

Detecting playfulness in educational gamification through behavior patterns

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Games are not a new concept in learning. Game-based learning, simulations, and serious games are known pedagogical methods used to build on the inherent playfulness of learners. Technological advances and the popularity of learning management systems are making it easier to implement gamification, analyze the resulting engagement and playfulness, and modify the implementation if needed. However, knowledge is often missing about how different combinations of game mechanics and dynamics create playfulness. We discuss the concept of gamification behavior patterns, which are sequences of actions performed by a user that can be attributed to the application of a gamification design pattern. A preliminary experiment was conducted in an academic course where perceived playfulness was analyzed with respect to three different sets of independent variables: personality, perceived enjoyment from game mechanics, and gamification behavior patterns. Results show that it is practical to measure gamification behavior patterns and that they have a significant predictive power. We propose the development of an open-source, cloud-based gamification behaviors database that will collect specific gamification engagement events from systems worldwide, along with metadata about each implementation. With such a database, Big Data, machine-learning, and recommender-system algorithms can be applied to increase knowledge regarding steering user behaviors through gamification.

Introduction

The inclusion of game elements into non-game environments, referred to as gamification [1, 2], is gaining momentum as a method for creating gameful user experiences that add value [3] and increase engagement, motivation, and user involvement in the gamified activities. The underlying logic at the basis of gamification is that adding elements, such as those found in games to utilitarian activities, will create immersion in a similar way to what happens in games [4, 5]. While this makes sense, empirical studies show this is not always the case [6, 7].

One possible explanation to these mixed results is that different people perceive enjoyment differently [8–11], and thus a gamified experience may create enjoyment in

some people but not in others [12–14]. Depending on the design of the gamified experience, and the people involved, results may vary from an overall successful implementation to a complete failure. Designers should understand which mechanics and dynamics create enjoyment, taking into account different personalities, needs, and motivations. Doing so is not a trivial task [15] since user personalities, needs, and motivations are not known to designers, and even if they were known, it is not clear how to use this knowledge to achieve better results. Scholars seeking to define gamification, in such a way that will address different users, use a more user-centric definition and define it as “the integration of user-centered game design elements into non-game contexts” [16], emphasizing the fact that not all users will be equally engaged. Other definitions to gamification exist but are beyond the scope of this paper [2, 17, 18].

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60 To overcome the lack of knowledge about user
61 motivations and needs, designers use analytics to measure
62 user reactions to the gamification through various metrics
63 such as duration of sessions, recency—defined as the
64 amount of time between user sessions, and the number of
65 daily active users [2, 4, 19]. This analytical data, viewed
66 at the system or individual user level, is used by designers
67 to modify the implementation and to seek better overall
68 results in an iterative trial-and-error process similar to that
69 performed in game design [20]. However, when gamifying
70 a utilitarian system such as an educational environment,
71 the risk of error may be significantly high, as learners
72 may disengage. Thus, while a trial-and-error approach may
73 be plausible for game designers who deal with hedonic
74 systems and relatively known audiences, educators should
75 seek a more data-driven approach.

76 The aforementioned measures indicate engagement
77 with the system, which could indicate that users find the
78 gamification playful or enjoyable; however, this is not
79 always the case, as shown in nonvoluntary gamification
80 [12, 21]. *Playfulness* in this study refers to the situational
81 characteristic of the interaction between an individual
82 and the situation [22] and is measured through perceived
83 playfulness. Perceived playfulness is a controllable
84 system characteristic and has been shown through the
85 expectation-confirmation theory to positively influence
86 intention to use [9] and intention to continue using [22].
87 Perceived playfulness is conceptualized as: 1) the focus
88 on the interaction, 2) curiosity during the interaction,
89 and 3) finding the interaction intrinsically enjoyable or
90 interesting. Enjoyment is often used as a similar construct
91 to perceived playfulness and is defined as “the extent
92 to which the activity of using a specific system is
93 perceived to be enjoyable in its own right, aside from
94 any performance consequences resulting from system
95 use” [23, 24]. Researchers looking for causality between
96 gamification and playfulness are starting to assess the
97 effects that different constructs and structures [25],
98 as well as specific game mechanics and dynamics
99 [12, 26], have on playfulness and on gamification
100 success. However, since implementations differ in many
101 ways, it is not simple to compare data from different
102 implementations. For instance, a leaderboard, which
103 may increase playfulness in one case, may decrease it
104 in another. Yet, it has been assumed that the underlying
105 theoretical foundation for the creation of playfulness
106 through motivation and emotions remains identical
107 and is grounded in psychological theories such as Self
108 Determination Theory (SDT) [27], flow [28, 29], and the
109 Theory of Planned Behavior (TPB) [30]. Being able to
110 isolate playfulness and engagement from their specific
111 implementations would help us understand how and when
112 to use game elements, and would allow future systems to
113 increase their success rates.

