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

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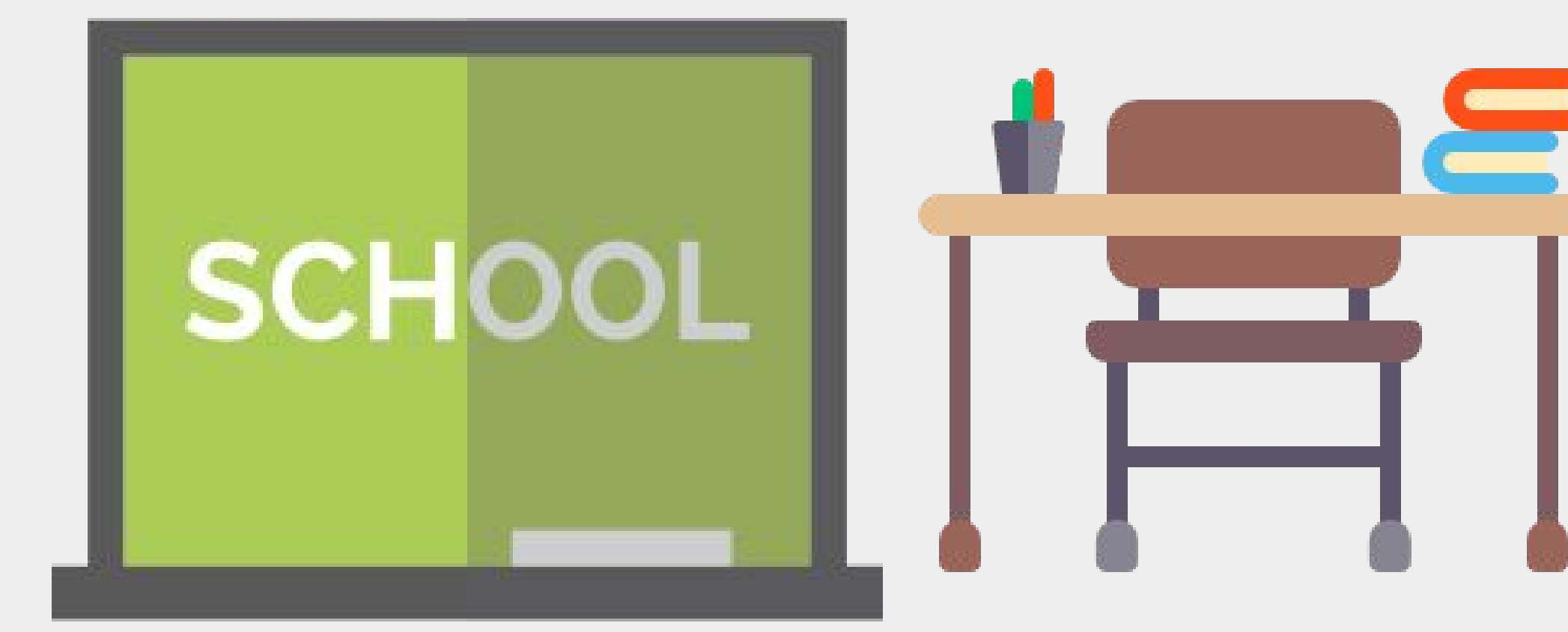
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The Effect of Intrinsic and Extrinsic Motivations on Health Behavior in College Students: A Systematic Review

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P	College students
I	Motivated by intrinsic or extrinsic factors
C	College students who do and do not sustain healthy behavior
O	Sustain healthy behavior

Several screening methods were used once both inclusion and exclusion criteria were established. Studies that were selected included both English and Spanish articles. Databases that were screened included SportsDiscus, PsychInfo, PsychArticles, Scopus, and LILACS. Overall 50 articles were included in this study out of over 1,000 initial studies.

Date of Search	Resource Used (Database, search engine)	Years Searched	Search Terms or Strategies Used (Date, gender, ethnic, etc.)	# of Hits/Results	# after abstract review
1/15/2017	Scopus	1980-2017	Obesity AND Physical Activity, Motivation AND Healthy Behavior AND College Students, Exercise OR Physical Activity AND College Students	100 Results	14 Results
1/15/2017	PsycInfo	1980-2017	Intrinsic and Extrinsic Motivations AND College Students, Motivation AND Healthy Behavior AND College Students, Motivation AND Healthy Behavior AND College Students, Motivation AND Healthy Behavior AND College Students	401 Results Results in Spanish	84 Results Results in Spanish
1/15/2017	PsycInfo	1980-2017	College Students AND Motivation, Healthy Behavior OR Healthy Behavior AND College Students, Physical Activity OR Exercise AND College Students	113 Results	13 Results
1/15/2017	PsycInfo	1980-2017	Physical Activity AND College Students AND Motivation	188 Results Results in Spanish	14 Results Results in Spanish
1/15/2017	PsycInfo	1980-2017	Intrinsic and Extrinsic Motivations AND College Students AND Healthy Behavior	280 Results	22 Results
1/15/2017	PsycInfo	1980-2017	Motivation AND Physical Activity, AND College Students	11 Results	1 Results

