IF I COULD INVENT SOMETHING NEW

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In a world full of endless entertainment, the idea of being bored seems strange. However, boredom can help us be creative, think deeply, and grow personally. If I could make an app to help people who are bored, it would use boredom to improve mindfulness, strength, and mental health.

If i could invent something new to help people experiencing boredom, I will call the app T-Boy, which would be invented to intentionally bore its users. The design of the application would be simple, with dull colours and no exciting graphics. It would have different activities like counting virtual drops of water, watching a clock tick, or sorting objects by colour or size etc. These duties would be boring, easy and at the same time, very interesting.

My objective for the invention will be to let users experience boredom in a controlled way. Boredom has many benefits and i will take advantage of it in the setup of the application to be able to achieve the benefit of the invention. The idea behind the software will be to make us more creative by letting our minds wander and think of new ideas. Without endless entertainment, we can think about our thoughts and feelings, leading to better self-awareness and personal insight.

Also, experiencing boredom can make us stronger. In a world that loves instant fun, being able to handle and appreciate boredom is an important skill. T-Boy app would help users practice patience and get used to less exciting activities. This strength can help improve focus and perseverance in other parts of life, like school or work.

I will also build several features on the app. The application would have guided mindfulness exercises to help users focus on their wellbeing. These exercises can make users feel calm and present, fighting the restlessness that often comes with boredom. Another feature of the app will be that the users could set timers for their boring activities, slowly increasing the time as they get used to it. This feature would help users build their tolerance for boredom step by step. The app would have a progress tracker to show users how their ability to handle boring tasks improves over time. Positive reinforcement through badges or achievements could encourage users to keep practicing. The most important feature of the app will the community forum that would let users share their experiences and support each other. This sense of community could reduce feelings of loneliness and provide a place to talk about insights gained during boredom. In the chat forum, those that needs help will be able find one.

Like it is said that boredom is usually associated with fatigue, routine and even laziness. However, it can also be productive, motivating or even peaceful. I will round up with one favourite quote about being bored by Andy Warhol which says, “You need to let the little things that would ordinarily bore you suddenly thrill you.” Let’s find excitement in the everyday of life.