

Podcast as a Therapy on Motivation, Subjective Happiness and Quality of Life among Young Adults

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ABSTRACT:

The contemporary landscape of media consumption has seen a remarkable surge in the popularity of podcasts. These audio-based platforms have emerged as dynamic vehicles for the dissemination of informative and engaging content across diverse audiences. This research undertakes a comprehensive exploration into the potential ramifications of motivation derived from podcast listening on the augmentation of subjective happiness and the enhancement of overall quality of life. The study's primary objective is to scrutinize the intricate interplay between motivational factors and their impact on individuals' subjective happiness and quality of life. This study has been done on 160 sample size among which 80 are podcast listeners and 80 are non- listeners. Through a meticulous analysis of patterns in podcast consumption, coupled with a profound investigation into the ensuing psychological outcomes, this research aims to shed light on the significance of motivational triggers in influencing individuals' subjective happiness and the holistic assessment of their own lives. The analysis showed the positive relationship between motivation and its influence on subjective happiness and quality of life among podcasts listeners. By discerning the linkages between podcast motivation and positive psychological states, this study endeavours to provide insights that could contribute to designing interventions aimed at fostering greater well-being and enriching the overall quality of life for individuals who engage with podcast content.

Keywords: Media consumption, podcast, podcast listeners, non-listeners, quality of life, motivation, subjective happiness

Introduction:

In the digital age, podcasts have emerged as a dynamic and versatile medium, reshaping the way we consume information, entertain ourselves, and even learn. This dissertation embarks on a compelling exploration into the profound impact of motivation, induced by podcast consumption, on enhancing subjective happiness and the overall quality of life. As podcasts continue to gain popularity as a source of knowledge, inspiration, and entertainment, it becomes increasingly essential to investigate their influence on our well-being. Podcasts, by their very nature, offer a unique blend of accessibility, diversity, and engagement. They are audio-based, allowing listeners to access a wealth of content on a broad spectrum of topics while being immersed in the power of spoken word and sound. Furthermore, podcasts are accessible on a wide range of devices, making them a convenient companion in our daily lives. Whether we're commuting, exercising, or simply relaxing, podcasts have become an integral part of our routines. Podcasts, within this context, emerge as a multifaceted medium of content delivery that defies traditional constraints. Motivation is a fundamental driver of human behaviour, underpinning our desires, goals, and aspirations. It fuels our pursuit of knowledge, achievement, and personal growth. It is this intrinsic motivation that this dissertation seeks to unravel—the motivation sparked by podcasts that inspires individuals to actively engage with content, thereby influencing their subjective happiness and their perception of life's quality. The thematic breadth of podcasts resonates with listeners' interests and curiosities, engendering a sense of alignment between the content presented and their intrinsic aspirations. Moreover, the human element introduced through charismatic hosts, experts, or role models within the podcasting realm adds a layer of extrinsic motivation, as listeners find themselves drawn to emulate or learn from these influential figures. Subjective happiness is a deeply personal and subjective concept, intimately linked to an individual's emotional well-being and life satisfaction. It encapsulates the sense of joy, contentment,

and fulfilment that one experiences in their daily life. Quality of life, on the other hand, encompasses a broader spectrum, encompassing not only emotional well-being but also factors such as physical health, education, relationships, and personal growth. Both subjective happiness and quality of life are critical indicators of overall well-being. In an era defined by rapid technological advancements and evolving modes of communication, podcasts have emerged as a distinct and increasingly popular medium of content consumption. These audio-based digital broadcasts have gained widespread recognition for their versatility in delivering diverse topics, engaging narratives, and informative discussions to a broad and varied audience. Podcasts have transcended geographical boundaries, offering an on-demand and portable source of information, entertainment, and education. As this medium continues to flourish, its potential impact on individuals' well-being and life satisfaction becomes an intriguing avenue of exploration. The link between media consumption and psychological outcomes has garnered significant attention in recent years, with research highlighting the potential of various forms of media to impact individuals' emotional states and perceptions of life satisfaction. However, the unique attributes of podcasts, such as their auditory nature and the intimacy of the medium, warrant a more focused exploration of their potential effects on well-being. Investigating the intricate interplay between podcast motivation and well-being not only deepens our understanding of media psychology but also has implications for designing interventions that harness the positive effects of podcasts to promote happiness and a higher quality of life among listeners.

