

# Happy Coders and Reluctant Maintainers: Understanding Task Enjoyment in Software Development

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## Abstract

Happiness and enjoyment are important factors in software practitioners' daily work, possibly enhancing motivation, productivity, and software quality. However, there exist few studies on practitioners' preferences for software development tasks. The goals of this study were: (1) to find which software development activities were the most enjoyable with a focus on practitioners' roles, (2) to find what factors impact this enjoyment, and (3) to assess whether tasks are avoided due to their dislike. To explore these, we performed a 4-phase mixed methods study using questionnaires, interviews, and focus groups with 173 practitioners of diverse backgrounds. Two ranked lists were obtained: (1) tasks depending on enjoyment level, (2) factors causing task enjoyment and dislike. Additionally, we found that in most cases, the enjoyment level did correlate with the time spent on tasks. The task most likely being avoided due to dislike is maintenance. Based on our findings, we proposed a set of improvements that practitioners may use to improve their work environment. Additionally, researchers may use our findings to prioritize future research on practitioner happiness, enjoyment, motivation, and productivity.

## CCS Concepts

• Software and its engineering → Programming teams.

## Keywords

Software Engineering Tasks, Practitioner preferences, Mixed-methods study

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## 1 Introduction

Various human aspects are known to affect software practitioners [27], possibly impacting business performance [32]. One such factor can be happiness and enjoyment. Low happiness in developers can cause serious consequences, such as low motivation, low productivity and low code quality [10]. Task assignment seems to have a notable impact on developer happiness. For example, Masood et al. [18] found that developers are more happy when they perform work that gives them learning opportunities.

However, research on practitioner work enjoyment so far has mainly focused on: (1) coding tasks [16], (2) types of factors that may impact enjoyment without the use of any task taxonomy [26] [19], (3) solely the developer's experience without taking into account other practitioner roles [22].

The goal of this paper was to find what activities are most enjoyable & disliked by software practitioners of all roles, as well as what factors impact this enjoyment. Additionally, we explored whether task enjoyment level may impact task avoidance, i.e. making practitioners likely to not perform the task that they should be doing. These goals are represented by the following research questions:

- (1) (RQ1) Which activities related to software development are liked and disliked by practitioners?
- (2) (RQ2) What are the factors that influence the positive or negative attitude towards these activities?
- (3) (RQ3) How does personal dislike/enjoyment of certain activities correlate with time spent on them?

In our study, we extended a pre-existing task taxonomy to cover most software development activities. Then, we strived to answer the RQs through a 4-phase mixed-methods study with 173 participants, based mainly in Poland and Brazil.

Through this study, we created a ranking of the most enjoyable software development-related tasks and factors that impact this like/dislike. We also found that there is a correlation between enjoyment and time spent on tasks. The most impacted task by this phenomenon was found to be maintenance. Based on our findings,

we propose a set of improvements for practitioners to enhance their work by helping them perform key tasks that may have been unconsciously avoided by teams due to task dislike.

Additional material containing questionnaire questions, the interview plan, and focus group slides is available online [6].

## 2 Related Work

### Software developer motivation

The idea that developer motivation is crucial is not new. 30 years ago, McConnell already noted that low motivation can significantly degrade productivity and system quality [20]. Motivation, however, is a unique factor not necessarily caused by project success. Linberg [17] found that even in failed projects, job satisfaction could be maintained if tasks aligned with the developers' intrinsic motivators.

There are numerous studies on factors impacting motivation and the consequences of either low or high developer motivation. For example, Ko et al. [12] showcased that inadequate documentation negatively leads to reduced productivity and the feeling of frustration for developers. Additionally, Kuusinen et al. [13] found that developer motivation can be impacted by the IDE they use. Another notable factor seems to be technical debt, since Besker et al. [4] found that it can negatively affect developers' morale.

Beecham et al., in their systematic review about motivation in software engineering, found that "The most commonly cited motivator is the job itself, yet we found very little work on what it is about that job that Software Engineers find motivating" [3]. This could be viewed as one of the factors impacting the creation of research on Dev-X (Developer Experience). This term, first introduced by Fagerholm and Munch [8], was meant to convey a variety of factors that impact how developers think and feel about their work. This research domain has since grown significantly, as showcased by a recent systematic review by Razzaq et al. [27], who found 218 relevant papers on this topic.

### Tasks enjoyment, and its impact on productivity

A notable observation was made by Nichols [25] regarding productivity. He noted that it is counterproductive to score a developer's productivity without considering what specific tasks they were performing, since there seems to be a huge variance depending on different tasks. Some pre-existing work suggested that some tasks may be less enjoyable. LaToza et al. [14] emphasized that cognitive challenges, particularly the effort required to manage implicit knowledge, often make code exploration or debugging less appealing. Additionally, Selic [30] noted that developers simply may not like writing documentation because they do not view it as valuable.

Yet, Fagerholm et al. [7] found that in the case of some tasks, developers sometimes express an "Intrinsic motivation to perform" based on rewards and their own personal development goals. This in turn lead to higher productivity. Later, Murphy-hill et al. [24] found that the factor most strongly correlating with productivity was "I am enthusiastic about my job." This clearly showcases that personal enjoyment is a crucial productivity factor. As such, to increase productivity, it seems prudent to explore what software development tasks are enjoyable and provide intrinsic motivation.

### The enjoyable software development tasks

Licorish et al. [16] explored support, enhancement and defect tasks through data mining projects. They found that "that teams

expressed different attitudes when working on various forms of software tasks, and they were particularly emotional when working to remedy defects." This showcases that a practitioners' emotional state may depend on the task they are currently performing. However, their study was based on a very limited set of coding tasks, which is not the case in our study.

A notable study on task enjoyment was done by Meyer et al. [22], based on a large questionnaire filled by Microsoft developers. In this study the researchers focused on what tasks are part of a "good" and "bad" day. Based on this, an assumption can be made that the "good day" activities are more enjoyable than "bad day" ones. In our study, we improve the following in comparison to the work of Meyer et al.: (1) We expand the taxonomy of tasks created by Meyer et al., (2) We focus strongly on diverse roles than solely "developer", (3) We gather data in a more diverse setting (practitioners from different companies from Poland and Brazil), (4) We explore the impacts of task enjoyment on the time spent performing the task.

