realize that, it doesn't come from boredom itself. It comes from previously seen or processed thoughts and the emotions that came along with them. For instance, you can hear in an artist's music who their inspiration was, and it's the same with authors. Nobody is surprised that Green Day and Sum 41 inspired My Chemical Romance's sound, because it is blatantly obvious. But those riffs and melodies did not come from boredom, they came from inspiration from other pre-existing media.

Although boredom can work as a sort of transmitter from subconscious to conscious thought, it takes those subconscious thoughts being put there by other media to ultimately spark things like curiosity and creativity. As “boredom researcher” Dr. Mann was quoted in Manoush Zomorodi's Ted Talk, *How Boredom Can Lead to Your Most Brilliant Ideas*, “Once you start daydreaming, and allow your mind to really wonder, you start thinking a little bit beyond the conscious, a little bit into the subconscious, which allows different connections, um, to take place” (qtd. Dr Sandi Mann, 3:28-3:40). Both speakers are implying that boredom is the thing that ignites that innovative motivation in us to create, when that quote specifically helps round out the argument that ideas must be put there first for boredom to be any sort of beneficial. Media and our constant access to entertainment is what inspires us to try new things and think outside of the box, social media platforms being one of the biggest hubs for inspiration. Seeing new things every other minute, while addicting, is not such a bad thing, but a way to become inspired and share your own creativity to inspire others.

The texts in this module do carry well-intended lessons and heavy meanings, but they lack the context of the real modern world. All of the authors make excellent points as to why our lack of boredom can have negative effects, but for the argument of this generation's creativity being at stake, their argument lacks perspective. Every person who was raised on constant stimulation is going to need to be fed fast-paced media to be inspired or curious or creative, for they do not know any different. It's not a matter of generational debilitation, it's a matter of generational adaptation.

