

Capstone Project

Decision Fatigue in Everyday Life Among Young Adults and the Role of Behavioural Economics

by

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OUTLINE

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1. INTRODUCTION

Decision Fatigue:

- **Definition:** The decline in decision quality after prolonged decision-making.
- **Impact:** Particularly relevant for youth aged 18 to 30 facing critical choices in education, career, relationships, and finances.
- **Consequences**: Leads to impulsive decisions and reliance on mental shortcuts, resulting in poor outcomes like overspending and neglecting savings.

Objectives of the Project:

- **Evaluate Awareness**: Assess the understanding of decision fatigue among young adults aged 18 to 30, vulnerable to decision fatigue due to overwhelming choices.
- **Address Research Gaps**:
  - Design experiments focused on the impact of decision fatigue on choices in:
    Career, Finance, Social Media, and Health

- **Assess Effectiveness**: Evaluate the effectiveness of behavioral economics strategies in reducing decision fatigue and enhancing decision-making in the identified areas.

1.1 Issues of Decision Fatigue

Mental Energy Decline: As mental energy decreases, individuals tend to make hasty, impulsive decisions to minimize further strain.

Choice Overload: An excess of options can lead to procrastination and indecision, complicating the decision-making process.

Consequences of Impulsivity: Decision fatigue can result in significant life impacts, such as impulsive eating and unhealthy lifestyles, as well as overspending.

Emotional Exhaustion: This fatigue is linked to increased stress, frustration, and burnout, contributing to emotional exhaustion.

I**mpact on Relationships**: Decision fatigue can drain personal relationships, causing individuals to feel less engaged and potentially projecting their anxiety onto others.

1.2 Role of Behavioral Economics in Managing Decision Fatigue

•**Cognitive Biases**: Behavioral Economics (BE) examines how cognitive biases affect decision-making, particularly under fatigue:

- **Status Quo Bias**: Preference for familiar choices, leading to inaction.
- **Anchoring Bias**: Overemphasis on initial information, skewing judgment.
- **Loss Aversion**: Increased risk aversion when mentally exhausted.

•**Choice Architecture**:

- **Simplification**: Well-structured choices reduce decision fatigue.
- **Nudges**: Subtle prompts guide individuals toward better decisions.
- **Pre-commitment**: Encourages planning to alleviate future decision strain.

•**Strategic Timing**:

- Make decisions when mental energy is high.
- Break complex decisions into smaller, manageable parts to minimize cognitive overload.

2. Methodology

- **The Decisional Fatigue Scale** has been developed - consisting of ten randomly selected statements designed to evaluate various dimensions of decision-making challenges.
  - To better contextualize decisional fatigue, the scale is applied across four distinct life domains: **Career, Finance, Social Media and Health**.
- The data is collected from **40** different individuals/respondents- with opinions stated by the respondents/individuals regarding their Decision Fatigue.