In this paper, we take a specific view of a gamification
implementation conducted in a learning environment
using a Learning Management System (LMS). In addition
to the gamified activities the LMS offered, subjects
(students ranging in age from 23 to 30 years) were
requested to complete personality, enjoyment from game
mechanics, and playfulness questionnaires—and their
activities were tracked through system logs. Different
models were then compared to assess the predictability
of users’ perceived playfulness and to assess the
hypotheses that females and subjects with learning
disabilities would find gamification more playful.
Results show that behavior is a good predictor of
playfulness and that females’ playfulness levels were
higher than those of male students, but we did not
find any differences related to learning disabilities. The
paper is structured as follows: After a brief background
that covers measures of success in gamification, and
design patterns and their relevance to gamification
design, we present four hypotheses and their rationale.
Next, we present the experiment along with its results.
A discussion, including limitations of the present
research and suggestions for future directions, is
followed by conclusions.

Background

The inclusion of hedonic elements into utilitarian
information systems is becoming commonplace as
a means of engaging users and increasing system
acceptance [1, 2, 31]. Traditionally, hedonic and
utilitarian information systems have been considered
separate research entities [32–34], but in recent years
they are converging into a field called gamification,
which is frequently defined as the use of game design
elements in non-game contexts such as, but not limited
to, workplaces [35]. Utilitarian systems focus on ease
of use and usefulness [23], whereas hedonic systems
focus on enjoyment, curiosity, and immersion [34].
The combination of both, as done in gamification,
raises questions about the ability to increase system
usage through hedonic motivation while maintaining
the utilitarian nature of the system.

Gamification is a rapidly growing field from both
business and research perspectives. Initial expectations
for gamification growth were very high [36, 37], but
in the past couple of years it has become evident that
these expectations have not been met. Yet, market
predictions remain high with expectations for a
cumulative average growth rate of 68.4 percent in
the years 2014–2018 [38]. For the gamification market
to grow, we must understand what makes a gamification
implementation successful. However, measuring success
is not a straightforward task and can be approached
using different points of view.

167 From the users' point of view, which some scholars
168 adopt as the means to measure success [16], the gamified
169 system should be fun and rewarding [2, 39], and thus
170 the users' sense of playfulness [40], or gamefulness [35]
171 from it, is expected to grow. According to this point
172 of view, increased user playfulness may indicate success,
173 and theory shows that this is a positive indication for
174 system acceptance [8, 14, 23, 41, 42]. Playfulness,
175 however, is difficult to define and thus to measure. Some
176 treat it as a situationally invariant trait, which can be
177 more salient in some individuals than in others [8], and
178 with regards to a system usage context, defined it as
179 the degree of cognitive spontaneity in microcomputer
180 interactions [10, 43]. Playfulness has been shown to
181 positively influence a systems' perceived ease of use,
182 perceived usefulness, and continued usage intentions
183 [8, 44]. A second approach, used in this study,
184 treats perceived playfulness as a state which is a
185 situational characteristic of the interaction between an
186 individual and the situation [22]. Perceived playfulness
187 is a controllable system characteristic, and thus more
188 suitable as a measure for gamification. As mentioned
189 above, perceived playfulness and perceived enjoyment
190 have many commonalities in their conceptual definitions,
191 and both are also closely related to the conceptual
192 definition of flow, defined as "an experience so gratifying
193 that people are willing to do it for its own sake, with
194 little concern for what they will get out of it, even
195 when it is difficult or dangerous" [29]. Flow is measured
196 among other variables by perceived playfulness [45] and
197 has been found to influence the extent of use [46, 47].
198 Hedonic motivation has also been used by researchers
199 and is operationalized as perceived enjoyment [14, 32].
200 These circular definitions mean that perceived playfulness,
201 perceived enjoyment, flow, and hedonic motivations
202 share many similarities in their conceptual definitions.

203 The users' point of view looks at the actual behavioral
204 changes that occur as a result of gamification and
205 can be broken down into two categories, increasing
206 engagement and meeting objectives. Increasing user
207 engagement may be the sole objective of gamification
208 and is measured by recency, frequency and duration
209 of visits, virality, and rating [2]. An increase in any of
210 these measures indicates a positive influence on the
211 user. When looking at gamification objectives, designers
212 ask themselves what the objectives of gamifying the
213 system are, and seek to meet them. In a sports application,
214 this could be an increase in the amount of steps a
215 person takes daily [40], and in a recommendation system,
216 this could be an increase in the amount of content
217 contributed [48].

218 Measuring success is a reactive approach to designing
219 successful gamification, meaning that it is only after
220 all resources have been applied, that designers can know

if has worked. In game design, this is resolved by an
iterative playtesting approach [49] in which system
designers test out ideas and measure their success
during development until a final version is deployed.
In gamification of utilitarian systems, this is not always
possible. Designing fun games is not easy [39]; thus,
researchers and practitioners have been seeking ways
to structure this process by breaking down elements
from games into game design patterns [25] or interactions
[50]. By breaking systems into subsystems, and
analyzing their effects, it is hoped that we can learn
how to reconstruct a new system from scratch, in
a successful and playful way. However, research on
how to do this is scarce [51].