ABSTRACT

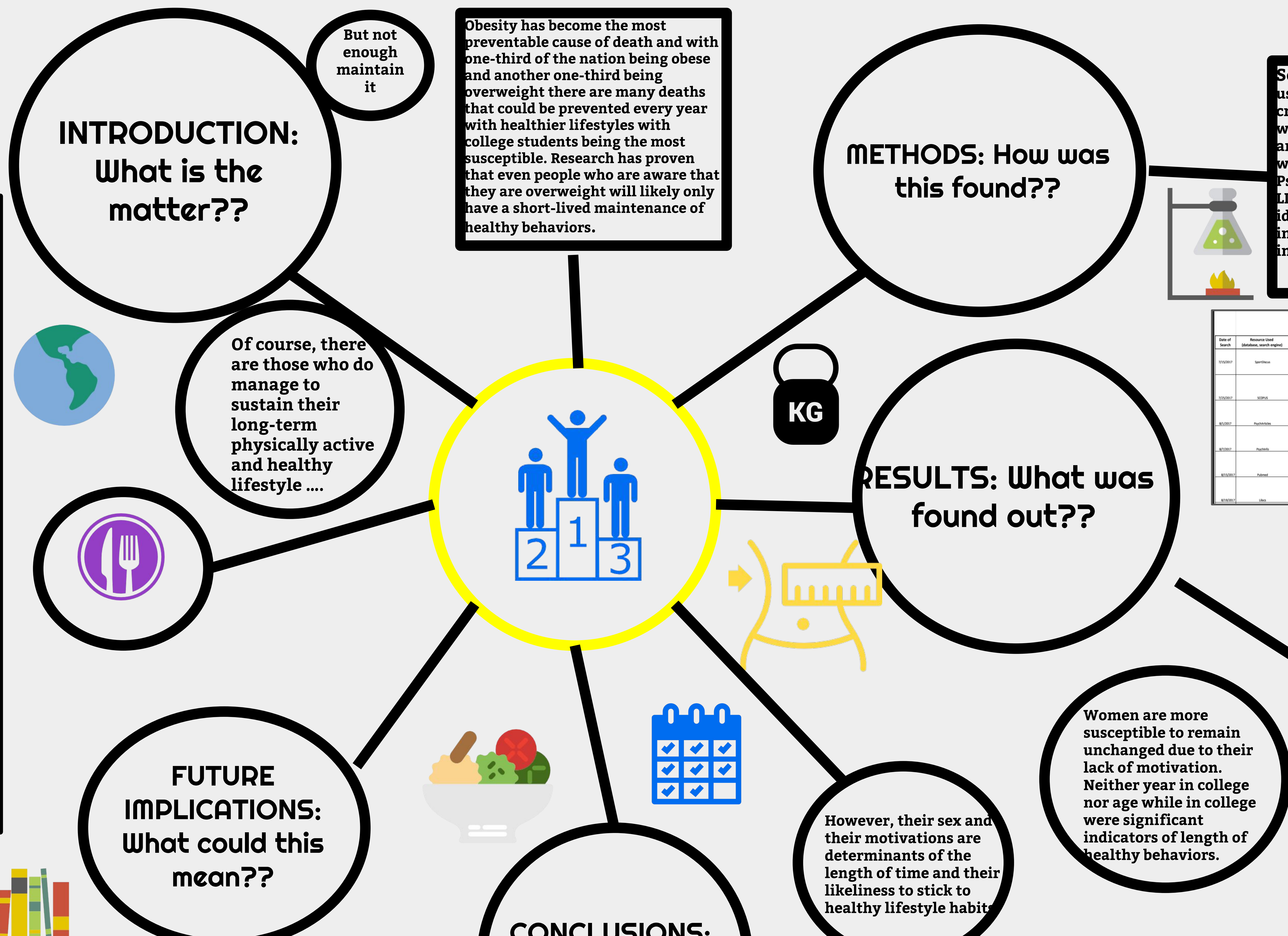
When measuring the weight of individuals to create healthy lifestyle plans with proper diet and exercise it is alarming how many people follow even the MINIMUM requirement to live a long healthy life. Research has proven that even people who are aware that they are overweight will likely only have a 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.

Methods: A systematic review process was used to filter and screen for applicable studies in both ENGLISH and SPANISH languages across 7 databases (2 of which were not included as they were found to have no applicable articles in the end). Studies only included those who included college students, both internal and external motivations, and were conducted in between the years 1980-2017.

Results: It was found that people who are initially starting to undergo healthy lifestyle changes will benefit more from extrinsic motivators. At the same time people who are in the maintenance stage of their lifestyle changes are more likely to stay in this stage due to intrinsic motivators.

Conclusion: It is the most beneficial to use both intrinsic and extrinsic motivators to be able to sustain a healthy lifestyle and achieve overall wellness.

Keywords: Healthy Behavior defined as purposefully adopted behavior patterns, actions and habits that improve, protect or maintain health and well being. Motivation defined as anything internally or externally that drives you to act towards a desired outcome.



Obesity has become the most preventable cause of death and with one-third of the nation being obese and another one-third being overweight there are many deaths that could be prevented every year with healthier lifestyles with college students being the most susceptible. Research has proven that even people who are aware that they are overweight will likely only have a short-lived maintenance of healthy behaviors.

But not enough maintain it

INTRODUCTION: What is the matter??

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

METHODS: How was this found??

RESULTS: What was found out??

CONCLUSIONS: What is the summary?

FUTURE IMPLICATIONS: What could this mean??

However, their sex and their motivations are determinants of the length of time and their likeliness to stick to healthy lifestyle habits

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.

After filtering the studies to be used it was found when beginning the initial stage in undergoing healthy habits and behaviors external motivators are more helpful. While in the later stages a person's internal motivators are more beneficial when working to maintain those changes. Both men and women are at the same risk for reverting back to unhealthy behaviors however, men are more likely to initiate the change to do so.

In order to be actively maintain healthy habits over a lifetime it is necessary to have both intrinsic and extrinsic motivators to help in the different stages of behavior change. In whatever year a college student is in, whatever their age is, and whether they are student athletes, are not significant factors when determining how long they maintain their healthy habits.

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 likeliness 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

ACKNOWLEDGEMENTS

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