Mansood et al. [19] performed a study directly addressing the likes & dislikes of developers regarding tasks through an interview study with 32 practitioners analyzed via grounded theory. However, they explored what types of tasks were undesirable instead of using a pre-existing taxonomy of tasks. As such, in comparison to our study, many typical activities may have been omitted. Additionally, our mixed methods study on a larger sample provides more generalizable findings compared to an interview study.

Obi et al. [26] performed a large mixed-methods study with developers from Microsoft. Similar to Meyer et al. [22], the main focus of their study were "good" and "bad" days for developers. However, Obi et al. focused on the factors that make "good" & "bad" days instead of tasks. Additionally, they heavily focused on the task of coding in their analysis (they showcased that bad/good days can be recognizable by telemetry data). In contrast, our study's focus is on both developers and practitioners with different roles, and on the specific software development activities specified by our taxonomy, which is significantly larger.

## 3 Method

To answer the research questions regarding software practitioners' task preferences as well as obtain a deeper understanding of the origins and implications of these preferences, we performed a 4-phase mixed-methods study. The overall study method is presented in Figure 1. This Section describes each of these phases.

### 3.1 Phase 1: First questionnaire

The goal of this phase was to obtain: (1) software practitioners' ratings regarding all typical software development tasks, (2) information on how much time they spend on these tasks, and (3) initial data on what impacts task enjoyment.

To do so, we had to prepare a taxonomy of tasks, which was then used to make a questionnaire with both ordinal-scaled questions (on task enjoyment and time spent) and open questions (on task enjoyment and dislike factors).

*3.1.1 Task taxonomy.* The task taxonomy was meant to cover all typical tasks in software development on a similar level of abstraction.

We first included all activities and tasks described by Meyer et al. [22] in their paper about developers' daily activities. Since this

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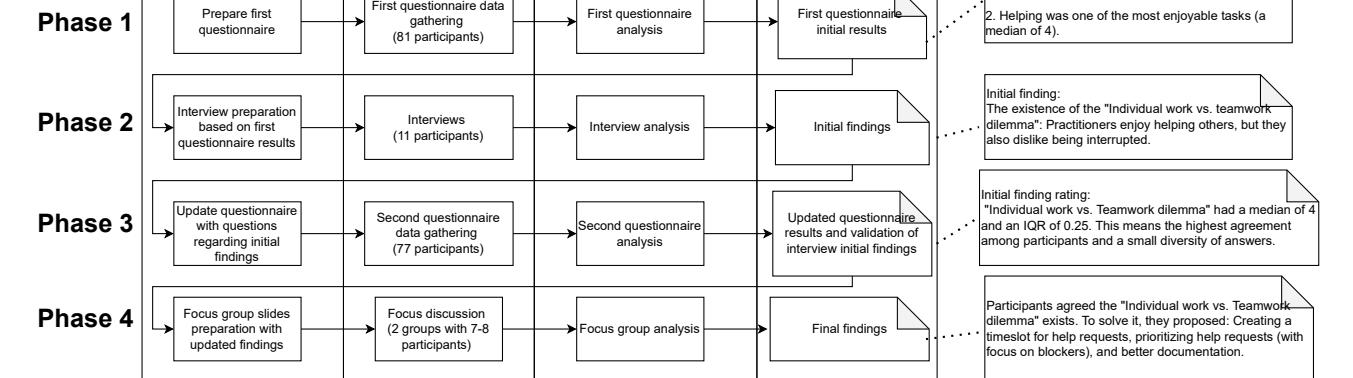


Figure 1: Study Method Overview

paper focuses on all software practitioners (not only developers), we supplemented the taxonomy with tasks on a similar abstraction level, extracted from SWEBOk [31], such as software and architecture design, planning, or infrastructure. Additionally, we included version control mentioned by Masood et al. [19]. Finally, we noticed that all existing lists do not include cases when the workday may not be filled to maximum capacity with meaningful tasks, and practitioners may be waiting for an opportunity to perform a task. We named such waiting activity "Idling" and included it in our taxonomy. The resulting taxonomy of tasks is presented in Table 1.

Resulting task set comprises all the actions a software developer can take in order to create or improve software.

**3.1.2 First questionnaire preparation.** Having prepared a task taxonomy, we prepared an online questionnaire by following the guidelines by Kasunic [11]. It consisted of the following:

- (1) Informing participants about the study details and asking for consent.
- (2) Gathering demographic data on the participants.
- (3) Ordinal scale questions about the enjoyment of each task (from 1 "Strongly dislike" to 5 "Strongly enjoy").
- (4) Ordinal scale questions about the time spent on each task of each task (from 1 "under 1h" to 6 "Over 20 hours").
- (5) Two open questions where participants were asked what factors influence their enjoyment and dislike of the listed tasks.

For each question about a specific task, participants could choose the option "N/A" if they never performed a specific activity or did not have any opinion about it to share.

**3.1.3 First questionnaire data gathering.** The first four authors distributed the first questionnaire using their social media platforms. Despite the questionnaire being in English, since all of these authors are based in Poland, most of the answers came from Polish practitioners. We obtained 82 filled questionnaires from a diverse pool of participants (see Section 3.5).

**3.1.4 First questionnaire analysis.** For all ordinal scale questions, we calculated the median as the measure of central tendency and adopted the interquartile range (IQR) as the measure of statistical dispersion. "N/A" values were skipped when measuring quartiles.

We calculated these metrics for: (1) All participants overall, (2) each professional role separately, and (3) levels of professional experience, (4) developers and non-developers.

Participants could choose their role based on a list of roles or write down their own when necessary. We analyzed only roles that were chosen at least 4 times, and grouped the rest in an "Other" category. As such, we ultimately used the following roles: Developer, Manager, QA, Data Engineer, Admin, Architect, Other.

For open-ended questions, we performed open coding [29] to extract the enjoyment and dislike factors. One author created a list of codes based on the open questions' answers, then a second author reviewed the coding and suggested improvements. During a meeting, they mutually agreed towards one coding scheme and the full coding results. We counted the number of occurrences of these codes in the open questions and ranked them based on frequency.