Game patterns research is starting to emerge in different
domains such as marketing patterns of status restriction
in items [52], stratified content, and avatar types [52];
engagement patterns such as task status display and
progress bar [53]; game behavior patterns such as
paper-rock-scissors that prevent the user from making
trivial decisions or privileged moves [54]; behavior based
on the amount of points provided [55]; and different
interaction patterns studied in massive multiuser online
games [56]. The common theme to all these studies
is the notion that understanding the relations between
these patterns and the user will help in the design
and development of better games. Gamification design
is different from game design since the key objective
in gamification is utilitarian; however, game design
principles and the notion of patterns are finding their
way into gamification as well [25].

Pattern identification is mostly accomplished using
heuristics and by examining games or gamification
implementations and deriving common artifacts from
them. Only a relatively few studies [25] propose going
beyond the obvious and seek emerging patterns that
are less obvious, through log analysis. These studies
focus on the identification of patterns and provide some
guidance as to when and where to use them based on
motivational theories or simple heuristics. They do not,
however, propose any monitoring or measurement system
to analyze their actual fit for a specific implementation.

Study objectives and hypotheses

The key objective of this preliminary study was to
test the effectiveness of measuring actual behavior and
specifically Gamification Behavior Patterns (GBPs),
as a means of measuring user playfulness, which can
be considered a proxy to successful gamification. A GBP
is a sequence of actions performed by a user that can be
attributed to the application of a gamification design
pattern. It represents an objective measure, as opposed to
subjective self-reported perceptions. An example of such a
GBP in an exercise application could be a user checking

274 his activity statistics within the application, noticing that a
275 friend has a higher daily score on some measure, and
276 immediately starting to exercise until the friend's score
277 is surpassed. Such a behavior may be attributed to the
278 gamification of the system.

279 Gamification includes the use of different game
280 mechanics. One can usually assume that if designers
281 are successful in identifying and combining those
282 game mechanics that users enjoy, overall playfulness
283 will increase [12, 26]. Although this approach has
284 shown positive results, it is not practical to use, since
285 designers do not have access to such data. A hypothesis,
286 denoted *H1*, may be stated as: objective system usage
287 measures and gamification behavior patterns will predict
288 perceived playfulness better than or at least equal to
289 subjective reported measures of enjoyment from specific
290 game mechanics.

291 Different people are motivated differently based on
292 their personalities, needs, values, defense mechanisms,
293 coping styles, learning styles, and developmental issues
294 [57]. For gamification to be successful, it must address
295 these differences, posing two challenges to designers.
296 First, these user characteristics are unknown to designers.
297 A second challenge is designing a single gamification
298 solution that will positively influence a wide variety
299 of personalities. A common personality theory is the
300 big five model (also called Five Factor Model, or FFM)
301 [58], which posits that individuals can be measured
302 on a scale of five traits: emotional stability, extraversion,
303 openness, agreeableness, and conscientiousness [59].
304 People with a low score on emotional stability tend
305 to be anxious and insecure, whereas emotionally stable
306 personalities will often be calm. Extraverted personalities
307 tend to be more social and active, whereas introverts
308 will be shy, reserved, and cautious. High openness
309 personalities are strongly related to imagination and
310 curiosity, while the opposite personalities are more
311 "down to earth" and conventional. Agreeableness is
312 related to sympathy, kindness, and compliance, whereas
313 the opposite are unfriendly and "hard-headed." Last,
314 conscientiousness is related to organization and
315 efficiency [59–61].

316 There is a plethora of literature on the moderating
317 effects of personalities on work-oriented task performance
318 [62, 63], on learning styles [64–67], and on gaming
319 preferences [68–70]. These studies highlight the
320 importance of personality traits in daily tasks such
321 as working, learning, leisure activities, and computer
322 game playing. The majority of these studies examine
323 personality within a single context, with the exception
324 of Furnham et al. [66] who look at training combined
325 with work activities. As gamification combines the worlds
326 of work and play, there is a missing body of research
327 on the interaction of a ludic and utilitarian environment

with personality. A hypothesis, denoted *H2*, may be stated
as: objective system usage measures and gamification
behavior patterns will predict perceived playfulness better
than or at least equal to personality traits.

Existing research consistently shows that there are
gender differences regarding motivations for game
playing and game genre preferences, as well as play
styles and emotions experienced during a game [70–76].
Gender differences also exist in technology acceptance
models—male users focus mostly on technology
usefulness, while female users pay higher attention to
ease of use, playfulness, and subjective norms [77–81].
Despite these differences, gender implications are
often missing from most information systems research
and are worthy of further research [78, 80–82].
Gamification combines the two worlds of hedonic
motivations and utilitarian systems, and thus poses
a great challenge, since a wrong implementation
of gamification can result not only in lower acceptance
but in disengagement and lower performance. Initial
indications of such differences already exist, with female
users reporting a specific solution to be more playful
and to have higher social benefits than male users'
assessments, and thus reported higher continued use
intentions [83]. A hypothesis, denoted *H3*, may be
stated as: female users will find gamification significantly
more playful than male users.

