



Motivation and Emotion

Debasis Das

Motivation and emotion play a central role in our everyday life. It encircle of our life. The philosophical terms have a close proximity between them.

What is Motivation?

One of the most inspiring words to learners and scholars is motivation. Motivation has been defined in an innumerable way over the times. But a common component of the diverse meanings of motivation is that motivation is an energy that energizes, activates and guides behaviour. In 2006, Franken well-defined motivation as the “arousal, direction and persistence of a person’s behaviour”.

The average philosophers, who planned their own explanation of motivation, trust that any learned behaviour cannot be performed unless it is animated. Thus, motivation is important in accomplishment all kinds of behaviour. This income any changes in enthusiasm that reflect on a person’s behaviour.

It is also acknowledged by different names such as Heart of Learning, the excellent road to learning, and potent factor in learning.

According to the Oxford Dictionary people, “Motivation is a cause or reasons for performing or behaving in a specific way”

According to Baumeister (2016), -“The simplest definition of motivation boils down to motivation. People need a change in behaviour, thought, feelings, self-concept, environment and relationship.”

Zig zinger speaks “People often say motivation does not last. Well, neither does bathing – that is why we recommended it daily”

According to Reilly and Lewis (1983), “Motivation is a process that helps to direct the learner’s internal energies towards various goals and objectives in his environments”.

According to B .F. Skinner, “Motivation is the super highway to learning “

Aristotle recommended that motivation was the consequence of an “appetitive” movement that repeatedly the whole thing relative to some consequence or end.

According to Aristotle that “need” was delivered or created by the understood process of continuing perception, money, or fancy.

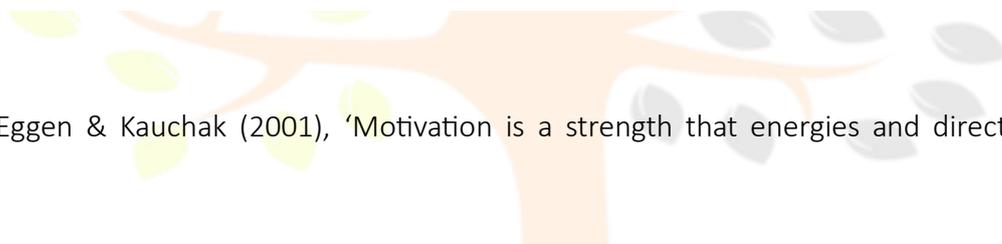
According to the Oxford Dictionary, “Motivation is demarcated as the psychological forces that fix the course of a person's level of effort and a person's level of perseverance in the face of obstacles”

- ❖ Needs are basic necessities for existence and may be physical or psychological; for example, hunger, thirst, love or friendship.
- ❖ Values are the things that we deliberate to be most important; for example, family, health or wealth.
- ❖ Goals are the harvests that we are employed towards.

According to Dennis Child, “Motivation is what moves from boredom to interest, it is something like the engine and steering wheel of the automobile”

According to Helen Keller, “Motivation is a procedure that learner meets some needs”.

Gardner states, “Learning motivation should be comprising four aspects: a goal, effortful behaviour, a desire to attain the goal, and attitude”.



According to Eggen & Kauchak (2001), ‘Motivation is a strength that energizes and directs behavior towards goalmouths’

According to Slavin (2003), ‘Motivation is an interior procedure that activates guides and maintains behavior over time’

According to B.F. Skinner, “Motivation in school learning includes arousing, persisting, sustaining and directing desirable behaviour.”

According to Woodworth, “Motivation is the state of the individual which arranges him to certain behaviour for seeking goal.

Characteristic of motivation

- 1) Personal and internal feeling
- 2) Art of interesting someone
- 3) Produces goal
- 4) Motivation can be either constructive or destructive
- 5) Motivation is system oriented
- 6) It is dynamic and continuous process
- 7) It is complex process
- 8) It is psychological phenomenon.