We summarized the results of this analysis in a single spreadsheet where we ranked all results based on medians (for ordinal scale questions) and frequency (for open-ended questions). This allowed us to find outliers in the data.

## 3.2 Phase 2: Interviews

During this phase, we strived to understand what makes the tasks enjoyable or disliked, as well as to identify what factors may contribute to performing the tasks or avoiding performance. Additionally, based on the interviews, we created a list of 10 initial findings.

**3.2.1 Interview preparation.** We based all interview questions on the outliers from Phase 1. The questions and reasons behind them are available online [6]. These were, for example:

## Example results

1. Interruptions were the most disliked task (a median rating of 2)  
2. Helping was one of the most enjoyable tasks (a median of 4).

Initial finding:  
The existence of the "Individual work vs. teamwork dilemma": Practitioners enjoy helping others, but they also dislike being interrupted.

Initial finding rating:  
"Individual work vs. Teamwork dilemma" had a median of 4 and an IQR of 0.25. This means the highest agreement among participants and a small diversity of answers.

Participants agreed the "Individual work vs. Teamwork-dilemma" exists. To solve it, they proposed: Creating a timeslot for help requests, prioritizing help requests (with focus on blockers), and better documentation.

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**Table 1: Taxonomy of tasks**

Task	Description	
Coding	Writing new code or editing existing code to meet the requirements.	407
Bugfixing	Debugging, and/or fixing errors in the code.	408
Unit testing	Writing new unit tests to validate behavior of the code.	409
Manual testing	Interacting with system's user interface to check its reaction – both with and without explicit test cases.	410
Code review	Analyzing code submitted in code review by another developer. Does not include manual testing.	411
Version control	Performing actions with a version control system, e.g. cherry-pick, interactive rebase, branch management.	412
Requirements	Discovering and writing down requirements describing the desired system's behavior.	413
Documentation	Working on the description of existing system behavior or usage.	414
Meetings	Planned meetings related to specific technical or business concerns.	415
Interruptions	Unplanned, informal, typically short meetings or conversations.	416
Planning	Meetings related to a software development methodology, e.g. sprint planning, sprint review, daily meeting.	417
Helping	Taking time to help another team member with a specific issue, mentoring.	418
Learning	Training, courses, looking up information with search engines, etc.	419
Architecture design	Designing high-level modules of the system and the relationships between.	420
Software design	Designing the code structure of specific modules, including details of implementation.	421
Infrastructure	Setting up networks, workstations, virtual machines or containers, arranging CI/CD, deployments, etc.	422
Maintenance	Working with the system resources without writing its code, e.g., package updates, fixing data in databases, monitoring logs, configuration.	423
Idling	Activities that are meant to fill time while waiting for a new task.	424

- What may be the reasons that developers detest interruptions less than non-developers? – Interruptions' preference median for developers was 3, but for non-developers it was 2.
- Factors like monotony, redundancy, and time wasting were often mentioned as reasons for disliking tasks. How do you cope with such challenges? – Those were the most common negative factors, as per open questions.

3.2.2 *Interview data-gathering.* The first questionnaire contained a question regarding consent for a follow-up interview. We sent interview invitations to all participants who gave their consent in the questionnaire. This resulted in 11 interviewees (see Section 3.5).

All interviews were performed online, led by one of the authors and recorded. Subsequently, the interviewer transcribed the interviews into text form for analysis purposes.

3.2.3 *Interview analysis.* During the analysis, we searched for factors causing one's preferences towards various tasks, and how these tasks could be performed better or with greater satisfaction. We employed a hybrid of hypothesis and open coding [29], allowing us to prepare codes for closed categories while also permitting the emergence of new codes from the answers to our questions.

Each coded text fragments were labeled with the following codes:

- (1) Task - which tasks are impacted by the factor.
- (2) Factor category - what the factor is causing.
- (3) Factor - short description of the factor (these emerged during open coding).

The "Task" and "Factor category" coding scheme were pre-defined, as tasks were derived from our taxonomy, and we were interested in factors causing: (1) an increase, decrease, or no effect on preference towards a task, (2) made practitioners less or more likely to perform a task, (3) improvement ideas.

The "Factor" codes were created through iterative open coding, since it was not possible to predict all factors beforehand. These codes were created during iterations of coding and review by separate authors, with separate discussions and merging of similar codes during meetings between the coder and reviewer.

Later, the "Factor" codes representing factors for enjoyment & dislike of tasks were merged with the qualitative codes representing these same concepts the first questionnaire (to answer RQ1). The "Factor" codes representing the effect on practitioners work (i.e. performing or avoiding the task) and potential improvements were used separately to answer RQ2 and RQ3.

Additionally, the coders and reviewers created and reviewed memos associated with preliminary findings from the coding process, and codes associated with them. These memos became the source of the 10 preliminary findings from this phase.

### 3.3 Phase 3: Second questionnaire

This phase had three major goals: (1) To verify the preliminary findings from the previous phase, (2) To obtain data from non-Polish practitioners to enhance the validity of the study, and (3) To find whether there are any notable correlations between enjoyment and time spent on the tasks.

3.3.1 *Questionnaire update.* The existing questionnaire was updated in the following ways:

- For each preliminary finding, an ordinal scale question was added for the new participants to rate their agreement with it, on a scale from "Strongly disagree"(1) to "Strongly agree" (5). With the option to choose "N/A".
- We prepared the option to fill out the questionnaire in Portuguese.

465     3.3.2 *Second questionnaire data-gathering.* The questionnaire was  
 466     distributed through convenience sampling, mainly through social  
 467     media, by the last author. This way, we obtained an additional 75 filled  
 468     questionnaires. 70 of them were well filled in Portuguese, and as such,  
 469     we can assume that the majority of the participants from this phase  
 470     were based in Brazil (as the last author). The overall information  
 471     about the questionnaire participants is presented in Section 3.5.

472     3.3.3 *Second questionnaire analysis.* Firstly, for all of the questions  
 473     that matched the old questionnaire, we performed the same data  
 474     analysis steps and included the new data in the overall results.

475     Secondly, for all initial finding questions, we calculated the median  
 476     agreement and IQR to find findings that most practitioners would  
 477     agree with. We chose a minimum median of 4 (the "Agree" rating) and  
 478     a minimal IQR of at most 1.25 (meaning that most answers were close  
 479     to the "Agree" rating) as the cutoff to consider the finding as validated.

