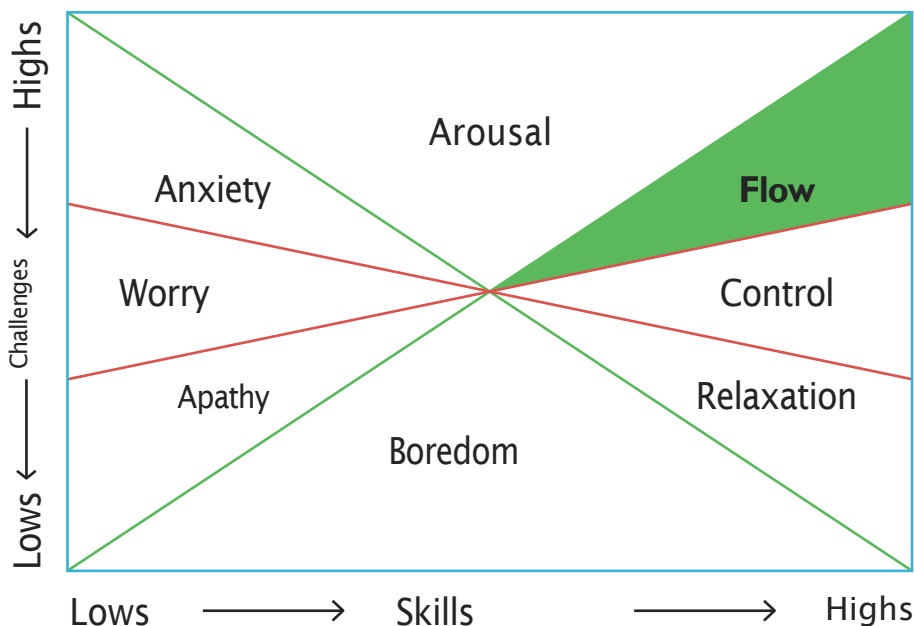


Affective and motivational variables

These variations correspond to the same variables of motivational studies and depend on the following: **Area of application, subjective perception of goals, and short-term intentions.**



The flow state is produced when a person's capacities are involved in facing a challenge; generally, it implies a balance between que capacity to act and the opportunities for action.



Flow chart according to challenge and abilities

Sources: Adapted from Massimini & Carli, 1988; Csikszentmihalyi, 1998. This representation has been revised over the years, as empirical findings require questioning initial hypothesis.

As observed in the chart proposed by Csikszentmihalyi, flow states or optimal experiences happen then the variables of **challenges** and **abilities** are high. The combination of those variable can genetare different emotional states; for example, if the challenges are too high and the abilities too low, it produces anxiety. On the contrary, if the challenges are too low and the abilities too high, it produces boredom or relaxation.

This chart also indicates that flow leads to personal growth. For example, if a person is in the middle part of the chart, in a state of arousal or excitement, they do not have all the capacities to face a challenge; however if they have the intention to face a challenge, they must increase their abilities or acquire new knowledge.

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