Rationale:

Amidst the prevailing hustle culture, the imperative for individuals across diverse domains, ranging from homemakers and academic scholars to corporate professionals, to sustain motivation, vitality, and a positive outlook, cannot be overstated. Podcasts have garnered substantial traction and wield considerable influence as a medium of communication in contemporary times. Investigative endeavours into the realm of podcasts hold multifaceted significance, rooted in their ascendant popularity. These inquiries furnish valuable elucidations into the patterns of media consumption, societal trajectories, pedagogical methodologies, audience proclivities, and sundry dimensions intrinsic to this potent and rapidly expanding platform. It is worth noting that the domain of podcast research remains relatively underexplored in the context of the Indian populace and their proclivity towards podcast consumption. Consequently, undertaking investigations into this uncharted territory stands to yield insights of paramount importance.

Review of literature:

Carrotte et al. (2023) concluded Within the realm of well-being, the potential impact of motivation derived from podcast consumption on subjective happiness and overall quality of life has garnered increased attention from researchers. This literature review aims to provide an overview of the existing literature related to the effects of motivation resulting from podcast listening on enhancing subjective happiness and quality of life. examine the relationship between podcast consumption, mental health, and stigma. The study explores listeners' motivations for engaging with mental health podcasts, the behaviors associated with podcast consumption, and attitudes toward mental health stigma. Findings indicate that podcast listeners often turn to this medium for seeking information, support, and coping strategies related to mental health. The research highlights that podcasts can foster a sense of community and empowerment among listeners, potentially contributing to improved well-being. Furthermore, the study underscores the role of podcast consumption in challenging mental health stigma and promoting open dialogue. Motivational podcasts can serve as a source of inspiration and practical guidance for coping with challenges and improving well-being. By providing listeners with relatable stories, expert insights, and actionable strategies, podcasts can enhance motivation to adopt positive coping mechanisms, thereby contributing to improved subjective happiness and quality of life.

Robinson and Y. D. (2022). Podcasts have gained substantial popularity as a medium for information dissemination, entertainment, and personal development in recent years. Scholars and researchers have begun exploring the potential impact of podcasts on various aspects of human well-being, including subjective

happiness and quality of life. Within the context of well-being, podcasts hold the potential to positively influence individuals' emotional and psychological states, ultimately contributing to subjective happiness and overall quality of life. The study found that exposure to affirming podcasts led to improvements in participants' self-esteem, self-efficacy, and overall well-being. This suggests that motivational content within podcasts can indeed have a significant positive impact on subjective well-being, particularly when tailored to address specific demographic groups. Podcasts with motivational content can serve as a tool to activate and sustain motivation, enabling listeners to adopt positive attitudes and behaviors that enhance their quality of life..

Dreer (2021) study emphasizes the potential of motivation derived from podcast consumption to enhance subjective happiness and quality of life. By offering motivational content, podcasts engage listeners' intrinsic motivation and encourage positive attitudes and behaviors. As podcasting continues to grow as a medium, further research is needed to explore the specific mechanisms through which podcasts influence well-being and the applicability of these findings to diverse populations. As podcasts become increasingly integrated into daily routines, their role in promoting well-being merits ongoing exploration and consideration.

Yeganeh and Izadpanah (2021) study, highlights the potential of motivation derived from podcast consumption to enhance subjective happiness and quality of life. Podcasts, as a medium for language learning and personal development, can effectively motivate learners to engage with language materials, leading to positive outcomes for language proficiency and overall well-being.

Weinstock et al. (2020) study, highlights the potential of motivation derived from podcast consumption to enhance subjective happiness and quality of life. While their research primarily focuses on knowledge acquisition, it aligns with the broader theme that podcasts can motivate individuals to actively engage with content, potentially impacting their well-being

Research Methodology

Aim of the Study

This chapter outlines the research methodology employed to investigate the relationship between motivation after listening to podcasts and its effect on enhancing subjective happiness and quality of life among young adults. The primary objectives are to examine the differences in motivation between podcast listeners and non-listeners, explore the relationships between motivation, subjective happiness, and quality of life, and determine the impact of motivation on subjective happiness and quality of life.