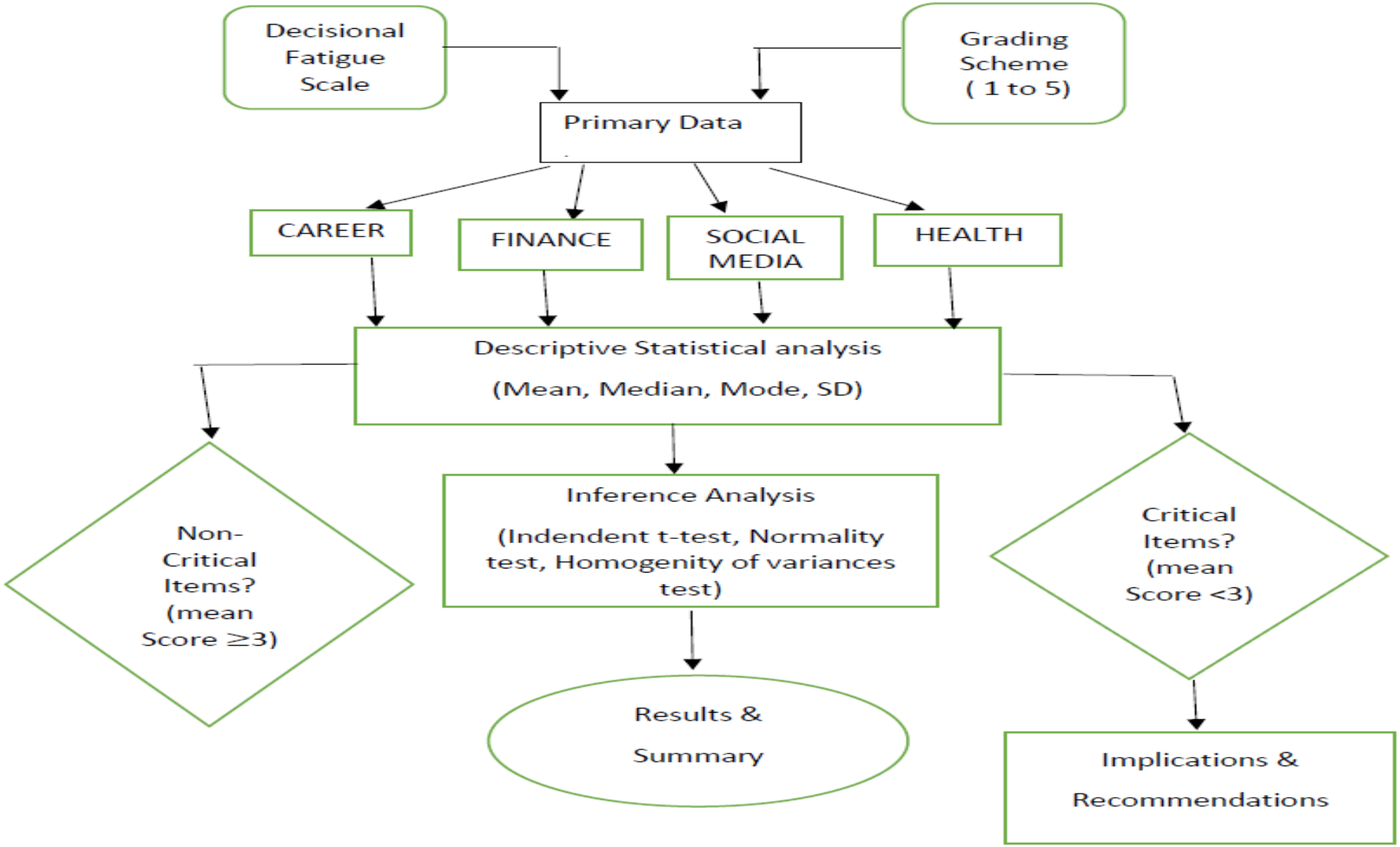
Gender Based Distribution of Responders

Gender	Frequency	Percentage
Male	25	62.50
Female	15	37.50
Total	**40**	**100**

- **Proper Likert Scale is used**.

Frequency:	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Point Conversion:	1	2	3	4	5

Experimental Design Flow chart
For Pre-inventional phase



Study Design:

Type: Randomized Controlled Trial (RCT).

- **Pretest-Posttest Design**: Assess participants before and after the intervention.
- **Independent Variable**: Participation in the mindfulness-based stress reduction (MBSR) program.
- **Dependent Variables**:
  - Self-reported decision fatigue (using a validated scale).
  - Performance on a decision-making task (e.g., Statistical and Inferential methods).

Procedure:

1. **Pre-Intervention Phase**:
   - Participants complete a baseline assessment of decision fatigue using a validated questionnaire (e.g., Decision Fatigue Scale).
   - Random assignment to:
     - **Intervention Group**: Workshop, Talks and Materials.
     - **Control Group**: Educational videos unrelated to **Behavioural Economics**.
2. **Intervention Phase**:
   - **Duration**: 4 weeks.
   - **Intervention Group**: Attend weekly Workshop sessions, Talks and Discussions
   - **Control Group**: Watch 30-minute educational videos weekly on general health topics, with no **Behavioural Economics** content.
3. **Post-Intervention Phase**:
   - Both groups retake the decision fatigue questionnaire.

3. RESULTS (PRE- INTERVENTION)

	N	Missing	Mean	Median	Mode	SD	Min.	Max.
C1 - 5 Rated Scale	40	0	3.60	4.00	4.00	1.30	1	5
C2 - 5 Rated Scale	40	0	2.98	3.00	2.00	1.31	1	5
C3 - 5 Rated Scale	40	0	3.52	4.00	5.00	1.30	1	5
C4 - 5 Rated Scale	40	0	3.63	4.00	5.00	1.31	1	5
C5 - 5 Rated Scale	40	0	3.00	3.00	2.00	1.26	1	5
C6 - 5 Rated Scale	40	0	4.13	5.00	5.00	1.14	1	5
C7 - 5 Rated Scale	40	0	2.95	3.00	3.00	1.01	1	5
C8 - 5 Rated Scale	40	0	2.98	3.00	3.00	1.25	1	5
C9 - 5 Rated Scale	40	0	3.63	4.00	5.00	1.25	1	5
C10 - 5 Rated Scale	40	0	3.33	4.00	4.00	1.29	1	5

	N	Missing	Mean	Median	Mode	SD	Min.	Max.
F1 - 5 Rated Scale	40	0	3.42	3.00	3.00[a]	0.874	2	5
F2 - 5 Rated Scale	40	0	3.13	3.00	4.00	1.067	1	5
F3 - 5 Rated Scale	40	0	3.17	3.00	3.00	1.259	1	5
F4 - 5 Rated Scale	40	0	3.35	3.00	4.00	1.189	1	5
F5 - 5 Rated Scale	40	0	2.90	3.00	3.00	1.194	1	5
F6 - 5 Rated Scale	40	0	3.92	4.00	5.00	1.207	1	5
F7 - 5 Rated Scale	40	0	2.95	3.00	3.00	0.986	1	5
F8 - 5 Rated Scale	40	0	2.88	3.00	3.00	1.202	1	5
F9 - 5 Rated Scale	40	0	3.58	4.00	5.00	1.259	1	5
F10 - 5 Rated Scale	40	0	3.30	3.00	3.00	1.067	1	5

