**Background**

Everyday we all need to complete a number of important tasks that can feel repetitive, boring, and thus not all of them get completed. There is a solution to mitigate these problems by making the tasks more interesting - gamification. This strategy turns monotonous tasks into small, game-like challenges that can feel more rewarding to complete compared to not using the strategy. M. Sailer et al. (2020) conducted a meta-analysis of previous wide-ranging gamification studies to reduce biases and synthesize the state of gamification research on several learning outcomes. But this research will study individuals to determine the viability of gamification as a long-term strategy for managing chores in various everyday settings, rather than as a learning tool in workplace environments.

**Research questions**

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Ref:

Sailer, M., & Homner, L. (2020). The gamification of learning: A meta-analysis. *Educational psychology review*, *32*(1), 77-112.