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## **Maintaining Motivation**

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# MAINTAINING MOTIVATION

What's causing lack of motivation at Boise State?  
How do students and instructors maintain and encourage success when motivation declines?

## Introduction

College students experience a decline in their motivation over time (Trolan & Jach, 2020). Research shows **three factors** are responsible for declining motivation in male & female traditional & non-traditional college students (Ball et al., 2020). A survey performed with Boise State students highlighted the causes of decreased motivation on campus.

- Lack of Time**
- Lack of Impulse Control**
- Lack of Energy**

## Objective

A study was given to Boise State students to identify what is causing unmotivation in their daily lives. Research based solutions will be presented to instructors and students. The information provided highlights the tools needed to help them manage motivation levels to achieve their goals.

## Methodology

A survey on motivation was administered to twenty-four Boise State students using a Likert scale of measurement with the five ordinal categories: Strongly Agree (5), Agree (4), Neutral (3), Disagree (2), and Strongly Disagree (1).

The questions were:

- I lack motivation when I'm not feeling positive about myself
- I don't like to do things when I'm tired
- I don't like doing things I'm not interested in
- I give into my impulses when distracted
- I feel like I have too many distractions, and I feel like I have too much to do

The student's year in college was measured as freshman, sophomore, junior, or senior.

## Results

The results of this study suggest that motivation tends to decline over time with Boise State students. Lack of interest is the biggest contributing factor for freshman motivation. Having too many distractions is the leading culprit for motivation in Boise State Sophomores. Lack of energy is responsible for most juniors decline in motivation. A lack of time is the main cause for Boise State's senior's decreased motivation.

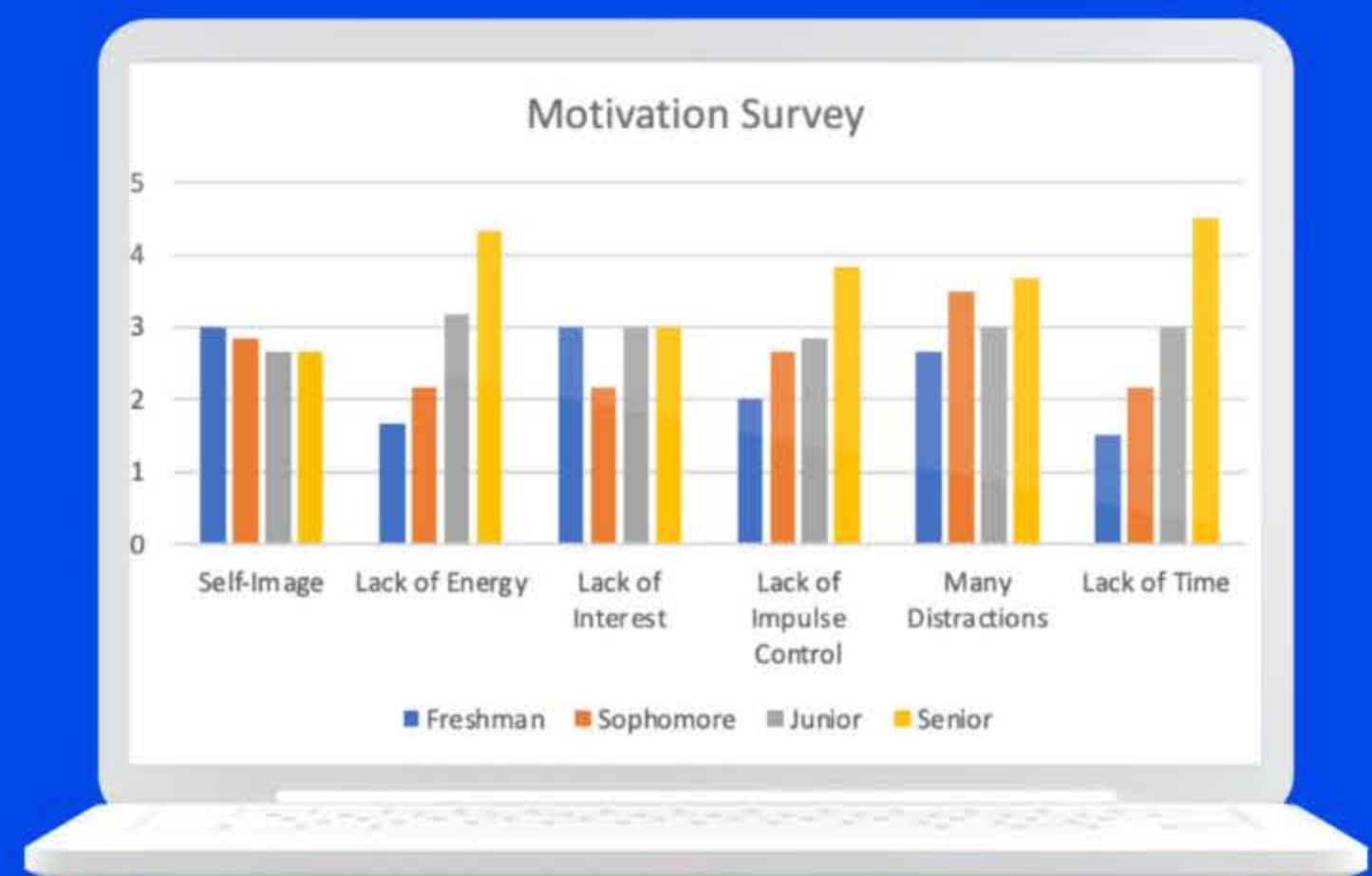
A lack of energy, impulse control (willpower), and time show a trend of increasing as the reason for a decline in motivation in students as they progress through their college years.

## Analysis

The survey data shows that motivation is less connected to self-image and self-positivity as Boise State students age. Motivation due to lack of interest isn't affected by Boise State students' year in college.

The amount of distractions might affect Boise State students by year, but the data from the survey was inconsistent for junior year students.

The three highest causes of lack of motivation in Boise State students are lack of energy, lack of impulse control, and lack of time. Boise State seniors rated these three triggers the highest out of all participants with a trend of increasing as time in college progresses.



Average Boise State Causes of Decrease in Motivation Scores by College Year

## Conclusion

The survey showed the causes for lack of motivation at Boise State differ by class (school year). The most prevalent causes stem from three factors lack of time, lack of impulse control (willpower) and lack of energy. Students benefit from this study by learning what "triggers" cause them to become unmotivated so that they can identify and take actions to decrease them.

Professors benefit from this by becoming aware of the main "triggers" so they can form academic year based solutions. Research from previous motivational studies show increased student motivation when S.M.A.R.T. goals and applied learning are put into effect. Further studies applying these motivational solutions should be performed to determine their effectiveness on Boise State students' motivation levels.

## References

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