

# **Introduction to Flow Theory and Its Related Issues**

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Flow theory was first developed in the field of psychology during 1970's. Based on the results of mass observations, this theory describes antecedents and consequences of flow dimensions that an individual experiences during optimal moments, such as the preconditions, the experiences, and the intrinsic motivations. Having been verified by many empirical studies and been applied to diverse fields, flow theory is now required further explorations as many mystery dimensions of individuals' optimal experiences remains unsolved.

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