

Motivation

Initiates and energises behaviour towards

- Need
- Goal

Students typically motivated by:

- Activities enabling choice (autonomy)
- High self-efficacy (competence)
- Positive relationships (relatedness)

Intrinsic motivation

- Desire to complete tasks for its own sake
- Comes from inside the individual

Extrinsic motivation

- Desire to attain (or avoid) consequence of task
- Comes from outside the individual eg. Rewards, praise, punishment

Intrinsic motivation in the classroom

- Creates willingness to tackle tasks
- Willingness to be challenged
- Use of learning strategies
- Deeper encoding
- More enjoyment

Changes in development

- Interests/ self-efficacy stabilises
- Motivation becomes more self-directed with age
- Intrinsic motivation for schoolwork declines

Motivation is a psychological or arousal to act

- Pushed by internal physiological needs
- Pulled by external environmental incentives
- Biological arousal = heightened physiologically activity

Yerkes – Dodson Law

Aim of any tasks is to be optimal arousal

Low = boredom

High = Distraction

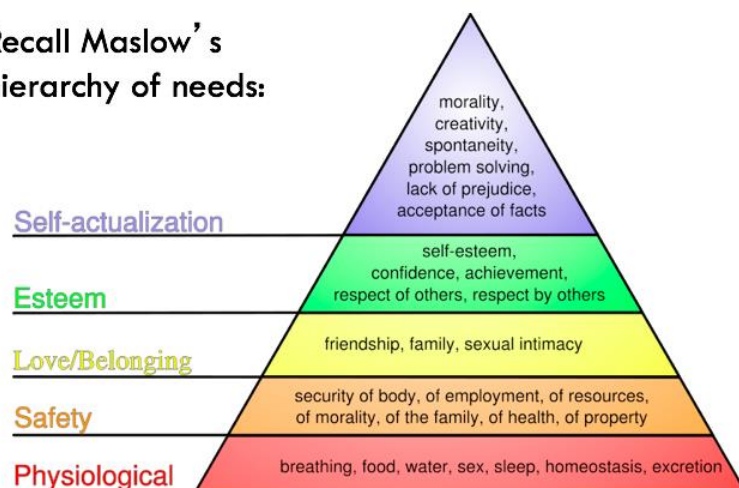
Higher arousal for simple tasks – alert focus, motivated

Lower arousal for complex tasks – calm, less anxious

Humanist Perspective

Maslow's hierarchy of needs

- Recall Maslow's hierarchy of needs:



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