In recent years, there has been an increase in the
number of students diagnosed with learning disabilities,
which requires educators to adapt to different learning
styles and preferences [84]. One way to address these
needs is through games [85], which can provide an
additional learning environment for such students.
The potential benefits of games and gamification for
students with learning disabilities, and the call from the
National Academy of Sciences to further explore how
simulations and games can support diverse learners [86],
has led us to include these topics in our study, despite
them not being the main focus. A hypothesis, denoted *H4*,
may be stated as: students with learning disabilities will
find gamification significantly more playful than students
without learning disabilities.

The study

In this preliminary study, we examined the case of
gamification in an educational environment. Learning
through games is a common practice [87–89], and digital
games and game-based learning have been studied for
several years [90]; therefore, it is no surprise that gamified
education is a common research domain [13, 91–94].
In this quasi-experiment, we included game elements
in the instruction of an undergraduate software analysis
and design course. The experiment took place during
the fall semester, 2015 (Oct. 2014–Jan. 2015). More



Figure 1

Course home page showing a few of the game mechanics available.

381 than 95% of the participants were juniors (third year of a
 382 four-year program) who majored in industrial engineering
 383 and management.

384 The main objective of the gamification was to increase
 385 students' engagement and involvement by motivating
 386 frequent interactions between students and material.
 387 Unlike traditional courses, where students access the
 388 LMS mostly to download class material, specific
 389 mechanics were used to promote engagement. First,
 390 we included a discussion board where students and
 391 course staff could raise topics and discuss them.
 392 Discussion boards address many good design principles
 393 for the incorporation of games in education. They provide
 394 interaction opportunities between students and course
 395 staff—and allow students to create content, build an
 396 online identity, explore ideas, and take risks [95, 96].
 397 For each contribution to the discussion board, students
 398 received a default value of ten credit points, but for
 399 more meaningful contributions, participants received
 400 up to fifty points. Relatively meaningless contributions,
 401 such as “I agree with the comment above,” did not
 402 grant any points. The number of points each participant
 403 had was visible to all students through a leaderboard.
 404 Contribution to the discussion board was partially
 405 mandatory, as students were required to reach
 406 600 points during the semester. However, there were
 407 other mechanisms of earning points available to those
 408 who did not feel comfortable with posting their thoughts
 409 online. At the end of the course, the average number

of points was 647.46 with a standard deviation of
 285.14 indicating that some of participants were
 extremely engaged while others were not (points
 ranged from 140 to 1,565).

Additional mechanisms used to increase engagement
 were weekly quizzes available to students, relating to
 the course content covered during that week. These
 quizzes were not mandatory and were not related to the
 final grade in any way. The summation of the weekly test
 scores for each participant was presented in a dedicated
 leaderboard comparing students with one another. Badges
 were granted to users for completing certain activities
 in the discussion board such as contributing a number
 of posts, responding to questions, and participating
 in various activities on the LMS. Logic riddles or
 small game-theory experiments, in which students
 could voluntarily participate, were made available at
 certain points throughout the course.

Figure 1 presents the home page of the site, showing
 the two leaderboards on the right side, and progress
 bars providing action queues to users on the left.
 Gamification scholars and practitioners often criticize
 the use of points, badges, and leaderboards in
 gamification, claiming it is a trivial implementation
 that harms long-term intrinsic motivation. While
 this may be true in many cases, in short-term tasks
 where intrinsic motivation is weak to begin with, these
 mechanics have been found to be successful [94, 97–100]
 and are thus used in this study.

Table 1 Validity indices: average variance extracted (AVE), Cronbach's alpha, and cross-correlations. square roots of the AVE values are the bold diagonal values. (CR: composite reliability.)

	AVE	CR	Cronbach's Alpha	Badges	Leaderboard	Playfulness	Points	Progress bar	Rewards
Badges	0.87	0.95	0.93	0.93					
Leaderboard	0.60	0.86	0.78	0.58	0.77				
Playfulness	0.63	0.93	0.91	0.66	0.56	0.79			
Points	0.72	0.89	0.81	0.27	0.54	0.35	0.85		
Progress bar	0.82	0.90	0.80	0.30	0.39	0.21	0.11	0.91	
Rewards	0.79	0.89	0.75	0.40	0.38	0.36	0.28	0.08	0.89

Measures

Participants completed a 50-item personality questionnaire, using the revised FFM questionnaire [101], and in addition provided demographic data such as age, gender, and whether or not they have been formally diagnosed as having any form of learning disability. Perceived playfulness from specific course activities was measured at the beginning (week 2) and towards the end (week 10) of the experiment, using a nine-item scale adapted from Moon and Kim [9]. At the beginning of the experiment (week 2), subjects were also asked about their preferences and perceived enjoyment of different game mechanics, using the game mechanics preference questionnaire [12].

