

# Motivation and Learning

### **Meaning of Motivation:**

Motivation is derived from the word 'motive' which means a reason for doing something. Motivation is a factor which stimulates an organism for achieving a particular task. For example: If a person has a goal and for achieving that goal, he puts all his effort. The driving force that stimulates a person for on that particular task to achieve the goal is known as motivation. Thus, We can say that motivation is the process of activating, maintaining and directing behaviour towards a particular goal, and it is necessary to have a goal here.

### **Definition of Motivation:**

According to **Good**, "Motivation is the process of arousing, sustaining and regulating activity"

### **Characteristics of Motivation:**

1. Motivation is derived when the need emerges.
2. Motivation is a goal-oriented process.
3. Motivation is a dynamic process.
4. Motivation increases the efficiency of a child.
5. Motivation may be positive or negative
6. It may be external or internal also.

### **Types of Motivation:**

Motivation is of two types:

- **Intrinsic motivation:** Intrinsic motivation generates within the behaviour of the individual intrinsically. An intrinsically motivated individual needs no rewards for its encouragement for attaining a particular goal.
- **Extrinsic motivation:** an individual's behaviour when driven by external rewards such as money, fame, grades, incentives etc. is known as extrinsic motivation.

### **Motivation theories:**

**Instinct Theory of Motivation:** According to this theory all organism has some innate system that helps an organism to survive and these systems are only driven for their behaviour. For example, Sucking instinct in newborn babies that helps them to obtain nourishment from mothers' breast.

**Incentive theory:** This theory states that people are motivated to do things due to external rewards. For example, a person goes to the office for work because in return he gets a monetary reward for each day's work.

**Drive theory:** This theory states that an organism born with certain psychological needs and if these needs are not satisfied, it creates some tension in an organism and once these needs satisfied, the drive gets reduced and the organism returns to relaxed mode.

**Arousal theory of motivation:** According to this theory each person has its own level of arousal that is right for them and when that arousal levels fall below the personal optimum level then they seek for some type of stimulation to raise them.

**Humanistic theory of motivation:** This theory is propounded by **Abraham Maslow**. This theory states that there is a hierarchy of needs in each individual. These five needs are

1. **Physiological needs:** psychological needs are the basic needs of life of an individual like air, water, food, clothing and shelter.
2. **Safety needs:** Safety needs are the needs to be safe from harm these needs include physical, environmental and emotional safety and protection.

3. **Social needs:** Social needs are the needs for love, affection, care, belongingness, and friendship etc.

4. **Esteem needs:** Esteem needs are of two kinds: Internal esteem needs self like respect, confidence, competence, achievement and freedom and External esteem needs like recognition, power, status, attention and admiration.

5. **Self-actualization need:** Self-actualization needs is a desire of an individual to become what he capable of becoming. These needs include the need for growth, development and utilization of potentials self-fulfilment.

**Expectancy theory:** This theory is developed by **Victor Vroom**. This theory states that motivation for any behaviour performed by an individual depends upon the desirability of the outcome. For example, a cricket player wants to win the world cup because he aims to win it.

### **Learning:**

Learning is the modification of behaviour. It is a continuous process and a permanent change which is acquired through practice. It does not involve change due to illness, boredom, fatigue, maturation etc.

### **Nature of learning:**

1. Learning is a goal-oriented activity.
2. Learning is a continuous process and acquired through practice.
3. Learning brings some modification in behaviour.
4. Learning is an adjustment to change.
5. Learning is an improvement and organizing of experiences.

### **Principles of Motivation in learning:**

1. All learning and motivation must have a purpose or goal.
2. Learning is a composition of extrinsic as well as intrinsic rewards.
3. Learning offers activities that involve high-order thinking.
4. Curiosity is one of the important elements of learning.
5. Due to motivation in learning student work harder to achieve a particular goal.
6. During learning praise and encouragement are the perfect tools to motivate a child.
7. Learning guides the student in a specific direction that empowers or increases the confidence of the students.

### **Motivation and Learning:**

Motivation has a lot of effect on what a student learns. They are as follows:

1. Motivation directs the behaviour of an individual towards a particular goal.
2. Motivation enhances the performance of the student in learning.
3. Motivation influences the cognitive processes of learning.
4. Motivation helps a learner to understand which outcomes are strengthening and which are punishing. Thus, motivation helps in encouraging a child in both the consequences for better results.
5. Motivation helps a child to enhance the efficiency for achieving a particular goal in time.