480     Lastly, we calculated the Spearman correlation between levels of  
 481     enjoyment and time spent on the tasks - both overall and for each  
 482     task separately. We supplemented this by calculating the p-values: (1)  
 483     without permutations for all tasks since the sample in that case was  
 484     large (2599 pairs of values), (2) using the permutation method with  
 485     10k permutations for separate tasks since in that case the samples  
 486     were smaller (between 126-158 pairs, due to some "N/A" answers) [1].

487     We summarized the data from this phase as a list of findings:  
 488     (1) the greatest task outliers in regards to enjoyment & dispersion,  
 489     (2) the verified initial findings, (3) the significant ( $p$ -value  $< 0.05$ )  
 490     correlations that were at least weak (Spearman's correlation over 0.2).

### 493     3.4 Phase 4: Focus groups

494     During this phase, we wanted to verify the findings from the second  
 495     questionnaire and obtain information about possible improvements  
 496     to practitioners' work that may result from this study.

497     3.4.1 *Focus group preparation.* We prepared a set of slides during  
 498     which we presented the study's previous findings and asked the  
 499     participants:

- 501       • Whether they agreed with the finding.
- 502       • Examples from their work that may relate to their finding.
- 503       • What problems may result from the finding?
- 504       • What improvements can be made in the context of the finding?

507     3.4.2 *Focus group data-gathering.* The last author conducted two  
 508     focus group meetings with two teams from a Brazilian company in  
 509     the finance field. These were not participants of the questionnaire  
 510     phase. Details about these participants are detailed in Section 3.5. The  
 511     focus group meetings were performed online, led by the last author.  
 512     They were recorded and subsequently transcribed by him as well.

513     3.4.3 *Focus group analysis.* Since the focus group goal was to validate  
 514     the main findings and find their implications, the coding scheme  
 515     was a hybrid one consisting of the following:

- 517       • The open code - showcasing a concept related to the finding.  
           These emerged during the coding.
- 519       • Task – the task from the taxonomy the code was related to,  
           or "all" if the code was related to any task.
- 521       • Finding – the finding with which the code was connected.



523     Figure 2: Both questionnaires' participants

- 524       • Improvements – a Yes or No label showcasing whether the  
           open code contains any specific actionable improvements  
           related to the finding.

525     The coding was performed by the first author in two iterations,  
 526     then reviewed by the last author. Any disagreements were resolved  
 527     by discussion during a meeting until a consensus was reached.

### 531     3.5 Sample

532     Figure 2 showcases the overall data about all 158 questionnaire participants. Overall, we recruited a diverse set of participants, although  
 533     some slight bias may be observed towards: (1) most having a Bachelor's degree, (2) around two thirds of the participants' job positions  
 534     are "Developer", (3) most participants work in large (over 1000 employees) companies. However, since there is no available data about  
 535     specific target populations that we should strive for, these could also  
 536     simply reflect the current software industry job market.

537     The interview and focus group participant details are presented  
 538     in Table 2. The interview participants were recruited among questionnaire participants. All interview participants were Polish. Focus  
 539     groups participants did not participate in the questionnaire and were  
 540     members of two teams from a company in the finance field (51-200  
 541     employees) from Brazil.

## 546     4 Results

### 548     4.1 Most enjoyed and disliked activities

549     Table 3 showcases the median and IQR of the task ratings from both  
 550     questionnaires' participants. The number of ratings does not usually  
 551     match the number of all participants since they could have chosen  
 552     the "Not applicable" option. Figure 3 showcases the median ratings  
 553     depending on job position.

554     Coding and Learning are the two tasks that were universally considered  
 555     as most enjoyable (a median of 5, i.e. "Strong enjoy"), with  
 556     little difference between participants (IQR = 1). This seems to be the  
 557     case for all roles, since the preference median for all of them was  
 558     either 5 or 4.5 for these tasks.

**Table 2: Interviews and focus group discussion participants**  
 (EXP – Years of experience in software development, COMP – Company size,  
 ED – Education level)

ID	Age	EXP	Role	COMP	ED
I1	18-24	1-2	Data Scientist	51-200	Bachelor
I2	18-24	3-5	Developer	1000+	Bachelor
I3	18-24	1-2	Developer	11-60	High School
I4	35-44	6-10	DevOps	11-50	Bachelor
I5	30-34	6-10	Developer	1000+	Master
I6	18-24	3-5	Developer	51-200	High School
I7	18-24	1-2	Developer	11-50	High School
I8	18-24	3-5	Developer	51-200	Bachelor
I9	18-24	1-2	Developer	11-50	Bachelor
I10	18-24	< 1	Developer	51-200	Bachelor
I11	30-34	11-15	Developer	11-50	High School
F1.1	30-34	3-5	Developer	51-200	Bachelor
F1.2	18-24	1-2	Developer	51-200	Bachelor
F1.3	35-44	11-15	QA	51-200	Bachelor
					& PGCert*
F1.4	18-24	3-5	Developer	51-200	Bachelor
F1.5	30-34	6-10	Developer	51-200	Bachelor
					& PGCert*
F1.6	35-44	3-5	Technical Leader	51-200	Bachelor
F1.7	25-29	6-10	Technical Leader	51-200	Bachelor
F1.8	35-44	18-24	Squad Leader	51-200	Bachelor
F2.1	18-24	1-2	Developer	51-200	Bachelor
					& PGCert*
F2.2	18-24	1-2	QA	51-200	Bachelor
					& PGCert*
F2.3	30-34	3-5	Developer	51-200	Bachelor
F2.4	25-29	6-10	QA	51-200	Bachelor
					& PGCert*
F2.5	30-34	6-10	QA	51-200	Bachelor
F2.6	25-29	11-15	DevOps	51-200	Bachelor
F2.7	45-54	over 15	Product Owner	51-200	Bachelor

\* A Postgraduate Certificate (PGCert) is a short postgraduate program, typically lasting 1–2 years, focused on advanced professional specialization.

