

Download Understanding Motivation

Understanding Psychology

Researchers have developed a number of theories to explain motivation. Each individual theory tends to be rather limited in scope. However, by looking at the key ideas behind each theory, you can gain a better understanding of motivation as a whole. Motivation is the force that initiates, guides, and maintains goal-oriented behaviors. A Simple Understanding Of Motivation Psychology In its simplest essence, all humans will move towards what they define or believe as being pleasurable while moving away towards what they define as being painful. Whether it's arousal, incentive, self-determination, or self-actualization, understanding the motivation behind your behavior can give you the insights you need to develop your own unique pathway ...incentive approaches to motivation. Theories suggesting that motivation stems from the desire to obtain valued external goals, or incentives. cognitive approaches to motivation. Theories suggesting that motivation is a product of people's thoughts, expectations, and goals—their cognitions.