Electric shocks better than boredom (Andre, England)

It is exactly during a moment of forced meaninglessness or a nonsense task that the default mode network in the brain switches on. In other words, our inner thoughts resurface and start to wander. And this is apparently not a very comfortable feeling for people. If you put participants in a room for fifteen minutes and offer them the option of either doing nothing or administering painful electric shocks to themselves, two thirds of the male participants, and even one fourth of the female participants, choose to be shocked. How weird is that? After all, we are carrying around with us a brain that is not just any brain but the most advanced brain that exists in nature! In the time span of fifteen minutes, we could compose a beautiful melody or embark on a glorious journey of the mind. But instead we reach for the nearest stun gun and give ourselves a couple of electric jolts. And why do so many more men than women choose the electroshock option? Maybe the primary thoughts of men are so horrific that getting shocked is the better choice? No one quite knows for certain.