Interruptions were clearly the most disliked task overall (a median of 2, which is “Dislike”), although there was a big variety in participant responses in that regard (IQR=2). This variety can be role-dependent since managers and “other” disliked Interruptions strongly, and this is neutral for QA and Data Engineers.

Manual testing, Documentation, and Maintenance, despite having a median neutral rating (3), had very diverse ratings (IQR=2). For all of these, role seems to be connected its enjoyment. Manual testing is the most enjoyable for QA, Documentation by Architects and Maintenance by Admins. As such, it seems that individuals enjoying this divisive tasks seem to end up becoming employed in roles that put more focus on these tasks.

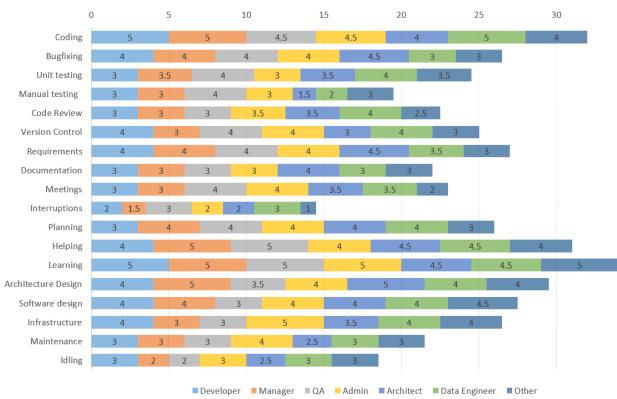
## 4.2 Factors impacting enjoyment

Table 4 presents factors that make practitioners enjoy a task, as well as the number of mentions overall of the factor (in both questionnaires and interviews), and how many times the factor was named as

**Table 3: Task ratings**

Task	No. ratings	Median	IQR
Coding	152	5	1
Bugfixing	153	4	1
Unit testing	143	3	1
Manual testing	151	3	2
Code Review	148	3	1
Version Control	149	4	1
Requirements	151	4	1
Documentation	157	3	2
Meetings	158	3	1
Interruptions	158	2	2
Planning	156	4	1
Helping	158	4	1
Learning	158	5	1
Architecture Design	146	4	1
Software design	147	4	1
Infrastructure	139	4	1
Maintenance	149	3	2
Idling	144	3	1

ACCUMULATED PREFERENCE MEDIAN BY JOB POSITION



**Figure 3: Median enjoyment by job position**

the driving reason for deciding to perform a task (in the interviews). Table 5 showcases the same information for disliked tasks, including factors that impacted dislike and factors that ultimately resulted in avoiding performing a task.

Overall, having an impact on the system’s value seems to be the most important factor impacting enjoyment. As participant 6 summarizes “A person feels that they contribute something.” This seems to be the main reason behind the enjoyment of coding since code is often associated with value. The second most important factor is the challenge associated with problem solving during the task, e.g. participant 11 stated “The fact that we like puzzles, that it’s quite technical, with clear criteria for success.” Both coding and learning are impacted positively by this factor. The third most crucial factor is personal growth due to performing the task, as stated by participant 8: “(...) in the sense that career development and improving one’s

**Table 4: Positive factors impacting enjoyment and task performance**

No.	Factor	Description	Enjoyment Sum (Questionnaires & Interviews)	Performance (Interviews)
1	Quality/Value impact	The task improves quality or adds value to the system.	68	4
2	Challenge	The task is a challenge or involves problem solving.	51	1
3	Growth	The task helps with one's personal development or learning.	46	5
4	Social aspects	Social aspects improve enjoyment, e.g. good team morale.	42	5
5	Completion satisfaction	The enjoyment comes from the pleasure of completing a task.	33	1
6	Preference	The task matches one's personal preferences.	29	3
7	Productivity	The task allows one to boost their skills and/or productivity.	27	-
8	Variety	Tasks allows avoiding repetitive work.	26	2
9	Comfort	The task is enjoyable in a comfortable working environment.	25	1
10	Importance	Performing the task increases one's social standing.	24	-
11	Experience	Enjoyment stems from performing a task one has mastered.	21	4
12	Creativity	The task requires practitioners to be creative.	20	-
13	Planning	The task has been planned as a part of a big ambitious project.	16	2
14	Engineering & design	The tasks is directly related to engineering or design.	16	1
15	Good management	The tasks stems from good “waste reducing” management.	14	1
16	Autonomy	Practitioners may self-organize when performing the task.	13	-
17	Interests & hobbies	The task is related to one's personal interests.	9	3
18	Routine	When enjoyment stems from the appreciation of a good routine.	6	-
19	Client satisfaction	The task makes it possible to directly meet the client's needs.	6	-
20	Material gains	One obtains tangible gains for performing the task.	6	1
21	Obligation	The task is performed due to a sense of responsibility.	5	<u>20</u>

**Table 5: Negative factors impacting dislike and avoidance**

No.	Factor	Description	Dislike Sum (Questionnaires & Interviews)	Avoidance (Interviews)
1	Redundancy & time waste	Task seen as pointless or redundant.	86	-
2	Monotony	The task is considered as boring or tedious.	81	1
3	Difficulty	The task is disliked for being overly hard.	65	2
4	Lack of value	The task or a related artifact is considered as “waste”.	60	4
5	Distraction	The task is a as a distraction from the “main work”.	49	-
6	Private reluctance	Personal traits cause the dislike, e.g. introversion.	41	5
7	Hostile/Incompetent workplace	The dislike is linked with hostile environment related to it.	36	1
8	Repeatability	The task is disliked due to too many repetitions.	23	-
9	Technical debt	The dislike is caused by technical debt related to the system.	22	1
10	Fear of failure	The fear of consequences for task failure drives dislike.	20	2
11	Poor work delegation	The task is necessary due to bad work delegation.	18	2
12	Too many participants	Too many people are involved in the task.	11	-
13	No personal growth	Task does not promote personal development.	10	-
14	Overwhelming scope	The task is too large to handle comfortably.	10	-
15	Non-technical task	The task is disliked for being “not technical”.	10	-
16	Fatigue	Being tired makes the task disliked.	8	1
17	Idleness	Dislike of having no meaningful task to perform.	7	-

skills are very important when performing tasks." Learning is the task directly impacted by this factor.

