

Motivation

Motivation is characterized as an inner burning passion that is fuelled by needs, wants, and desires and that drives a person to use both his or her physical and mental resources in order to accomplish desired goals. Motivation is conduct that is focused on achieving goals. Individuals are motivated when they anticipate that a particular course of action will likely result in the achievement of a goal and a valuable reward that meets their needs and desires.

- **Motivation Cycle**



- **Types of Motivation**

There are two different kinds of motivation: extrinsic and intrinsic.

- **Intrinsic motivation**

Self-generated factors can impact people's behaviour and lead to intrinsic motivation. External incentives do not generate it. It can manifest as motivation from the work itself when people believe their jobs are significant, engaging, and demanding and offer them a fair amount of autonomy (the ability to act), chances to succeed and grow, and the opportunity to apply and hone their talents.

- **Extrinsic motivation**

When someone is motivated by something done to them, this is known as extrinsic motivation. Rewards like incentives, raises in salary, recognition, or promotions are examples of these, as are penalties like disciplinary action, salary withholding, or criticism. Although they might be powerful and immediate, extrinsic motivators are not always long-lasting.

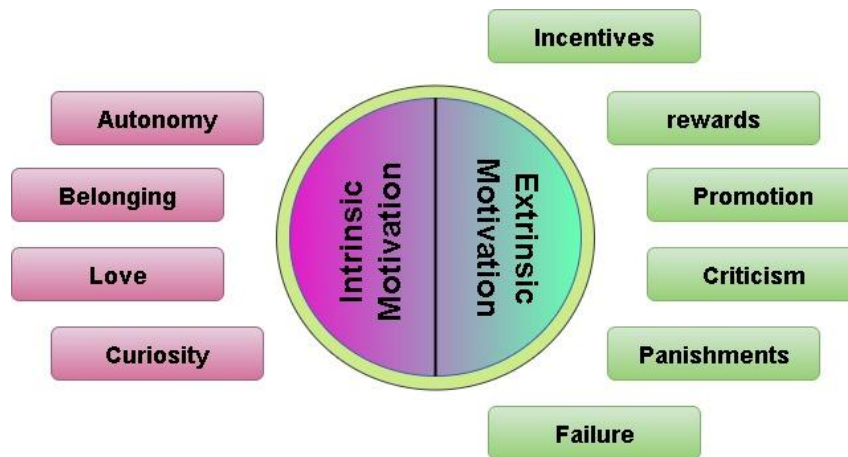


Fig. 1. Types of motivation

- **Types of Motivation**

Basis	Intrinsic Motivation	Extrinsic Motivation
Definition	Motivation that comes from within the learner.	Motivation that comes from external rewards.
Driven by	Interest, enjoyment, curiosity, personal goals.	Rewards like marks, praise, money, or punishment.
Examples	Reading a book out of interest.	Studying to get good marks or avoid punishment.
Nature	Long-lasting and self-sustaining.	Temporary; depends on external factors.
Focus	Process-oriented (focus on learning/doing).	Result-oriented (focus on outcome/reward).
Control	Internally regulated (learner's own will).	Externally regulated (controlled by others).
Teacher's Role	Create meaningful, interesting learning experiences.	Provide rewards, feedback, recognition.