Three gamification behavior patterns were defined. Behavior Pattern 1 (BP1) covered cases where subjects logged in and immediately viewed a leaderboard, indicating that the key purpose of logging in was to view the leaderboard. Behavior Pattern 2 (BP2) included cases where subjects performed a task that granted them points, checked their position on the leaderboard, and immediately repeated the task that granted points. This would indicate that their position on the leaderboard was a motivator to repeat the action. Last, Behavior Pattern 3 (BP3) included cases where subjects first viewed a leaderboard and then decided to perform an action that granted them points, indicating the cognitive relation between the leaderboard and the action that granted the points and excluded cases covered by BP2. Towards the end of the experiment, system log files and the different questionnaires submitted throughout the course were analyzed, and the target behaviors were extracted. These BPs were selected since they represent a common theme in gamified applications where points are granted based on an activity performed by the user and presented on a leaderboard, with the hope of creating a competitive dynamic that would encourage the behavior performed [102].

Behavior patterns were extracted from the LMS systems log, which included an entry for each access

of the user to one of the elements of the web site such as reading and writing a post, viewing the leaderboard, or downloading class material. The time between each log-in activity and the last activity before the next log-in was defined as a session. Each session was then analyzed to extract specific actions of interest for our analysis such as session duration, number of activities in the session, and the existence of any one of the behavior patterns.

Results

Of the 60 students in the course, 38 completed all surveys and were included in the data analysis (63.3%). Students ranged in age from 23 to 30 years, 21 were female and 17 were male. 5 students reported having learning disabilities. Internal and convergent validity indices of the game mechanics questionnaire are presented in **Table 1**. Cronbach's *alpha* for all constructs was above the desired 0.7 index. Exploratory Factor Analysis confirmed the correctness of the measured constructs with average variance extracted (AVE) above 0.5, and cross correlations at acceptable values. Playfulness and enjoyment from mechanics constructs were calculated using partial least squares (PLS) using Smart PLS version 2.0M3 [103]. Personality constructs were calculated using a sum of all items. Playfulness had been measured at the beginning of the experiment (*T1*) and towards the end of it (*T2*). A set of paired samples t-tests was performed to test if the perceived playfulness of different groups had changed by the gamification and results, and an effect size analysis has been done using Cohen's *d* [104]. Results of this analysis can be found in **Table 2**. A Cohen's *d* value between 0.5 and 0.8 represents a medium effect size. In general, the playfulness in *T2* was lower than the playfulness measured in *T1*. The changes in playfulness for constructs that do not appear in the table were insignificant.

Regression analysis was performed using three sets of variables: subjective invariant personality variables,

Table 2 *T* test for changes in playfulness showing differences in playfulness between the beginning (*T1*) and end of experiment (*T2*) based on different groups. Higher values mean higher levels of playfulness. (n.s.: not significant.)

		<i>T1</i> playfulness	<i>T2</i> playfulness	<i>df</i>	<i>t</i> value	<i>Cohen's d</i>	<i>Significance</i>
<i>Gender</i>	Male	20.71	15.76	16.00	0.52	0.69	0.003
	Female	22.10	21.33	20.00	3.46	0.11	n.s.
<i>Extraversion</i>	Low	20.05	15.30	19.00	3.91	0.71	0.001
	High	23.06	22.78	17.00	0.17	0.04	n.s.
<i>Agreeableness</i>	Low	19.85	16.55	19.00	2.91	0.50	0.009
	High	23.28	21.39	17.00	1.00	0.24	n.s.
<i>Emotional stability</i>	Low	21.89	20.42	18.00	1.16	0.23	n.s.
	High	21.05	17.26	18.00	2.20	0.46	0.041
<i>Openness</i>	Low	20.79	19.68	18.00	0.98	0.17	n.s.
	High	22.16	18.00	18.00	2.33	0.52	0.032
<i>Badges</i>	Low	17.57	16.48	20.00	0.67	0.16	n.s.
	High	26.29	21.76	16.00	3.79	0.77	0.002
<i>Leaderboard</i>	Low	18.95	17.21	18.00	0.94	0.24	n.s.
	High	24.00	20.47	18.00	3.25	0.50	0.004
<i>Points</i>	Low	18.81	17.24	20.00	0.99	0.23	n.s.
	High	24.76	20.82	16.00	2.93	0.54	0.01
<i>Learning disabilities</i>	No	21.06	19.00	32.00	1.82	0.30	0.078
	Yes	24.20	17.80	4.00	2.15	0.56	0.098
<i>Total sample</i>		21.47	18.84	37.00	2.46	0.36	0.019

