

Sculpting the Ideal Self Through Gamification

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Abstract : Imagine a world where self-improvement isn't something tedious and hard to deal with but a game instead. Gamification, the integration of game elements into non-game contexts, has emerged as a powerful tool to enhance motivation and engagement in various domains, including education, health, and personal development. It can also be noted that studies have shown that gamification can improve habit formation, mental well-being, and skill acquisition by making activities enjoyable and rewarding. However, while many self-improvement apps exist, they often lack a holistic approach that integrates multiple aspects of personal growth, such as physical health, emotional well-being, and productivity, within a single platform. In this current era, it has been noted that games are a source of entertainment and have been for the past few decades. Surprisingly, however, games for learning have not been explored yet in full, that's where this paper shines. Teenagers today are spending too much time on video games, turning games into a harmful habit. This overuse has led to problems like excessive screen time, addiction, poor academic performance, disrupted sleep, and more. Addiction to games also takes up time that could be used for studying or other productive activities, often leading to lower grades. Additionally, many teenagers struggle to stick to routines, with gaming often distracting them from more important tasks. This paper examines the relationship between self-improvement and gamification, finding the perfect blend to constantly better oneself while also having fun! By integrating game-like elements into our apps, such as challenges, rewards and progression systems into self-improvement strategies, we can enhance motivation and effectiveness in reaching personal goals. It is also to be noted that gamified learning environments significantly improve student engagement and conceptual understanding, particularly in STEM fields. This approach encourages active participation and fosters critical thinking through interactive and collaborative tasks. Additionally, immediate and specific feedback in gamified settings accelerates the learning curve, enabling students to better understand and retain complex concepts. The data is carefully curated from other existing research papers regarding gamification and understanding the psychology of self-improvement, observing the habits of successful individuals and also initiating a mobile game made with Unity to act as a medium for self-improvement through gaming. This research expects to bring significant improvements in the user's ability to better themselves, being able to build habits on top of one another due to the easy management system of our game-like app and improve their overall character one step at a time. The research demonstrates that integrating game elements into personal development strategies can substantially improve motivation, engagement, and goal attainment. By leveraging aspects of gaming, such as rewards, challenges, and feedback, individuals are more likely to sustain their self-improvement efforts and achieve the meaningful growth they've been longing for. This innovative approach offers a promising pathway for making personal development more enjoyable and effective.

Keywords : character, gamification, learning, self-improvement

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