	N	Missing	Mean	Med.	Mode	SD	Min.	Max.
S1 - 5 Rated Scale	40	0	3.10	3.00	4.00	1.13	1	5
S2 - 5 Rated Scale	40	0	3.15	3.00	4.00	1.12	1	5
S3 - 5 Rated Scale	40	0	3.50	4.00	4.00	1.24	1	5
S4 - 5 Rated Scale	40	0	3.35	3.00	5.00	1.33	1	5
S5 - 5 Rated Scale	40	0	3.27	3.00	3.00	1.18	1	5
S6 - 5 Rated Scale	40	0	3.92	4.00	5.00	1.07	1	5
S7 - 5 Rated Scale	40	0	3.02	3.00	3.00	1.10	1	5
S8 - 5 Rated Scale	40	0	3.13	3.00	3.00	1.04	1	5
S9 - 5 Rated Scale	40	0	3.27	3.00	3.00	1.26	1	5
S10 - 5 Rated Scale	40	0	3.33	3.00	4.00	1.07	1	5

	N	Missing	Mean	Med.	Mode	SD	Min.	Max.
H1 - 5 Rated Scale	40	0	3.27	3.00	3.00	1.26	1	5
H2 - 5 Rated Scale	40	0	3.27	3.00	4.00	1.22	1	5
H3 - 5 Rated Scale	40	0	3.48	4.00	4.00	1.24	1	5
H4 - 5 Rated Scale	40	0	3.58	4.00	4.00[a]	1.32	1	5
H5 - 5 Rated Scale	40	0	3.08	3.00	3.00	1.23	1	5
H6 - 5 Rated Scale	40	0	4.03	4.00	5.00	1.12	1	5
H7 - 5 Rated Scale	40	0	2.98	3.00	3.00	1.07	1	5
H8 - 5 Rated Scale	40	0	3.10	3.00	3.00	1.10	1	5
H9 - 5 Rated Scale	40	0	3.50	4.00	5.00	1.28	1	5
H10 - 5 Rated Scale	40	0	3.42	4.00	4.00	1.24	1	5

ID	C SUM	F SUM	S SUM	H SUM
ID 001	40	43	43	43
ID 002	30	33	35	36
ID 003	24	27	32	25
ID 004	50	47	49	48
ID 005	37	35	32	38
ID 006	27	27	34	27
ID 007	27	25	29	33
ID 008	28	26	31	34
ID 009	32	30	29	36
ID 010	20	23	25	22
ID 011	23	27	26	23
ID 012	32	30	31	32
ID 013	30	30	30	31
ID 014	40	40	39	39
ID 015	30	31	34	32
ID 016	37	34	37	26
ID 017	36	34	35	44
ID 018	29	28	25	25
ID 019	18	30	44	26
ID 020	29	27	26	28
ID 021	36	36	36	35
ID 022	37	38	37	43
ID 023	43	39	39	39
ID 024	44	21	24	42
ID 025	34	36	36	21
ID 026	33	36	34	37
ID 027	23	19	39	30
ID 028	33	30	27	30
ID 029	34	34	34	40
ID 030	38	32	32	38
ID 031	29	34	30	22
ID 032	32	40	31	33
ID 033	37	35	33	29
ID 034	40	41	43	43
ID 035	43	43	38	48
ID 036	50	35	19	50
ID 037	27	24	20	23
ID 038	32	33	32	29
ID 039	22	23	23	18
ID 040	48	48	49	50

Domain		***Key Observations***	***Implications***	***Recommendations***
Career	I2: Difficulty Concentrating on Decisions **Mean**: 2.98 | **Median**: 3.00 | **Mode**: 2.00 | **SD**: 1.31	The mean score of 2.98 indicates a moderate to high level of difficult, and a relatively high standard deviation reflects diverse experiences among participants	Concentration challenges can lead to impaired judgment, errors, or procrastination in critical decision-making scenarios.	Cognitive Enhancement Programs, Environmental Modifications, and Periodic Breaks
	I5: Effort in Decision-Making **Mean**: 3.00 | **Median**: 3.00 | **Mode**: 2.00 | **SD**: 1.26	The mean score near "Neutral" suggests a split between participants who struggle and those who cope well, and the relatively low standard deviation implies consistent patterns of experience among respondents	Excessive effort in decision-making can deter individuals from engaging with critical career choices, resulting in delays or missed opportunities.	Streamlining Decision Processes, Delegation Strategies, and Skill Development