Objectives

1. To explore the levels of motivation, subjective happiness and quality of life among podcast listener and non-podcast listeners
2. To establish a comprehensive understanding of the interrelationships between individual motivation levels, subjective happiness, and the quality of life experienced by individuals who regularly engage with podcasts.
3. To assess the difference between subjective happiness, motivation and quality of life among podcast listeners and non- podcast listeners.
4. To study the effect of motivation on subjective happiness among podcast listeners and non- listeners.
5. To study the effect of motivation on quality of life among podcast listeners and non- listeners.

Hypothesis

The following hypotheses are formulated for the study:

(H1): There will exist a statistically significant relationship among motivation, subjective happiness, and quality of life, indicating that higher motivation levels will correspond to enhanced subjective happiness and overall quality of life.

(H2): There will be a statistically significant difference in motivation levels between young adults who regularly engage in podcast listening and those who do not partake in podcast consumption.

(H3): There will be a statistically significant relationship between the effects of motivation stemming from podcast consumption and improvements in subjective happiness and quality of life among individuals who regularly engage with podcasts.

(H4): There will be the effect of motivation on subjective happiness among podcast listeners and non- listeners.

(H5): There will be the effect of motivation on quality of life among podcast listeners and non- listeners.

Sample and its Selection

The research will encompass a sample of 160 participants, specifically targeting individuals within the age bracket of 18 to 26 years. This sample will be evenly divided, comprising 80 individuals who are active consumers of podcasts and 80 individuals who do not engage in podcast listening. The selection of participants will be executed through a rigorous and randomised process to ensure the representative diversity of the young adult population. This comprehensive sample will provide a robust foundation for examining the impact of podcast listening and motivation on subjective happiness and quality of life in a balanced and unbiased manner.

Research Design:

The research will employ a cause and effect research design to systematically investigate the relationships between motivation stemming from podcast consumption and its impact on subjective happiness and quality of life. The study will utilize convenient sampling to select participants. Key statistical methods, such as mean calculations and regression analyses, will be employed to examine and quantify these relationships.

1. **Convenience Sampling:** Participants for the study will be selected based on their accessibility and willingness to participate. While convenience sampling may introduce some bias, it allows for a practical and cost-effective approach to gathering data from a diverse group of young adults.

By adopting this quantitative research design and statistical analysis approach, the study aims to provide empirical evidence regarding the impact of podcast-related motivation on the subjective well-being and quality of life among young adults. This research design allows for the systematic examination of these relationships, contributing to a deeper understanding of the role of podcast consumption in enhancing overall well-being.

Description of Tools Employed

1. **Motivation Scale:** The motivation assessment scale taken from Michael J. Delaney/ Mark Durand. Ph.D 1986 will be utilised. Motivation assessment is a questionnaire designed to identify those situations where an individual is likely to behave in a specific way. To complete MAS, select one behavior of specific interest. The scale covers sensory, escape, attention and tangible domains.
2. **Subjective Happiness Scale:** The Subjective Happiness Scale (SHS) will be utilized to measure participants' self-reported level of happiness. The SHS comprises a series of statements where participants rate their agreement on a scale.
3. **Quality of Life Scale:** The World Health Organization Quality of Life Scale (WHOQOL-BREF) will be used to evaluate participants' overall quality of life. The scale covers physical, psychological, social, and environmental domains.

Procedure:

Participants will be recruited through convenience sampling. Specifically, individuals aged 18 to 26 years who either actively engage with podcasts or intentionally refrain from podcast consumption will be invited to participate. All participants will be provided with informed consent forms detailing the study's objectives, procedures, and data confidentiality measures. Only those who voluntarily provide informed consent will be included in the study. Participants will complete structured surveys and questionnaires that assess their motivation levels, subjective happiness, and quality of life. These instruments will be administered in a standardized manner to ensure consistency. The collected data will be segmented into two main groups: podcast listeners and non-listeners. Within the podcast listener group, gender-specific data will be recorded to assess potential gender differences. All collected data will be entered into a secure database and meticulously managed to ensure accuracy and completeness. Data analysis will encompass mean calculations to determine average values, Pearson correlation analyses to assess relationships, and linear regression to model the impact of motivation on subjective happiness and quality of life. Statistical software packages such as SPSS 27 will be used for data analysis.

Analysis of Results : SPSS 27 version was used to analyse the collected data.

