The Effect of Intrinsic and Extrinsic Motivations on Health Behavior in College Students: A Systematic Review

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INTRODUCTION: What is the matter??

METHODS: How was this found??

RESULTS: What was found out??

CONCLUSIONS: What is the summary?

FUTURE IMPLICATIONS: What could this mean??

ACKNOWLEDGEMENTS

When measuring the weight of individuals to create healthy lifestyle plans with proper diet and exercise it is alarming how many people follow even the MINIMUM requirement to live a long healthy life.

Research has proven that even people who are aware that they are overweight will likely only have a short-lived maintenance of healthy behaviors.

Therefore, both intrinsic and extrinsic motivations were examined in order to better understand the difference between the population who maintains healthy lifestyles and those whose healthy habits are not sustained.

ABSTRACT

Of course, there are those who do manage to sustain their long-term physically active and healthy lifestyle....

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Although the exact length of time college students are going to maintain their healthy habits cannot be determined, there are indicators that could predict the likelihood of sustaining these behaviors or not. This could indicate that there might be a way to predict the likelihood of those who are going to fall out of healthy behaviors and those who are willing to keep the lifestyle change.

This way there could be a way to predetermine those who are likely to fall out and change their motivations to be more effective in maintaining these changes instead.

Women are more susceptible to remain unchanged due to their lack of motivation. Neither year in college nor age while in college were significant indicators of length of healthy behaviors.

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