Redundancy and time wasting are the main factor for task dislike. As Participant 9 stated regarding interruptions: "Perhaps there are more negative emotions in the sense that it delays the implementation of a given topic". Feeling monotony and task difficulty seem to be the second and third factors impacting dislike, respectively. Participant 3 felt that both of them can impact Documentation dislike simultaneously: "Writing documentation is boring and requires you to "put your thoughts on paper". It's not always easy and obvious to write understandable text."

A sense of obligation seems to be the main factor that makes one decide to perform disliked tasks, as Participant 7 stated: "And I don't have any special way of dealing with it. I think I just grit my teeth."

Some participants have private reasons for their task avoidance. Participant 9 gave an example that may cause avoidance of any task, i.e. "And because most programmers are, let's say, more introverted, they need to cool down after such a meeting." Some participants ultimately decide to avoid a disliked task due to perceiving no value from it, e.g., Participant 3 stated in the case of avoiding documentation "If you write documentation that you don't use on a daily basis... it just sits there and your only problem is how to update it, because no one knows what has changed... and no one uses it, because it's definitely out of date."

### 4.3 Impact of enjoyment level on work

Table 6 shows the Spearman correlation between the reported level of task enjoyment and time spent performing the task. A correlation between 0.2 and 0.399 is considered weak, and over 0.4 is moderate. If a p-value is smaller than 0.05 we can reject the null hypothesis that there is no impact of enjoyment on time spent on task.

For all tasks, there is a significant (p-value almost equal to 0) weak correlation between task enjoyment and time spent. We considered that the practitioners maybe do not avoid disliked tasks, but instead have roles where their disliked tasks are the least necessary, but it does not seem to be the case according to the focus group, i.e. "We've had people avoid challenges, and that's not good because they don't grow. If there's a new activity, we should see it as a learning experience. But if someone runs away saying, "I don't want to do that," they don't evolve."

When analyzing tasks separately, a few do not have any enjoyment & time spent correlation(bugfixing, code review, meetings, interruptions and planning). We asked focus group participants about this, and the underlying reason seems to be that in the case of these tasks, it is hard for a practitioner to control the time spent on them. As one participant stated: "With a bug, for example, we don't know how long it will take before it starts. Once we understand it, we can better estimate it."

Maintenance is the only task with a significant (p-value=0.002) moderate correlation (over 0.4) of enjoyment level on time spent. According to focus group participants, this task can be either enjoyable or extremely disliked depending on the quality of the system, i.e. "When code is poorly structured, maintenance is difficult, time-consuming, and causes headaches. And sometimes we can't improve the code, only patch it, which leads to frustration. But when the code is well-written, maintenance is enjoyable and quick."

**Table 6: Correlation between time spent on task and enjoyment**

Task	No. of pairs	Spearman correlation	p-value
Coding	148	<b>0.256</b>	<b>0.002</b>
Bugfixing	148	0.039	0.6369
Unit testing	132	<b>0.280</b>	<b>0.001</b>
Manual testing	144	<b>0.236</b>	<b>0.0042</b>
Code review	142	0.151	0.0714
Version control	142	<b>0.237</b>	<b>0.0042</b>
Requirements	139	<b>0.354</b>	<b>0.0002</b>
Documentation	146	<b>0.255</b>	<b>0.003</b>
Meetings	156	-0.040	0.6103
Interruptions	155	-0.040	0.6155
Planning	152	0.140	0.0874
Helping	157	<b>0.226</b>	<b>0.0044</b>
Learning	156	<b>0.248</b>	<b>0.0026</b>
Architecture design	139	<b>0.376</b>	<b>0.0002</b>
Software design	137	<b>0.224</b>	<b>0.0094</b>
Infrastructure	126	<b>0.296</b>	<b>0.0014</b>
Maintenance	144	<b>0.416</b>	<b>0.0002</b>
Idling	136	<b>0.269</b>	<b>0.0010</b>
All tasks	2599	<b>0.269</b>	$3.09 \times 10^{-44}$

### 4.4 Findings confirmed by second questionnaire and focus group.

In this subsection, we present initial findings from Phase 2, confirmed by the second questionnaire, and then explored during the focus group. In the second questionnaire, all of these had a median agreement of 4 (i.e. "Agree" in a 1-5 scale from "Strongly Disagree" to "Strongly Agree"), and a small IQR (under or equal to 1.25), showing strong overall agreement.

**The individual work vs. teamwork dilemma.** A dilemma stems from practitioners' extreme dislike of interruptions and relatively high enjoyment of helping others, since calls for help can be viewed as interruptions. The focus groups suggested that solving this is a matter of sensitivity, i.e. "You have to have sensitivity." and that if a problem is of high priority, they are happy to help: "I ask if they have priority. If the person is blocked, I help. I prefer to unblock a colleague rather than leave them stranded." Another suggestion given by participants was to use a specific timeslot for helping requests, i.e. "When I know I need to interrupt someone, I try to do it early in the day, send a message, and arrange a good time. It's better than interrupting abruptly. But I know sometimes there's no way around it."

**Monotony is the main source of documentation and manual testing dislike.** The results showed that practitioners simply view some tasks as repetitive and boring, most prominently writing documentation and manual testing. As one focus group participant stated: "It's boring, but it's essential. If the documentation is poor, people outside the team can't find the information and constantly interrupt us. This takes away from development time." The focus group believed that automatizing these tasks as much as possible was the best answer, i.e. "(...) repetitive tasks like manual testing can be automated. Documentation that's frowned upon may be because

929 it's poorly written or verbose." Some believed that the use of LLMs  
 930 could solve this problem "Creating documentation is tedious, but I  
 931 had an experience with AI. I refactored a product's documentation  
 932 so that AI could automatically answer questions. In this process,  
 933 organizing the documentation was exciting."

934 **The experience vs. exploration dilemma.** This finding comes  
 935 from two seemingly contradictory observations: (1) Practitioners  
 936 preferred tasks that they were experienced with and could do easily,  
 937 and (2) Practitioners wanted to learn and try new skills. The focus  
 938 groups agreed with this as well, i.e. "I think this dilemma really exists.  
 939 It's enjoyable to do something we've already mastered, but when  
 940 something new and urgent comes up, it's chaotic. When we have  
 941 more time to learn, it's less unpleasant. Next time, it'll be easier."  
 942 To solve this, they proposed blending tasks to give both types of  
 943 experiences to practitioners: "Here on the team, since we have sev-  
 944 eral different products and technologies, we try to blend them. If  
 945 someone has been working solely on test automation for several  
 946 sprints, we give them new activities to vary and learn new things."