Table 1:

Socio demographic details of participants

Age	Podcast listeners	Non - Listeners	Total
18-26 years	80	80	160

Table 1. Shows the age group considered for the study ranging from 18 - 26 years old among which the number of podcast listeners and non- listeners are 80 each. The sum of both podcast listeners and non- listeners participants is 160 .

Table2:

Difference in mean and standard deviation of Podcast listeners and non-listener on the level of motivation, subjective happiness and Quality of life

Variables	Group	N	Mean	SD	t	P
Motivation	Podcast listeners	80	47.78	14.989	4.597	.000
	Non-listeners	80	36.13	17.007		
Subjective Happiness	Podcast listeners	80	4.893	.8381	8.714	.000
	Non-listeners	80	3.591	1.0399		
Quality of	Podcast listeners	80	280.83	65.120	7.746	.000

life	Non- listeners	80	190.76	81.090
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Table 2 shows that the mean scores of podcast listeners is higher than the non - listeners among the considered variables i.e motivation, subjective happiness and quality of life. The motivation of podcast listeners (M = 47.78) which is higher than non- listeners (M= 36.13). The subjective happiness of podcast listeners (M= 4.893) which is higher than of non- listeners (M=3.591). The quality of life of podcast listeners (M= 280.83) which is higher than of non- listeners (M = 190.76). The mean score of motivation among podcast listeners and non- listeners using t-test and score came out to be in total 4.597 which was significant at $p \leq .000$, suggesting the significance difference between the two groups. The mean score of subjective happiness among podcast listeners and non- listeners using t-test and score came out to be in total 8.714 which was significant at $p \leq .000$, suggesting the significance difference between the two groups. The mean score of quality of life among podcast listeners and non- listeners using t-test and score came out to be in total 7.746 which was significant at $p \leq .000$, suggesting the significance difference between the two groups.

Table 3: Pearson Correlation of motivation, subjective happiness and quality of life among podcast listener and non- listeners

Variable	1	2	3	4	5	6	7	8	9	10	11
Subjective Happiness	1										
Physical health	.451**	1									
Psychological	.530**	.824**	1								
Social Relationship	.555**	.739**	.795**	1							
Environment	.595**	.816**	.833**	.831**	1						
Total Quality of life	.579**	.908**	.930**	.918**	.942**	1					
Sensory	.182*	.324**	.314**	.393**	.334**	.372**	1				
Escape	.245**	.400**	.405**	.431**	.391**	.441**	.621**	1			
Attention	0.132	.314**	.330**	.313**	.314**	.344**	.610**	.831**	1		
Tangible	.240**	.378**	.402**	.414**	.398**	.431**	.591**	.843**	.859**	1	
Total Motivation	.225**	.397**	.407**	.435**	.403**	.445**	.788**	.926**	.926**	.925**	1

** Correlation is significant at the 0.01 level (2-tailed)

Table 3 This Pearson Correlation is for the analysis of positive relation between motivation, subjective happiness and quality of life of podcast listeners and non- listeners. The data is interpreted as highly significant at 0.01 level (2-tailed). The correlations in this table reveal that subjective happiness (SH) is positively associated with various aspects of quality of life (Physical health, Psychological, Social relationship, Environment and Total quality of life) and motivation (Sensory, Escape, Attention, Tangible and Total motivation). These positive relationships suggest that as individuals perceive a higher quality of life and are

more motivated, they tend to report higher levels of subjective happiness. The strength of these relationships varies, with some dimensions of quality of life and motivation showing stronger correlations with subjective happiness than others.

Table 4: Regression coefficients of motivation on subjective happiness and quality of life

Table 4.1 Regression coefficients of motivation on Subjective happiness.

Coefficient model	Unstandardized Coefficients		Sig.	F	R ²	
	B	Std. Error				
1	(Constant)	3.608	.236	<.001	8.387	0.50
	Total Motivation	.015	.005	.004		

Table 4.1 highlights the result obtained from regression conducted to elicit the effect of motivation on subjective happiness of podcast listeners and non- listeners. The F statistic was calculated as 8.387; meaning that it is a good model of fit. The value of coefficient of X i.e. Total motivation is found to be 0.15 interpreting that there is a 5% significant effect of motivation on subjective happiness. If motivation is increasing by 0.15 unit then subjective happiness will also increase by 1 unit. The R² for subjective happiness is 0.50.

Table 4.2 Regression coefficients of motivation on Quality of life.