I7: Making Decisions Quickly **Mean**: 2.95 | **Median**: 3.00 | **Mode**: 3.00 | **SD**: 1.01	The mean score indicates moderate difficulty, with responses skewed towards "Neutral", and a lower standard deviation reflects relatively uniform experiences across participants.	Time pressure exacerbates decisional fatigue, potentially leading to errors or regrets in career-related choices.	Time Management Training, Reflective Practices, and Decision Support Systems
I8: Indecisiveness in Choosing Options **Mean**: 2.98 | **Median**: 3.00 | **Mode**: 3.00 | **SD**: 1.25	The mean and median scores suggest moderate difficulty, with variability reflected in the standard deviation	Persistent indecisiveness can hinder career progress, contributing to missed opportunities and long-term dissatisfaction	Choice Architecture, Confidence-Building Interventions, and Decision Evaluation Tools

Domain		*Key Observations*	*Implications*	*Recommendations*
Finance	I2: Difficulty Concentrating on Financial Decisions **Mean**: 2.98 | **Median**: 3.00 | **Mode**: 2.00 | **SD**: 1.31	Moderate to high difficulty levels are reflected in the mean score, and High variability suggests a broad spectrum of experiences among participants.	Impaired concentration can lead to suboptimal financial choices, errors, or procrastination, particularly in high-stakes decisions.	Cognitive Training , Distraction-Free Environments , and Break Schedules
	I5: Excessive Effort in Decision-Making **Mean**: 3.00 | **Median**: 3.00 | **Mode**: 2.00 | **SD**: 1.26	Mean scores indicate mixed experiences, with some participants struggling while others cope effectively, and Low variability points to consistent patterns in participants' perceptions.	Excessive effort can deter individuals from engaging in financial decisions, leading to delays or missed opportunities.	Simplified Decision Frameworks , Shared Decision-Making , and Training Programs

	I7: Hasty Financial Decision-Making **Mean**: 2.95 | **Median**: 3.00 | **Mode**: 3.00 | **SD**: 1.01	Moderate difficulty levels are reflected in the mean score, and Low variability indicates uniform experiences among respondents.	Time pressure exacerbates decisional fatigue, often leading to impulsive or poorly considered financial outcomes.	Time Management Workshops , Reflective Practices, and Technology Integration

Domain		*Key Observations*	*Implications*	*Recommendations*
Social Media	I7: Difficulty in Disengaging **Mean**: 3.02 | **Median**: 3.00 | **Mode**: 3.00 | **SD**: 1.10	A moderate mean score reflects significant challenges, though not as pronounced as cognitive overload or decision paralysis, and Lower SD values indicate consistent difficulties across participants.	Prolonged engagement can lead to exhaustion, disrupt work-life balance, and exacerbate decisional fatigue. .	Behavioral Nudges, Gamification of Breaks, and Usage Analytics

Domain		*Key Observations*	*Implications*	*Recommendations*
Health	I5: Physical Exhaustion **Mean**: 3.08 | **Median**: 3.00 | **Mode**: 3.00 | **SD**: 1.23	The mean score reflects mild physical fatigue experienced by most respondents, and Consistent median and mode values indicate uniformity in perceived exhaustion levels.	Physical exhaustion can hinder productivity, reduce physical health outcomes, and increase susceptibility to stress-related conditions. .	Physical Activity Breaks, Workload Balancing, and Nutritional Interventions
	I7: Lack of Motivation **Mean**: 2.98 | **Median**: 3.00 | **Mode**: 3.00 | **SD**: 1.07	A low mean score signals a prevalent lack of drive to prioritize health-related actions, and Minimal variability suggests uniformity in respondents' struggles with motivation.	Sustained demotivation may lead to neglect of essential health practices, exacerbating long-term physical and mental health challenges.	Behavioral Activation Programs, Incentive-Based Engagement, and Community Support Groups

I8: Disengagement **Mean**: 3.10 | **Median**: 3.00 | **Mode**: 3.00 | **SD**: 1.10	Moderate mean and median scores indicate a notable issue with active participation in health-related activities, and Relatively low variability reflects a commonality in disengagement tendencies among respondents.	Disengagement from health management can lead to neglect of preventive measures and exacerbate existing health conditions.	Gamified Health Tracking, Interactive Workshops, and Targeted Communication

Comparison of Decision Fatigue Between Genders

Null Hypothesis (H_o): ($\mu_{MALE} = \mu_{FEMALE}$)

Alternative Hypothesis (H_a): ($\mu_{MALE} \neq \mu_{FEMALE}$).