947 **Meetings are disliked when too many people take part in**  
 948 **them unnecessarily.** During the interviews, a point was raised that  
 949 too many people sometimes participate in meetings. Focus group  
 950 participants agreed, e.g. "In client meetings, it's even worse. We've  
 951 had cases with 15 or even 20 people, and only two spoke. Sometimes  
 952 they spent 80% of their time on off-topic topics. It's disruptive." As a  
 953 solution, some reported minimizing the number of regular meetings:  
 954 "We try to avoid standard meetings, like daily meetings." Additionally,  
 955 to keep the whole team informed despite minimizing the number of  
 956 meeting participants, the focus group suggests keeping a record of  
 957 the main decisions from meetings, i.e. "The problem is when there's  
 958 no record of the meeting, and others don't know what was decided."

959 **Finding enjoyment is possible when including disliked**  
 960 **tasks in larger, meaningful tasks.** A major factor contributing  
 961 to task dislike was the belief that the task had no value. During the  
 962 interviews, this led to the emergence of a solution that can be used  
 963 for any task – putting these disliked tasks in a larger workflow that  
 964 clearly leads to the increased value of the software. The focus group  
 965 stated that this could positively impact both manual testing, e.g. "...)  
 966 in the case of IS automation, I've been doing scripting and testing,  
 967 while participant 6 is building the automation. If he were validating  
 968 real bugs alongside the automation, it would be more enjoyable. Less  
 969 interesting activities become more useful when placed in a larger  
 970 context." Documentation dislike could be managed in such way as  
 971 well, e.g. "Here, we always update documentation for each request."

## 973 5 Discussion

975 In this section we will shortly answer all of the RQ, additional findings  
 976 and discuss the findings' implications as well as possible improve-  
 977 ments.

### 978 RQ1: (Dis)liked activities

979 All information of most enjoyable/disliked tasks is presented in  
 980 Section 4.1. The most universally enjoyed task by most software  
 981 practitioners, non-dependent on role, is coding. A key implication  
 982 of this information is that coding seems to be intrinsically enjoyable  
 983 and as such, motivating practitioners to code seems to have a rather  
 984 small priority. This is important since much of previous research  
 985 focused on increasing developers motivation to code [26] [27] [13],

986 with less focus on other activities. Therefore, we suggest that moti-  
 987 vating practitioners to code is, in most cases, not necessary, and  
 988 motivational efforts should be put elsewhere.

989 On the other hand, interruptions are the most disliked task. This  
 990 is in line with previous research [21]. However, in the case of this  
 991 task, the participants' answers were very diverse. For some roles,  
 992 i.e., QA and Data Engineers, Interruptions were considered neutral.  
 993 Other factors may impact these differences as well. As such, it seems  
 994 that some individuals enjoy interruptions much more than others.  
 995 Therefore, we suggest that each team should identify the individuals  
 996 with least interruptions dislike and possibly give them more respon-  
 997 sibilities that may be connected with interruptions, e.g., mentoring  
 998 junior colleagues.

999 Additionally, our participants themselves propose a solution to  
 1000 the problems caused by interruptions (see Section 4.4), i.e. reserving  
 1001 a timeslot in the workday specifically for interruptions.

### 1002 RQ2: (Dis)like factors

1003 All information on like/dislike factors is presented in Section 4.2.

1004 The most crucial factor improving enjoyment is the clear impact  
 1005 on the system's value or quality. This seems to match the findings of  
 1006 Meyer et al. [23] who found that "good days" for developers usually  
 1007 have a balance between creating something of value and different  
 1008 tasks. Additionally, it seems that this factor may be an intrinsic  
 1009 factor impacting software engineers, since Li et al. [15] found that  
 1010 "Improving", i.e. always looking to improve the product, is a key  
 1011 attribute of good software engineers. Our study participants clearly  
 1012 agreed (see Section 4.4) that a suitable way to make tasks seem to have  
 1013 more value is to include these tasks in larger workflows that clearly  
 1014 produce value. This way, disliked tasks would not build up, and the  
 1015 practitioners would be able to see the value of their work more clearly.

1016 The factor most notably impacting dislike is the feeling of redund-  
 1017 ency and time wasting. This matches the work of Meyer et al. [23] in  
 1018 the regard that the participants of their study often viewed meetings  
 1019 as unproductive, and this feeling caused "bad days". Our study's  
 1020 participants (see Section 4.4) gave us more details about the dislike of  
 1021 meetings. It seems that too many meetings were not only viewed as  
 1022 unnecessary, but also that too many participants took part in them.  
 1023 As such, our focus group suggested that the number of participants  
 1024 in meetings should be minimized to the most crucial group and that  
 1025 notes from meetings were enough to communicate meeting results  
 1026 to others.

1027 The second biggest factor seems to be monotony, which impacts  
 1028 documentation writing and manual testing. While the typical idea of  
 1029 automating these tasks was mentioned by our participants, it seems  
 1030 that they also had high hopes in improving their enjoyment of doc-  
 1031 umentation writing through using LLMs. This means that current  
 1032 efforts in using AI for this task are possibly of big significance [33].  
 1033 Overall, creating documentation drafts using LLMs seems to be one  
 1034 of its key uses for software development in the near future.

### 1035 RQ3: Correlation of (dis)like and time spent

1036 Section 4.3 showcases the correlations between task like/dislike  
 1037 and the time spent on them. It is notable that time spent on tasks is  
 1038 not synonymous with productivity [9]. As such, while productivity  
 1039 may rise with time spent, it is not the focus in this case. Instead,  
 1040 we show that some tasks are more or less likely to be avoided by  
 1041 practitioners due to their task dislike/enjoyment.