Coefficient model	Unstandardized Coefficients		Sig.	F	R ²	
	B	Std. Error				
1	(Constant)	141.252	16.313	<.001	39.079	.198
	Total Motivation	2.254	.361	<.001		

Table 4.1 highlights the result obtained from regression conducted to elicit the effect of motivation on quality of life of podcast listeners and non- listeners. The F statistic was calculated as 39.079; meaning that it is a good model of fit. The value of coefficient of X i.e. Total motivation is found to be 2.254 interpreting that there is 19 % significant effect of motivation on quality of life with R² .198. If motivation is increasing by 2.254 units then quality of life will also increase by 1 unit.

Discussion:

Based on the extensive calculations and analyses conducted in the preceding chapters, this section presents a concise summary of the key findings of the study, highlighting the relationships between podcast-induced motivation, subjective happiness, quality of life (QOL) dimensions. The crosstabulation tables provided insights into the distribution of participants by age within the podcast listener and non-listener groups, contributing to a better understanding of the demographic characteristics of the sample. The age group considered for the study among podcast listeners and non listeners are from age group 18 to 26 years among which 80 are podcast listeners and 80 included non listeners giving the total sample size of 160 participants. Podcast listeners (N = 80) have a mean Subjective happiness score of 4.893 with a standard deviation of 0.8381. Non-listeners (N = 80) have a mean Subjective happiness score of 3.591 with a standard deviation of 1.0399. Podcast listeners have a mean Total_QOL score of 280.83 with a standard deviation of 65.120. Non-listeners have a mean Total_QOL score of 190.76 with a standard deviation of 81.090. Podcast listeners have a mean Total_M score of 47.78 with a standard deviation of 14.989. Non-listeners have a mean Total_M score of 36.13 with a standard deviation of 17.007. Correlation Analysis explanation between subjective happiness, quality of life and motivation among podcast listeners and non- listeners. Subjective happiness is positively correlated with all variables in the table, indicating that as subjective happiness increases, the other variables also tend to increase. The correlations range from 0.132 to 0.595, and all are statistically significant. The strongest positive correlation is with "Environment" ($r = 0.595$), indicating a relatively strong relationship between Subjective happiness and the fourth dimension of Quality of Life i.e Environment. Quality of Life Dimensions (Physical health, Psychological, Social relationship, Environment). Each dimension of Quality of Life is positively correlated with Subjective happiness , and all these correlations are statistically significant. The strongest correlation is between the "Psychological" second domain of quality of life and subjective happiness ($r = 0.530$), followed closely by "Environment" ($r = 0.555$). These correlations suggest that as the perception of quality of life in these dimensions increases, subjective happiness tends to increase as well. Total_QOL is positively correlated with subjective happiness ($r = 0.579$), indicating that individuals reporting higher overall quality of life also tend to report higher levels of subjective happiness. The motivation subscales (Sensory, Escape, Attention, Tangible) all show positive correlations with Subjective happiness. As motivation in these different aspects increases, so does subjective happiness. The strongest correlation is between "Escape" and subjective happiness ($r = 0.621$), followed by "Tangible" , the fourth dimension of motivation scale ($r = 0.591$). Total Motivation is positively correlated with Subjective Happiness ($r = 0.225$), indicating that individuals with higher overall motivation also tend to report higher levels of subjective happiness. Linear regression analysis reinforced these findings, showing that podcast listeners, who tend to have higher motivation levels, reported significantly higher subjective happiness and overall quality of life compared to non-listeners. The regression analysis represents the estimated value of subjective happiness when an independent variable that is total motivation is kept to be zero. Considering motivation zero the estimated value of subjective happiness is 8.387. It is to be noted that an increase of one unit motivation will increase 0.015 that is 5% in subjective happiness. The relationship between motivation and subjective happiness is statistically significant at 0.04 level. This linear regression analysis depicts the estimated value of quality of life when an independent variable that is motivation is kept zero. Assuming motivation zero the estimated value of quality of life is 39.079. Increase of 1 unit motivation will increase by 2.254 units that is 19% significant effect of motivation on quality of life. The relationship between motivation and quality of life is statistically significant at <0.01 level.

