

# Achievement Goals and Life Satisfaction: A Systematic Review with Meta-Analysis

**TrUE  
Transformer**

**We hoped to achieve the following: gain an understanding of the importance and rules for a systematic review with meta-analysis, learn about researchers who spearheaded both achievement goal and satisfaction with life research in the 1980s, and advance the understanding of the achievement goal and satisfaction with life relationship.**

## Team

**Faculty:** Dr. Marc Lochbaum

**Students:** Madisen Johnson

## Top 3 Transformative Priorities

1. Potential for Continuation Post-Grant
2. Leveraged Existing Support
3. Intentionally Recruited Underrepresented Students

## Introduction

Emotions and achievement thoughts dictate much of the human experience. From these two distinct (i.e., emotions and achievement thoughts) yet related phenomenon, researchers in the 1980s began studying life satisfaction and achievement goals in earnest. To date, a consensus on the relationship between life satisfaction and the various achievement goals (e.g., mastery-approach, performance-approach) is missing in the research literature. We sought to provide consensus on these two distinct yet related concepts. We found that self-referenced achievement thoughts (e.g., to improve, get better) related to life satisfaction. Hence, whether in education, sport, or work environments, an emphasis on personal improvement will relate to improved life satisfaction.



## Faculty Voice

“Important endeavors require effort. From this effort, diligence, enjoyment, and teamwork describe my experience with Madisen. Our work transformed Madisen's understanding of how to find and merge published quantitative to provide a more complete picture of the achievement goal and satisfaction with life literature “

-- Dr. Marc Lochbaum



## Impacts/Results/Products/To Date Progress

1. Persistence to find and organize research articles within the meta-analytic process.
2. Working together to push difficulties in learning complex statistical techniques.
3. Data output suitable for continuation to a conference and an eventual journal article.