516 subjective enjoyment from the different mechanics
 517 variables, and objective usage data. For each set
 518 of variables, an explorative Generalized Linear Model
 519 (GLM) was executed to test all possible interactions.
 520 The significant interactions were then coded as variables
 521 and executed in a linear regression. To allow comparison
 522 and selection of the best model, a Bayesian Information
 523 Criterion (BIC) [105] was calculated for each model.
 524 Results of the regression models are presented in **Table 3**.
 525 Gender (*gender* = 1 represents females) and learning
 526 disabilities (*learning disabilities* = 1 represents a subject
 527 with a learning disability) are coded as binary variables.
 528 **Table 4** shows the significant correlations between
 529 variables selected for the model. Not surprisingly, there
 530 are high correlations between the different GBPs since
 531 they represent some form of behavior that is triggered by
 532 the gamification. Similar high correlations exist among
 533 the enjoyment from game mechanics.

534 Discussion

535 In this experiment, we started with an academic course
 536 web site, which students used regularly to access course
 537 material and submit assignments, and gamified it. We
 538 defined a task of contributing to an online discussion
 539 board and included different game mechanics to
 540 the LMS with the objective of increasing subjects'
 541 playfulness. We then tested our hypotheses that actual

542 behavior on the site, and specifically the existence of
 543 specific gamification behavior patterns, would predict
 544 playfulness better than personality traits and subjective
 545 measures of enjoyment. We also tested the hypotheses
 546 that female students and students with learning
 547 disabilities would find gamification more
 548 playful.

549 Both *H1* and *H2* were supported in our study.
 550 Table 3 shows that *H1* is supported, as the model based
 551 on enjoyment from game mechanics produced lower
 552 BIC values than the model based on actual behavior.
 553 Lower BIC values represent a better model, and the
 554 difference between models is greater than 10, representing
 555 a very strong difference [106]. *H2*, which compared
 556 personality traits to actual behavior, is supported as well
 557 through the BIC indicator with a strong difference of 8.08.
 558 However, it is worth noting that the adjusted *R* square
 559 for the model based on personality was higher due to
 560 a larger number of predictors in the model. *H3* was
 561 strongly supported by this study, indicating that while
 562 at *T1*, when there was a very low level of exposure
 563 to the gamification, there was no difference in playfulness
 564 between female and male students ($p = 0.532$), at *T2*,
 565 there was a significant difference ($p = 0.03$) with
 566 females reporting higher levels of playfulness. *H4* was not
 567 supported, as there was no significant difference between
 568 students with and without learning disabilities; however,

Table 3 Comparing regression analysis of three models. Lower BIC values are better.

Variable set	Predictors	β	P value	Adjusted R square	BIC
Enjoyment from specific game mechanics	Badge	1.76	.003	0.43	271.86
	Gender	13.07	.032		
	LD	-139.40	.006		
	LD \times Badge	3.88	.010		
	LD \times Leaderboard	9.25	.017		
	Gender \times Badge	-1.27	.079		
	Gender \times LD	-33.95	.042		
Personality	Emotional Stability	-0.45	.002	0.58	266.38
	LD	-102.49	.002		
	Gender \times Openness	-0.91	.000		
	LD \times Conscientiousness	2.77	.003		
	Gender \times Extraversion	1.06	.000		
	Gender \times LD	14.43	.011		
Actual behavior	Behavior Pattern 2	-0.99	.000	0.50	258.30
	Behavior Pattern 3	0.44	.000		
	Average session duration	0.05	.000		
	Average number of events in session	-1.85	.002		
	Gender	4.20	.035		

Table 4 Cross-correlation table. (** indicates significant at the 0.01 level [2-tailed]; * indicates correlation is significant at the 0.05 level [2-tailed]. Agreeable: Agreeableness; Consc.: Conscientiousness; #: number.)

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
A Gender	1																
B Learning Disabilities	0.037	1															
C Enjoyment from Badges	0.216	0.236	1														
D Enjoyment from Leaderboard	0.057	0.355*	0.479**	1													
E Enjoyment from Points	-0.154	0.102	0.350*	0.548**	1												
F Extraversion	0.203	-0.050	0.343*	0.155	0.146	1											
G Openness	-0.222	0.346*	0.075	0.201	0.044	0.152	1										
H Agreeable	0.432**	0.011	0.130	0.083	-0.026	0.102	-0.044	1									
I Consc.	0.229	0.045	0.226	0.403*	0.325*	0.342*	-0.061	0.233	1								
J Emotional Stability	-0.325*	0.111	-0.203	-0.034	0.326*	0.207	0.254	-0.276	0.292	1							
K Average of session duration	0.163	0.053	0.308	0.151	0.013	0.195	0.017	0.182	-0.164	-0.273	1						
L Avg. of # of events in session	0.198	-0.064	0.101	-0.049	-0.061	0.200	0.061	0.105	-0.143	-0.176	0.785**	1					
M Behavior Pattern 1	0.329*	0.392*	0.232	0.314	0.015	0.221	0.075	0.174	0.077	-0.251	0.257	0.197	1				
N Behavior Pattern 2	0.128	0.488**	0.318	0.325*	0.033	0.120	0.132	0.070	-0.203	-0.373*	0.397*	0.165	0.742**	1			
O Behavior Pattern 3	0.218	0.495**	0.362*	0.358*	0.124	0.294	-0.022	0.148	-0.060	-0.263	0.423**	0.288	0.772**	0.834**	1		
P Playfulness	0.352*	-0.052	0.508**	0.185	0.214	0.378*	-0.255	0.267	0.125	-0.253	0.410*	0.184	0.096	0.079	0.345*	1	
Q Forum Contributions	-0.095	0.323*	0.105	0.296	0.336*	-0.092	-0.092	0.126	-0.058	-0.132	0.257	0.127	0.290	0.534**	0.512**	0.163	1