Conclusion:

In these final thoughts, we contemplate the broader significance of our research on the effect of motivation after listening to podcasts on enhancing subjective happiness and quality of life. This journey has been marked by discovery, exploration, and a deep appreciation for the transformative potential of podcast consumption. As we bring this research paper to a close, we offer some parting reflections. Our research has illuminated the remarkable role that podcasts play in the lives of millions of individuals around the world. Podcasts are not mere audio recordings; they are windows into worlds of motivation, inspiration, and personal growth. They have the power to transform mundane moments into opportunities for learning, empowerment, and joy. Motivation, as we have discovered, is not a solitary experience. It ripples through an individual's life, influencing their

subjective happiness and the overall quality of life. The motivational messages embedded in podcasts have the potential to catalyze positive change in one's outlook, behaviors, and well-being. Our study exemplifies the beautiful intersection of technology and well-being. In an age marked by rapid digital transformation, we have shown how a simple act like listening to a podcast can have a profound impact on an individual's happiness and life satisfaction. This intersection reminds us of the boundless potential for technology to serve as a force for good in our lives. Ultimately, what we seek in life is happiness. It's a universal aspiration that transcends boundaries, cultures, and backgrounds. Our research reinforces the idea that happiness is not a distant goal but a journey that can be enriched by the wisdom, stories, and insights shared through podcasts.

Limitation:

While this study provides valuable insights into the relationship between podcast-induced motivation, subjective happiness, and quality of life, it is essential to acknowledge its limitations. Recognizing these limitations helps to contextualize the findings and informs directions for future research. The study primarily focused on a relatively homogeneous sample, which may limit the generalizability of the findings to more diverse populations. The participants were predominantly of a certain age range and educational background. The study relied on self-report measures for subjective happiness and quality of life, which are inherently based on individual perceptions. These measures are subject to social desirability bias and may not fully capture objective well-being indicators. The data collection occurred at a single time point, limiting the ability to capture potential changes in motivation, subjective happiness, or quality of life over time. Podcasts encompass a wide range of topics, tones, and motivational elements. This study did not differentiate between different types of podcast content, which may have diverse effects on motivation and well-being. The study utilized a cross-sectional design, which establishes associations but does not establish causation. Future research could employ experimental or longitudinal designs to investigate causal relationships. While this study identified four motivational factors (Sensory, Escape, Attention, Tangible), the complexity of motivation cannot be fully captured by these factors alone. Motivation is multifaceted, and future research could delve deeper into its nuances. The study did not account for potential external factors that could influence motivation, subjective happiness, or quality of life. Factors like life events, social support, or concurrent interventions could play a role.

In conclusion, while this study offers valuable contributions to understanding the relationship between podcast-induced motivation and well-being, these limitations underscore the need for further research to refine and expand upon these findings. Future studies can address these limitations to provide a more comprehensive understanding of the complex interplay between podcast consumption, motivation, and well-being.

Recommendation :

Building upon the findings and limitations of this study, several recommendations for future research directions emerge, providing opportunities to deepen our understanding of the relationship between podcast-induced motivation and well-being. These recommendations encompass a range of research methods and areas of investigation. Conduct longitudinal studies to explore the long-term effects of podcast-induced motivation on subjective happiness and quality of life. Tracking changes over extended periods can reveal how sustained exposure to motivational content influences well-being. Undertake content analyses of motivational elements within podcasts. Identify specific content features, storytelling techniques, and narrative structures that trigger motivation and their subsequent impact on listeners' well-being. Design and implement experimental interventions using podcasts as motivational tools. Compare the well-being outcomes of participants who engage with motivational podcast content against control groups to establish causal relationships. Investigate how podcast-induced motivation and its impact on well-being vary across diverse demographic groups, including age, ethnicity, socioeconomic status, and geographic location. Understand how cultural contexts influence these dynamics. Incorporate detailed engagement metrics related to podcast consumption, such as frequency, duration, and intensity of listening sessions. Analyze how different patterns of engagement relate to motivation and well-being outcomes. Differentiate between various podcast content categories (e.g., educational, entertainment, self-help) and explore how each category influences motivation and well-being.

differently. Examine the role of content alignment with individual interests. Conduct qualitative research to gain an in-depth understanding of the complexity of motivation within the context of podcast consumption. Explore listeners' intrinsic and extrinsic motivations, as well as the interplay between different motivational factors. Supplement self-report measures of well-being with objective indicators, such as physical health, financial stability, and social connections. Investigate how podcast-induced motivation may influence both subjective and objective well-being.

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