Independent Samples T-Test

		Statistic	df	p	Mean difference	SE difference	Effect Size	
C SUM	Student's t	-0.822	38.0	0.416	-2.107	2.56	Cohen's d	-0.2684
F SUM	Student's t	-0.854	38.0	0.398	-1.920	2.25	Cohen's d	-0.2790
S SUM	Student's t	0.219	38.0	0.827	0.507	2.31	Cohen's d	0.0717
H SUM	Student's t	-0.282	38.0	0.780	-0.800	2.84	Cohen's d	-0.0921

Observation:

1. **C Variable (C SUM):**
   - **t(38) = −0.822**, **p = 0.416**: Since the p-value (0.416) is greater than 0.05, we **fail to reject the null hypothesis**. There is no statistically significant difference between males and females for the C variable.
1. F Variable (F SUM):
   - **t(38) = −0.854**, **p = 0.398**: Since the p-value (0.398) is greater than 0.05, we **fail to reject the null hypothesis**. There is no statistically significant difference between males and females for the F variable.

Comparison of Decision Fatigue Between Married and Unmarried Individuals

1 Independent Samples T-Test

		Statistic	df	p	Mean difference	SE difference		Effect Size
C SUM	**Student's t**	-0.861	38.0	0.394	-2.467	2.86	Cohen's d	-0.3145
F SUM	**Student's t**	-0.105	38.0	0.917	-0.267	2.54	Cohen's d	-0.0384
S SUM	**Student's t**	0.860	38.0	0.395	2.200	2.56	Cohen's d	0.3140
H SUM	**Student's t**	-0.719	38.0	0.477	-2.267	3.15	Cohen's d	-0.2624

Note. H_a $u_{nmarried} \neq m_{arried,}$ Source :- Primary Data

1. C Variable (C SUM):

t(38) = −0.861, p = 0.394: The p-value (0.394) is greater than 0.05, so we **fail to reject the null hypothesis**. There is no statistically significant difference between unmarried and married participants for the C variable

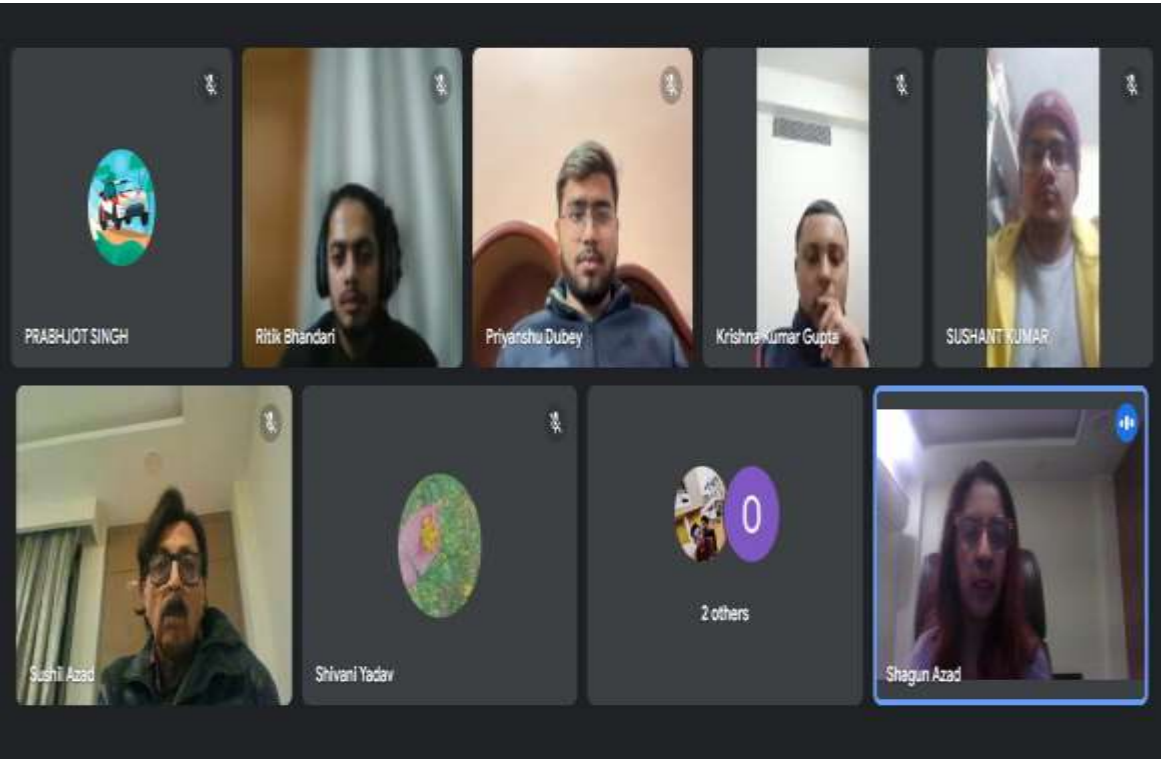
1. H Variable (H SUM):

- **t(38) = −0.719, p = 0.477**: The p-value (0.477) is greater than 0.05, so we **fail to reject the null hypothesis**. There is no statistically significant difference between unmarried and married participants for the H variable.