569 with the low limited sample size, we could not really
 570 address this hypothesis, and it remains an area for future
 571 research. Students with a learning disability reported a
 572 higher level of playfulness at T1 than students without a

learning disability, but at T2 changed and students with a
 learning disability reported lower playfulness, indicating
 a possible moderation of time, which would require further
 analysis as well.

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577 Creating a playful environment, where subjects
578 would voluntarily participate, is difficult to do in an
579 academic environment since students seek to optimize
580 their time investments across different courses, and
581 are not easily engaged in tasks that are not directly related
582 to course grades [107]. Studies performed in academic
583 environments show that towards the fifth or sixth week
584 of the semester, students lose interest in voluntary tasks,
585 as the mandatory assignments from other courses become
586 time consuming [108]. This can partially explain the
587 decline in playfulness between $T1$ and $T2$ as shown
588 in Table 2. We assume that if the gamification was not
589 successful, all groups would be impacted by it equally,
590 but the fact that some groups declined while others
591 did not requires searching for additional explanations.
592 To further understand this decline, a mid-experiment
593 measurement should be made.

594 Of the three models tested, the model using actual
595 behavior, and specifically gamification behavior patterns,
596 was the best model based on the Bayesian Information
597 Criterion (BIC) for model selection. This may not be
598 a surprise, since measuring actual behavior is what
599 designers do regularly; however, the notion of including
600 GBP is new and is shown to add value and simplicity
601 to the model. Our findings suggest that defining the
602 desired GBP during the design phase, and measuring
603 those behaviors, would give designers an additional
604 indication of success. When looking at explained variance
605 of the models through the adjusted R -square, the model
606 with invariant variables of personality and demographics
607 yielded the best results with an adjusted R -square of
608 0.578, which highlights the important role of personality,
609 gender, and other demographic variables in the formation
610 of playfulness. Personality traits are not available to
611 system designers and therefore are of no practical value,
612 other than understanding that different personalities
613 will be affected differently by gamification, which is
614 a factor to consider when designing gamification [13].
615 The explained variance in the model using perceived
616 enjoyment from mechanics was the lowest. Enjoyment
617 from badges involved the only mechanic found to
618 be related to playfulness, despite the fact that perceived
619 enjoyment from badges was the lowest compared to
620 other mechanics. This finding is in line with other studies
621 [99, 100] showing the importance of badges. The main
622 caveat of using perceived enjoyment or personality is
623 that it requires that this data is available, which means
624 that in most situations this would be a problematic
625 approach. Separating enjoyment from mechanics
626 and personality is done here to allow simple model
627 comparisons, but in reality we would expect personality
628 to mediate this enjoyment. This mediation effect was
629 not tested in this study and should be further
630 explored.

When using actual usage data, designers typically
use descriptive statistics such as number of sessions,
duration of sessions, and number of accesses to a specific
feature [2]. We proposed the use of behavior patterns,
which are similar to the concept of design patterns
where designers identify a common problem and propose
a common solution to it. An example of such a problem
in our experimental gamification design involved how
to encourage subjects to contribute to the discussion
board, when there is no intrinsic motivation to do so.
A design pattern approach in gamification [52] would
be to solve this by including a competitive dynamic
based on a leaderboard and points. We could then
measure success by how many points each subject has.
There is, however, a pitfall in measuring success this
way, as can be seen in Table 4 where there is no
correlation between number of contributions and
playfulness. Instead, our approach is to associate a
behavior pattern to such a design pattern and measure
our success as the ability to both invoke those patterns
and increase playfulness by them.

