



Motivation: The Driving Force Behind Action

USMAN OLAIDE HABIBAT
OLOYEDE OLUWAFEMI
ADEKUNLE TOSIN



What is Motivation

- Motivation is the process that initiates, guides, and maintains goal-oriented behaviors.
- Motivation is a psychological concept that refers to the driving force or reasons behind an individual's behavior, actions, and goals. It encompasses the internal and external factors that influence the initiation, direction, intensity, and persistence of one's actions.

Types of Motivation

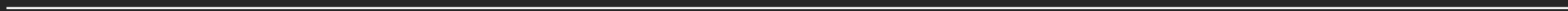
Intrinsic Motivation

- Internal motivations like personal interest, delight, and a sense of accomplishment are what drive this kind of behavior. When individuals take part in activities for their own intrinsic fulfillment rather than for external rewards, they are intrinsically motivated. For example, an artist painting a masterpiece out of pure passion and enjoyment.

Extrinsic Motivation

- Extrinsic motivation is sparked by things outside of oneself, such rewards, admiration, or avoiding punishment. Extrinsically motivated individuals work toward concrete goals or to fulfill external expectations. A student studying hard to acquire good grades or an employee putting in extra time to get a bonus are two examples.
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Components Of Motivation



Theories of Motivation

- Maslow's Hierarchy of Needs
- Expectancy-Value Theory
- Self-Determination Theory
- McClelland's Theory of Needs
- Goal-Setting Theory (Edwin Locke)
- Herzberg's Two-Factor Theory and the list goes on.



Maslow's Hierarchy of Needs

Abraham Maslow proposed a theory that suggests humans have a hierarchy of needs, ranging from basic physiological needs (like food and shelter) to higher-order psychological needs (like self-esteem and self-actualization). People are motivated to fulfill the lower-level needs before pursuing higher-level ones.

A pyramid diagram representing Maslow's Hierarchy of Needs, divided into five horizontal layers. From top to bottom, the layers are: 1. Self-actualization (blue), 2. Esteem (green), 3. Love and belonging (orange), 4. Safety needs (red-orange), and 5. Physiological needs (red). Each layer contains a title and a list of associated needs.

Self-actualization

desire to become the most that one can be

Esteem

respect, self-esteem, status, recognition, strength, freedom

Love and belonging

friendship, intimacy, family, sense of connection

Safety needs

personal security, employment, resources, health, property

Physiological needs

air, water, food, shelter, sleep, clothing, reproduction

Maslow's Hierarchy of Needs



Expectancy- Value Theory

This theory focuses on the relationships between an individual's expectations, the value they place on a task or goal, and the effort they're willing to invest. It suggests that motivation is influenced by the belief that effort will lead to successful performance and that successful performance will result in desired outcomes.

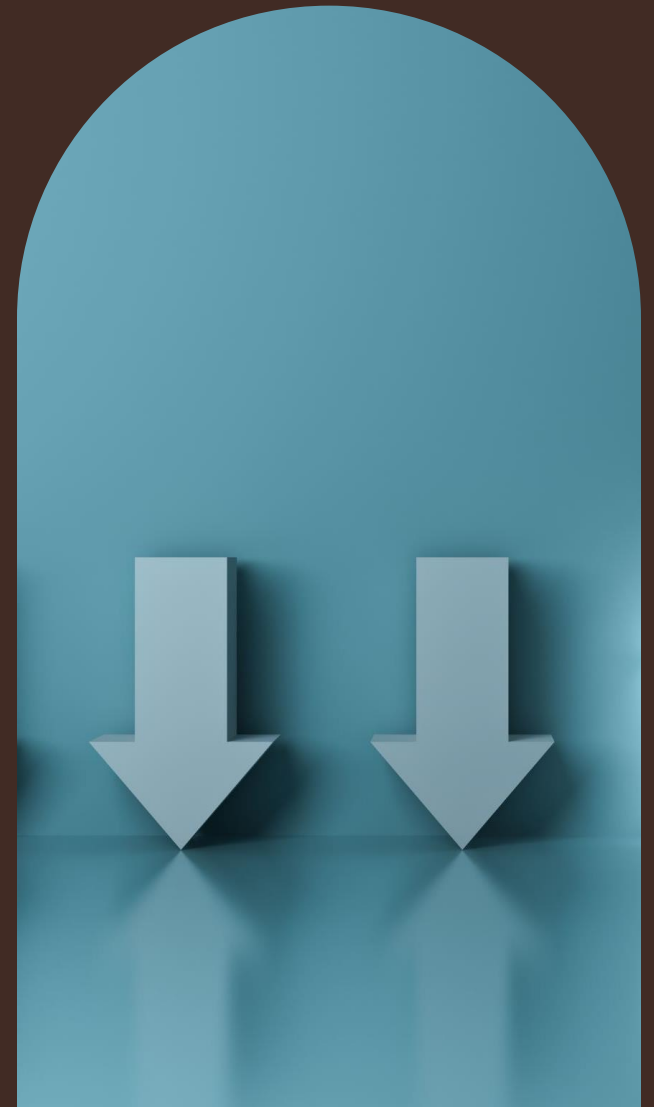


Goal-Setting Theory (Edwin Locke)

It states that individuals are motivated by setting specific challenging goals for themselves. The process of setting and achieving goals can lead increased motivation and performance

Causes of Low Motivation

- All-or-nothing thinking: If you think that you must be absolutely perfect when trying to reach your goal or there is no point in trying, one small slip-up or relapse can zap your motivation to keep pushing forward.
- Believing in quick fixes: It's easy to feel unmotivated if you can't reach your goal immediately but reaching goals often takes time.
- Thinking that one size fits all: Just because an approach or method worked for someone else does not mean that it will work for you. If you don't feel motivated to pursue your goals, look for other things that will work better for you.



Tips for Improving Your Motivation

1

Regularly review your goals and progress

2

Develop a stronger sense of self-worth, and if there are areas where you feel insecure, consider working on them so you can feel more adept and capable.

3

Break a task up into smaller, more manageable pieces if it feels too enormous or overwhelming to handle all at once. Then, focus just on completing the first step.

4

Find Mentors

Importance of Motivation

| | |
|-----------|--|
| Increase | Increase your efficiency as you work toward your goals |
| Drive | Drive you to take action |
| Encourage | Encourage you to engage in health-oriented behaviors |
| Help | Help you feel more in control of your life |
| Improve | Improve your overall well-being and happiness |



Benefits Of motivation



Effective Time Management: Motivated individuals tend to prioritize their tasks and manage their time effectively. Increased **Productivity:** Motivated individuals tend to be more productive because they are willing to invest greater effort and time into their tasks. They are focused on achieving their goals and are more likely to complete tasks efficiently.



Stress Management: Having clear goals and a sense of purpose can help individuals better manage stress. Motivation provides a positive focus, reducing the negative impact of stressors



Personal Growth and Development: Motivation drives individuals to continuously learn, develop new skills, and seek self-improvement. This continuous growth contributes to their personal and professional development.



Adaptability: Motivated individuals are often more adaptable to change. They are open to learning and adapting to new circumstances and challenges, which is crucial in today's rapidly evolving world.

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THANK
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