INTERVENTION PHASE

Intervention group attended workshop, talks and practical training based on Behavioural Economics recommendations

Control group were sent videos on general health awareness, finance management, and social media.



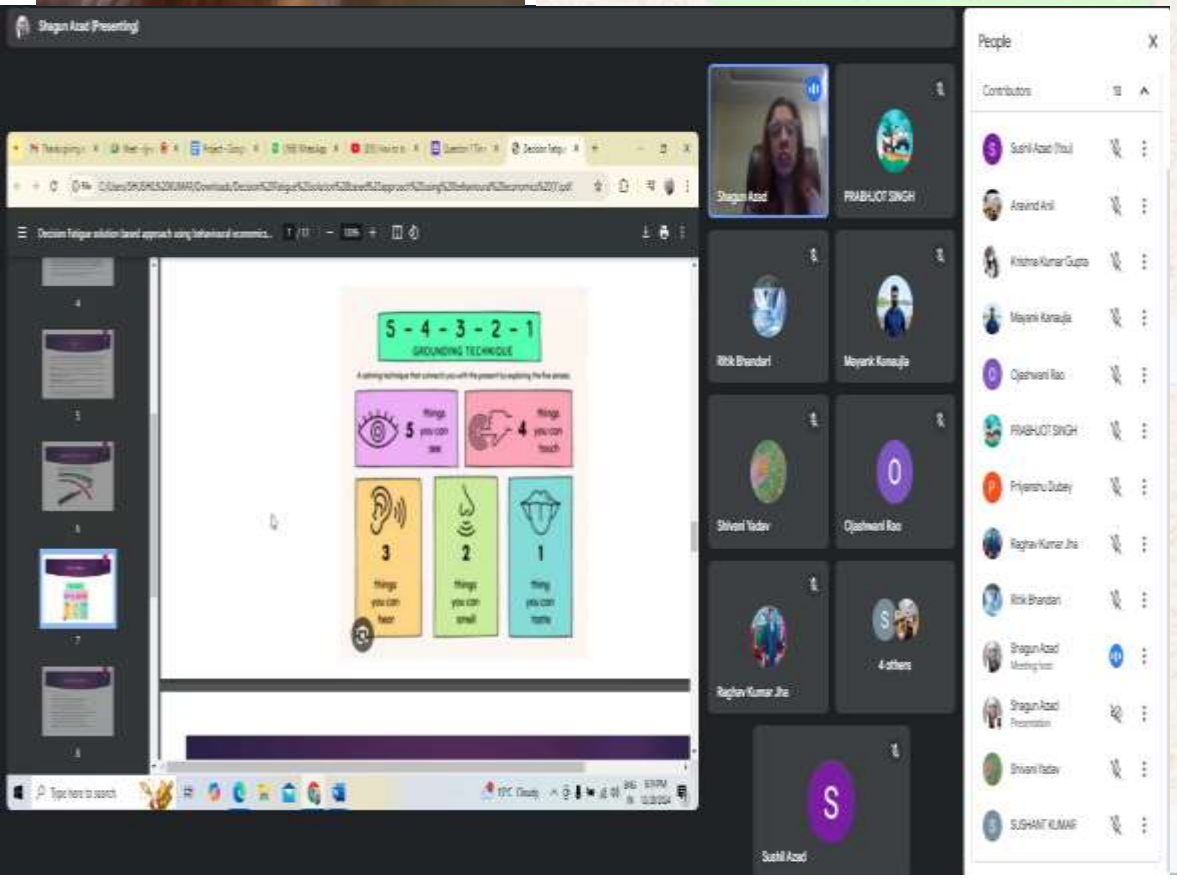




Hello good evening mam
I'm Ojashwani Rao
It was a great learning. This would actually help me in my future prefinal year projects and also in decision making.
Thankyou so much 18:48

Thank you! 18:54

Thankyou so much mam 18:56



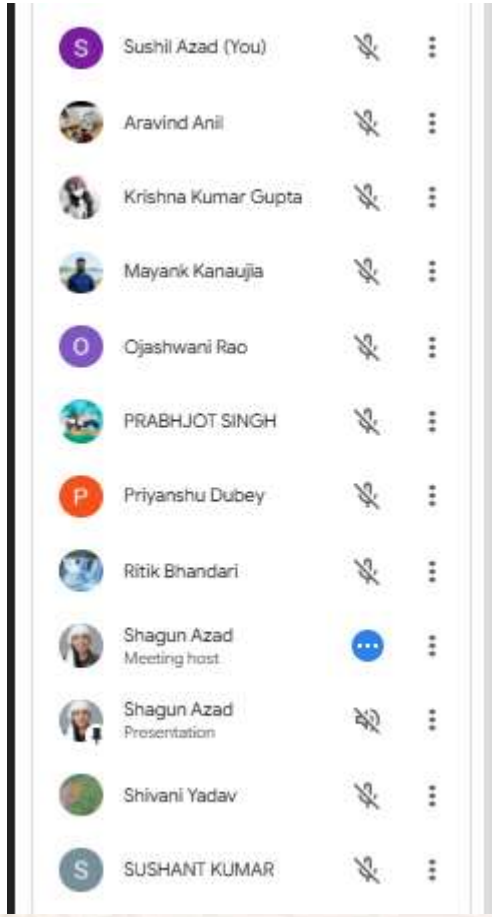
1 unread message

The workshop on Decision Making and Decision Fatigue was very helpful and easy to follow. It explained practical ways to make better decisions and avoid the stress of handling too many choices. The tips on prioritizing tasks and conserving energy for important decisions were especially useful.