1045 For all tasks combined, there exists a statistically significant weak  
 1046 correlation between enjoyment and time spent. This means that  
 1047 while impact may not always be big, it is noticeable. For some tasks,  
 1048 this was not the case, and these were tasks on which practitioners  
 1049 could not impact the time spent, i.e., meetings, code review, inter-  
 1050 ruptions, and planning. This means that in the case of these tasks,  
 1051 it is not necessary to motivate practitioners to perform them, since  
 1052 they will most likely do them anyway.

1053 When the practitioner could impact the time spent, they usually  
 1054 spent more time on the tasks they enjoyed. However, maintenance is  
 1055 a notable outlier. The correlation is the strongest of all tasks, i.e. it is  
 1056 moderate. Also, the diversity of enjoyment of this task is high ( $IQR = 2$ ). As such, it seems that practitioners disliking maintenance are able  
 1057 to avoid these tasks in many cases. The focus group participants said  
 1058 that this may be caused by technical debt, since it can make main-  
 1059 tenance hard to perform. This is in line with existing technical debt  
 1060 research [5], which shows that TD negatively impacts practition-  
 1061 ers' productivity. This, in turn, can cause a dangerous vicious cycle  
 1062 since by not repaying the TD (e.g., fixing maintenance problems),  
 1063 practitioners can end in a cycle of TD accumulation [34].

1064 Therefore, we identify maintenance as the key task most impacted  
 1065 by practitioners' enjoyment. As such, it is crucial for all teams to  
 1066 establish whether the maintenance of their systems is "enjoyable  
 1067 enough" and that this task is not avoided. Since there is great variabil-  
 1068 ity in personal preference for this task, and practitioners employed  
 1069 in the Administrator position seem to usually enjoy it, it may be  
 1070 prudent to have at least one team member who greatly enjoys this  
 1071 task be explicitly employed in a role responsible for maintenance.

## 1072 5.1 The experience vs. exploration dilemma

1073 While all other "additional findings" confirmed by the second ques-  
 1074 tionnaire and focus group were already included in the discussion,  
 1075 this one is not clearly related to any of our planned RQ.

1076 This dilemma stems from two enjoyment factors that are con-  
 1077 tradictory, i.e. learning new things and performing tasks one is  
 1078 knowledgeable in. Our participants proposed blending these two  
 1079 types of tasks to solve this dilemma, yet the specific balance for this  
 1080 is still an unknown and may require further research. Giving tasks  
 1081 that require learning is particularly problematic, Mansood et al. [18]  
 1082 found that in these cases possible conflict arises between developers  
 1083 and management, if business priorities are not given enough con-  
 1084 sideration. As such, simply "blending tasks" blindly may even be  
 1085 dangerous and risky for the project's success.

1086 As such, we propose that in times when the risk to business is  
 1087 small, more priority should be given to tasks that provide practition-  
 1088 ers with personal development. However, this cannot be done  
 1089 without taking into account business needs.

## 1090 6 Threats To Validity

1091 We discuss threats to validity based on Runeson et al. [28]:

1092 **Construct Validity:** The design of the questionnaire, interview,  
 1093 and focus group may have influenced the participants' responses. Par-  
 1094 ticularly, during the interview and focus group when we presented  
 1095 the results of the previous design step, it is possible that participants  
 1096 refrained from giving us any disconfirmatory information.

1097 **Internal Validity:** There is a danger that the self-reported data  
 1098 about time spent on tasks was not accurate or influenced by variabil-  
 1099 ity in individual schedules and timekeeping habits. Irregular work  
 1100 patterns can reduce the reliability of these estimates, a common  
 1101 challenge in studies relying on retrospective self-assessments. Addi-  
 1102 tionally, since negative experiences tend to be recalled more vividly  
 1103 than positive ones [2], this could have resulted in an overemphasis  
 1104 on negative aspects during interviews and open-ended questions.

1105 **External Validity:** In the case of this study it was impossible to  
 1106 calculate the target population due to a lack of knowledge about the  
 1107 typical population of software development practitioners. As such,  
 1108 we strived to obtain a numerous group of diverse individuals – in  
 1109 regards to role, company size, experience and country. However, it  
 1110 is possible that a different group of participants may have resulted  
 1111 in different findings.

1112 **Reliability:** To ensure the accuracy and reliability of the qual-  
 1113 itative data analysis, the process of coding any qualitative data was  
 1114 conducted by two individuals: a primary coder and a reviewer. Any  
 1115 discrepancies between the coder and the reviewer were discussed and  
 1116 resolved through discussion and consensus. While this approach may  
 1117 have made bias smaller, it is still possible that different researchers  
 1118 may have obtained slightly different qualitative codes.

## 1119 7 Conclusion

1120 In this paper we explored what software development tasks are  
 1121 considered as enjoyable and disliked by software practitioners in  
 1122 various job positions. We achieved this through a 4-phase mixed  
 1123 methods study by employing questionnaires, interviews and focus  
 1124 group discussions. Key findings from this study include:

- 1125 • A ranking of tasks depending on their enjoyment level. With  
 1126 coding and learning being the most enjoyed while interruptions  
 1127 are the most disliked.
- 1128 • A list of factors impacting enjoyment & dislike levels. Most  
 1129 notably, the feeling of impacting solution value or quality is  
 1130 the strongest enjoyment factor. Additionally, viewing a task  
 1131 as redundant or a waste of time are the most often occurring  
 1132 dislike factors.
- 1133 • The existence of a correlation between task enjoyment and  
 1134 time spent doing it. Most notably, a moderate correlation  
 1135 exists for maintenance tasks. This means that practitioners  
 1136 may avoid performing maintenance tasks due to their dislike.
- 1137 • We found that some tasks are performed by practitioners  
 1138 anyway, despite their dislike, and that there exists an in-  
 1139 trinsic motivation that makes practitioners perform their  
 1140 preferred tasks.
- 1141 • We created a set of practical suggestions for practitioners  
 1142 based on our findings (see Section 5), which are meant to  
 1143 improve their overall work performance.

1144 This has a potential influence on **future research** since it show-  
 1145 cases which tasks may be deflected by practitioners due to their task  
 1146 dislike. The most pressing of all being maintenance. Additionally, our  
 1147 suggestions could be validated by future studies. As such, this study  
 1148 shows future directions for research on motivation and productivity  
 1149 in software engineering.

1150 1151 1152 1153 1154 1155 1156 1157 1158 1159 1160

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