Therefore, the last model used actual behavior data
and gender, which is assumed to be available to many
gamification designers, especially in education, as
independent variables. The models' BIC was significantly
lower than the previous models tested and its adjusted
 R -square was 0.499, which is considered high for
systems that measure a psychological measure such
as playfulness. Longer sessions with fewer activities
in each had a positive effect on playfulness, meaning
that subjects who really spent time reading and
writing, and not just wandering around, had higher
playfulness levels. BP2—where we measured users
who performed an action, checked the leaderboard, and
immediately preformed the action again—had a negative
effect on playfulness. At the same time, BP3, where
users viewed the leaderboard first and only then performed
an action, had a positive effect on playfulness. This is
an interesting finding that requires further analysis.
It is possible that users in BP2 logged into the site with
the purpose of promoting themselves on the leaderboard,
which indicates extrinsic motivation. Users with BP3
contributed knowledge only after noticing the leaderboard
indicating intrinsic motivation which would be considered
as a playful activity. BP1, where users logged in and
immediately checked their position on the leaderboard,
was not statistically significant, and, therefore, we cannot
reach conclusions about it.

Playfulness by females and males was identical
at the beginning of the experiment. However, while
females retained this level of playfulness throughout the
experiment, males' playfulness had significantly dropped.
While this supports our hypothesis that females would
find gamification more playful than males as shown

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685 in previous research [83], there is also research showing
686 that in a competitive environment presenting leaderboards,
687 females' playfulness will not be higher [13]. Female
688 playfulness in this case can be explained by the fact that
689 although leaderboards existed, the position on the
690 leaderboard, i.e., the competition, did not carry any
691 tangible value. Additional explanations could be the
692 high correlation found in this case between females and
693 agreeable personality, which tend to be more compliant.
694 Agreeable personalities were also found to retain
695 their level of playfulness compared to low agreeable
696 personalities. In interviews with females who were
697 high on playfulness, it became clear that they were
698 all very competitive in nature. Individuals reporting high
699 enjoyment from game mechanics applied in the course
700 reported higher levels of playfulness at the beginning
701 of the experiment compared to those who reported lower
702 enjoyment; however, at T2, only those who enjoyed
703 badges were still significantly higher on playfulness.
704 Our limited sample does not include sufficient subjects
705 with learning disabilities to reach clear conclusions about
706 them, yet an interesting observation is that those subjects'
707 behavior patterns were significantly higher than other
708 students as seen in Table 4. This, however, was not
709 reflected in their playfulness level.

710 **Limitations and future directions**

711 The key limitation of this study is its limited sample size
712 and context. With a small sample size, any inference
713 would be questionable; thus, this study should be
714 considered as preliminary findings and are the basis for
715 future studies. Yet, even with the small sample size,
716 significant effects were demonstrated, indicating that this
717 is indeed an interesting research direction. As a result
718 of the small sample size, it is difficult to assess correctly
719 several interactions and specifically those relating to
720 subjects with learning disabilities where results should
721 be treated with caution. Running multiple regressions
722 with a small sample size may result in lower-than-desired
723 statistical power; however, with strong effect sizes this
724 would be less problematic. The context of this study
725 is education and the ability to promote offline discussions
726 through an LMS, and while the results can be generalized
727 to other educational environments, it is important to
728 note the specific demographic context of this study. Our
729 dependent variable was perceived playfulness towards
730 the end of the experiment. This self-reported value is
731 prone to many biases, as students do not always separate
732 their feelings about the course and semester in general
733 from their response to the playfulness from the LMS.
734 Further research with higher sample sizes should be
735 done to increase validity of this measure.

736 The study should be considered as a case study,
737 since it includes a specific course targeted at a specific

population with distinct characteristics. Additional
populations and gamification implementations should be
added to allow external validity and better understanding
of how gamification patterns can steer user behaviors.
A proposed future direction for this exploratory
study is the creation of an open-source, cloud-based
"Gamification Behaviors Database," which will track
gamification behavior patterns with relation to the
design patterns used. If possible, additional personality
and demographic data could be collected, but to respect
privacy concerns this may not be mandatory. Such
a database would allow the execution of big data and
machine learning algorithms, providing recommendations
to designers about what design patterns would best serve
their specific implementations. It would also allow the
development of adaptive gamification allowing designers
to automatically react by changing design rules when
behavior patterns are not achieved.

756 **Conclusion**

757 A gamification behavior pattern is a sequence of
758 actions performed by a user that can be attributed to the
759 application of a gamification design pattern. Gamification
760 design patterns are similar to design patterns with the
761 key difference being that the artifacts used as building
762 blocks are game mechanics. We have shown the ability
763 of GBP to successfully predict playfulness, and that
764 unlike personality or user perceptions of games, which
765 are unknown to designers, GBP can be measured and
766 can be controlled by designers.

767 We posit that just as design patterns are commonly
768 used in software development and design, GBP should
769 complement them when it comes to gamification which
770 aims to steer the users' behavior towards a given objective.
771 We further propose that for GBP to become a useful tool,
772 implementers should openly share their usage data related
773 to these behavior patterns and related metadata through
774 an online collaborative database. This would advance
775 the research and understanding of gamification and
776 help design playful environments that promote desired
777 user behaviors, which is the ultimate goal of gamification.

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