The real-life examples and interactive activities made the session engaging and enjoyable. You explained everything in a simple and relatable way, which made it easy to understand.

Overall, it was an excellent session, and I gained valuable insights that I can apply in everyday life. Thank you for organizing such a meaningful workshop! 19:10

Message



ok ma'am 18:49

first a fall Thank you ma'am, for the session. The PPT was clear and informative, and it helped me understand the concept better. The examples and case study made it engaging. Overall, it was a great learning experience! 18:50

Message

ATTENDANCE SHEET (Nov. 21, 2024)

Lecture on: "Decision Fatigue & Role of Behavioural Economics"

2:00 p.m. – 4:00 p.m.
Room – A-213

by Dr. Nudrat Jahan, Associate Professor, K. R. Mangalam University

Hosted by: Shagun Azad, student, Evidentia University, Florida, U.S.A.

IDs	Signature	Remarks/Feedback
ID 1	Rishita	I think I can take better decision now. I learned about cognitive biases and their effect on decision making
ID 2	Khushi	
ID 3	Gaurav	→ It was a good talk and I enjoyed
ID 4	Aryan	→ I came to know about BE in day to day life
ID 5	Sandhya	→ I think this talk is effective, and will change my life
ID 6	Rohan	→ I learned on BE first time
ID 7	KESHAV	→ This lecture was effective
ID 8	Kartikey	→ It was a good talk on decision making.
ID 9	N	→ we talked on BE and decision making, I loved this session.
ID 10	Mannat	→ This lecture is really very effective for me.
ID 11	Hasan	→ I think this lecture will change my life in taking decisions.
ID 12	Sahil	→ I learned BE and take better decision making
ID 13	Sanay	→ It was a New thing for me. I learned a lot

IDs	Signature	Remarks/Feedback
ID 14	Tejas	I enjoyed the talk & my decision making will improve.
ID 15	Aayush	→ The talk was knowledgable & wonderful.
ID 16	Aryan	→ I enjoyed the practical part of decision making.
ID 17	Harshit	→ I enjoyed the BE and It will help me in decision making in my life.
ID 18	→ Rohan	
ID 19	Pratanshu	→ I think this choice has made my life better.
ID 20	Devanshi	After the talk I think I can take better decision in my life.
ID 21	Dhruv Kumar	First time I came to know subject 'BE' and its importance in decision making. I think this talk is going to help in my decision making.
ID 22	DL	→ I enjoyed the practical part of 'BE', specially on finance & health.
ID 23	Dipak	→ It was very useful lecture on decision fatigue 'BE' and on decision making, specially on career, health, social media.

POST- INTERVENTION RESULTS:

	C1	C2	C3	C4	C5	C6	C7	C8	C9	C10
N	22	22	22	22	22	22	22	22	22	22
Missing	1	1	1	1	1	1	1	1	1	1
Mean	**3.00**	**3.18**	**3.00**	**3.05**	**3.32**	**3.59**	**3.05**	**2.91**	**3.05**	**3.18**
Median	3.00	3.50	3.00	3.00	4.00	4.00	3.50	3.00	3.00	3.50
Mode	4.00	4.00	3.00	4.00	4.00	5.00	4.00	4.00	4.00	4.00
Standard deviation	1.15	1.22	1.31	1.13	1.17	1.33	1.29	1.23	1.25	1.37
Minimum	1	1	1	1	1	1	1	1	1	1
Maximum	5	5	5	5	5	5	5	5	5	5

	F1	F2	F3	F4	F5	F6	F7	F8	F9	F10
N	22	22	22	22	22	22	22	22	22	22
Missing	1	1	1	1	1	1	1	1	1	1
Mean	**3.00**	**3.14**	**3.23**	**3.09**	**3.09**	**3.14**	**2.73**	**2.86**	**2.95**	**2.86**
Median	3.00	4.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00	3.00
Standard deviation	1.23	1.25	1.02	0.921	1.02	1.36	1.35	1.04	1.13	1.28
Minimum	1	1	1	1	1	1	1	1	1	1
Maximum	5	5	5	4	4	5	4	4	4	4

