

## **Motivation -**

The word inspiration is derived from the English language inspiration, which is derived from the Latin motum word.

Which means to provide motion.

Motivation is an operation that stimulates the organism to action.

# Types of motivation

(1) Internal Motivation

(2) External Motivation

## (1) Intrinsic / Natural / Primary

**Motivation** – This includes the desires, aspirations, interests and thoughts of a person which stimulates him to act. It is of three types –

**(i) Psychosomatic** – It is related to body and brain like eating, drinking, work, consciousness, habit, emotion etc.

**(ii) Social**– It is related to society like affection, love, respect, knowledge, rank, reputation, fame, leadership etc.

**(iii) Personal** – interests, attitudes, religion, moral values, sports, sports, desires e.t.c.

## **Definitions -**

**Avril** - Motivation means live effort.

**Skinner** - Motivation is the highway to learning.

**Good-** Motivation is the process of starting, continuing and regularizing a task.

**Guilford** - Motivation is an internal condition or factor, which tends to initiate or sustain action

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**Friends** - Successful learning experiences inspire more learning.

**(2) External / unnatural / artificial / secondary motivation** – It is related to external environment.

Such as punishments and rewards, cooperation, maturity, goals, ideals, opportunities to participate, etc.

## **Source of motivation**

(1) Need

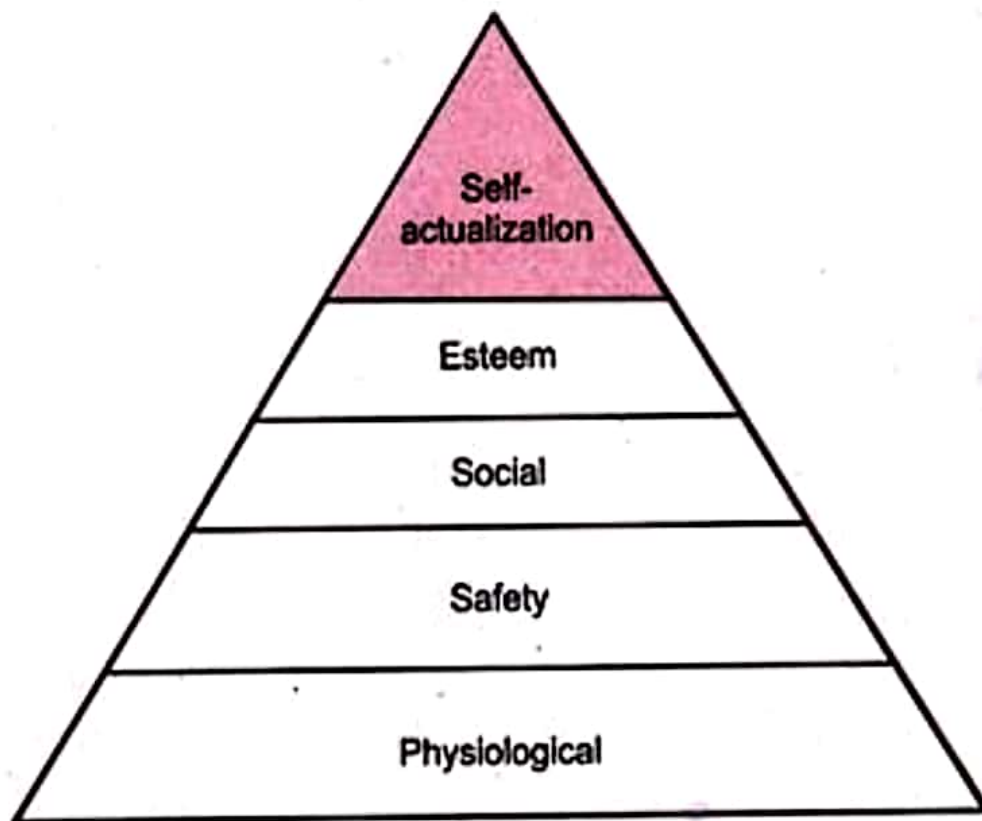
(2) Driver

(3) Stimulator

(4) Motivator

# Maslow's Need Hierarchy Theory of Motivation!

Abraham Maslow's motivation theory is based on the human needs. These needs are classified into a sequential hierarchy from the lower to higher order as five need clusters as shown in the following Figure 10.2:



**Figure 10.2:** Maslow's Need Hierarchy Theory

**The above five need-clusters are now discussed in seriatim:**

The needs have been classified into the following in order:

1. **Physiological needs-** These are the basic needs of an individual which includes food, clothing, shelter, air, water, etc. These needs relate to the survival and maintenance of human life.
2. **Safety needs-** These needs are also important for human beings. Everybody wants job security, protection against danger, safety of property, etc.
3. **Social needs-** These needs emerge from society. Man is a social animal. These needs become important. For example- love, affection, belongingness, friendship, conversation, etc.
4. **Esteem needs-** These needs relate to desire for self-respect, recognition and respect from others.
5. **Self-actualization needs-** These are the needs of the highest order and these needs are found in those person whose previous four needs are satisfied. This will include need for social service, meditation.