**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**

Does the effectiveness of gamification diminish over time when compared to using no strategy at all?

In which specific environments does gamifying tasks lead to the highest productivity?

**Data collection**

The method will consist of studying 2 similar groups of 15 people and the time taken to complete the most common tasks. One group will be using various gamification methods, such as apps, challenges and the pomodoro technique to complete everyday chores, while the other one will be prohibited from doing so. Every day for 3 months the participants will measure how much time the selected tasks took and report it. The produced data will be sufficient to compare the time taken in different environments as well as to see the long-term practicality of gamification.

**Methods of analysis**

The gathered results will first be standardized and sorted into common categories such as cleaning, planing, cooking, etc. The standardized results will be used to analyze in which environments gamification is most successful by comparing the time saved to the control group. The effectiveness of gamification over time will also be analyzed comparing the elapsed time completing the same chores. All data will use various statistical instruments such as standard deviation and linear regression to normalize results.

**Original contribution**

The gathered results will reveal the viability of gamification as a tool to manage everyday tasks, as well as the specific details in what contexts it has the most significant impact. This should allow individuals to develop personalized gamification strategies that will allow them to deal with chores more efficiently and save time. A possible path for future research would be the correlation between chore management strategies and reduction of stress and anxiety.

Ref:

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