	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10
N	22	22	22	22	22	22	22	22	22	22
Missing	0	0	0	0	0	0	0	0	0	0
Mean	**3.00**	**3.09**	**3.23**	**3.09**	**3.23**	**3.45**	**3.14**	**3.23**	**3.14**	**3.09**
Median	3.50	3.00	3.00	3.00	3.50	4.00	3.00	3.00	3.50	4.00
Standard deviation	1.31	0.868	0.973	1.06	1.07	1.26	1.13	0.752	1.25	1.19
Minimum	1	1	1	1	1	1	1	1	1	1
Maximum	5	4	5	4	5	5	5	4	5	4

	H2	H3	H4	H5	H6	H7	H8	H9	H10	H1
N	22	22	22	22	22	22	22	22	22	22
Missing	0	0	0	0	0	0	0	0	0	0
Mean	**2.82**	**3.14**	**3.32**	**3.09**	**2.95**	**3.27**	**3.18**	**3.05**	**3.23**	**3.00**
Median	3.00	3.00	4.00	3.50	3.00	3.50	3.00	3.50	4.00	3.00
Standard deviation	1.22	0.941	0.894	1.11	1.29	1.08	1.05	1.21	1.23	1.15
Minimum	1	1	1	1	1	1	1	1	1	1
Maximum	4	5	4	4	5	5	5	5	5	5

Pre vs Post- Interventions results

Descriptives comparison(Pre-Intervention vs Post-Intervention)

Descriptives (Pre-Intervention data : B, C, D, E; Post-Intervention data: F, G, H, I)

	B	F	C	G	D	H	E	I
N	22	22	22	22	22	22	22	22
Missing	0	0	0	0	0	0	0	0
Mean	**31.8**	**31.3**	**30.8**	**30.1**	**32.4**	**31.6**	**31.7**	**31.1**
Median	30.5	32.5	33.0	28.0	32.0	32.5	33.0	31.5
Standard deviation	7.03	9.07	6.23	8.05	4.65	6.91	7.04	7.45
Minimum	18	18	19	16	23	18	18	17
Maximum	46	47	40	40	39	41	44	41

(B, F = C-SUM, C, G = F-SUM, D, H = SM-SUM, E, I = H-Sum)

Paired Samples T-Test

Paired Samples T-Test

			statistic	df	p	Mean difference	SE difference		Effect Size
B	F	Student's t	0.271	21.0	0.789	0.455	1.68	Cohen's d	0.0578
C	G	Student's t	0.459	21.0	0.651	0.682	1.48	Cohen's d	0.0979
D	H	Student's t	0.613	21.0	0.547	0.818	1.33	Cohen's d	0.1307
E	I	Student's t	0.281	21.0	0.782	0.636	2.27	Cohen's d	0.0598

Note. H_a $\mu_{\text{Measure 1 - Measure 2}} \neq 0$

1. Comparsion of pre-control data and Post-control data results

Descriptives (pre-control data vs post-control data)

Descriptives

	B	F	C	G	D	H	E	I
N	18	18	18	18	18	18	18	18
Missing	0	0	0	0	0	0	0	0
Mean	**30.3**	**30.1**	**29.8**	**30.8**	**31.0**	**31.9**	**30.4**	**31.5**
Median	30.0	30.5	28.5	32.0	30.0	30.5	31.0	31.5
Standard deviation	7.22	6.85	5.82	5.29	6.22	6.12	7.06	5.82
Minimum	16	14	23	23	22	23	21	23
Maximum	45	41	43	40	44	43	43	42

Paired Samples T-Test

Paired Samples T-Test

			statistic	df	p	Mean difference	SE difference		Effect Size
B	F	Student's t	0.455	17.0	**0.655**	0.222	0.489	Cohen's d	**0.107**
C	G	Student's t	-2.222	17.0	**0.040**	-1.000	0.450	Cohen's d	**-0.524**
D	H	Student's t	-2.161	17.0	**0.045**	-0.889	0.411	Cohen's d	**-0.509**
E	I	Student's t	-2.602	17.0	**0.019**	-1.111	0.427	Cohen's d	**-0.613**

Note. H_a $\mu_{\text{Measure 1 - Measure 2}} \neq 0$

Conclusion

Pre-Intervention Analysis:

- Participants reported moderate levels of decision fatigue, with mean scores around **3.00**.
- Variability in experiences indicated by standard deviations ranging from **0.75 to 1.37**, showing individual differences.
- Median scores clustering around **3.00 to 4.00** reflect neutral to slightly negative perceptions, highlighting consistent moderate fatigue across career, finance, social media, and health.

•**Need for Interventions**: Findings underscore the necessity for targeted interventions to manage decision fatigue and enhance overall well-being.

Post-Intervention Analysis:

- The intervention group (22 participants) showed improved performance on decision-making tasks post-intervention.
- Results indicate that behavioral economics strategies significantly enhanced the physical and mental quality of life in young adults.

Thanks

Any Question?