Reasons of motivation

- 1) Intensity of desire
- 2) Reward value of the goal
- 3) Expectations of individual

Motivation Cycle



The circumstances of motivation are further poised of four different states which take place in human beings to drive him towards each action. Each action is first introduced due to precise need. The need drives him or her to take actions. Positive actions act as an incentive motivating a person towards the objective. The person's need never finishes during their period. This is known as motivational cycle. The cycle of motivation commences with a need which causes a determination fed by the encouragement of getting the target that fills the need. A cycle is never ending like a cycle.

Phases of motivation cycles are: 1) Need 2) Drive 3) Incentive 4) goal

Abraham Maslow was the first psychologist to learning needs that drive behaviour. His hierarchy of needs is planned like a pyramid with the greatest requirements at the bottom taking up the most room in a person's life and the hardest to reach goals at the top. The process which Maslow designated displayed that humans are motivated first and foremost to continue for food and water. When they satisfied their primary needs that is physical requirements they seek for safety, shelter that can be secured.

According to Maslow, every human struggle for various types of requirements but he the first and foremost needs are their physical needs, after fulfilled their physical needs, they strive for safety needs, after they strive for safety and belongingness needs, their next needs are regard needs which they would like get from their near and dear ones, their neighbour and other people with whom they co-operate. It is a endless cycle. The majority of people are stressed to attain the first two or three needs from the bottom of the pyramid. They devote their life's span by trying to comprehensive the three needs.

The cycle of motivational can be summarised as underneath:

1. Necessity: It is the motive for the action. It is begun by a state of imbalance due to a lack or deficiency (the lack of food in the body);

2. Impulse or drive: It is the activity commenced by necessity or reason; the internal energy that propels the individual to act in a certain direction (hunger moves the individual to obtain food);
3. Action: It is the activity activated to achieve something (looking for food);
4. Incentive: It is the determination which escorts the action (eating the food);
5. Satiety: It is the gratification ensuing from having accomplished the wanted goal (after having eaten the food, hunger disappears).

This consecutive behaviour is repeated again and again by human beings

Classification of motivation

Motivation is primarily ordered into two groups.

- 1) Intrinsic motivation
- 2) Extrinsic motivation



Intrinsic motivation: Intrinsic motivation is innermost soul of oneself which comes from within your inner part of your body. . It is that kind of soul, force or energy which always makes you curious and exciting towards any boxes or drive. According to Ellis, intrinsic motivation is 'self-respect of accomplishment and personal growth. That is sensitive and personal assistances of the job itself'.

When we do some effort in order to earn ranking, avoid punishment or for some other reason that has very little to do with the task itself, then it is recognized as extrinsic motivation.

Extrinsic motivation is determined by external influences such as money, reward, praise, fame etc. -these rewards can be touchable or intangible. Praise and fame are the intangible extrinsic motivation. Money & reward are the instance of external motivation. It is complicated in operant preparing which is when someone is habituated to behave a certain way due to payment or result.

According to Marshall B. Rosenberg, 'Praise and reward generate a system of extrinsic motivations for behaviour. Children and adults end up charming action in order to receive the Admiration or incentives.

medical college. Getting into the college is a self-directed goal even though his behaviour is extrinsically controlled.

Fourthly, Integrated Regulation: Integrated regulation is the type of enthusiasm which happens when one has taken the reason for the action fully. As for example, a student has examined the cause and found it compatible

with their own standards and desires. The action becomes self-initiate. Some investigators refer to integrated regulation as intrinsic because the person has completely assumed the extrinsic cause into their values

What is emotion?

The word emotion is derived from the Latin word 'emovere' meaning to move, move out, or through. Emotion is an internal sensation which expresses through our body language or facial expression or bodily gesture. Emotion is a subjective feeling. It means that every person has their own way to express their emotions. For example:

Sonali is a student in class nine. She is a very intelligent and laborious girl. She is also a very courageous girl. She helps her friend in a dangerous time. She needs little motivation to perform any work. But she feels fear and anxiety when she sees any cockroach in a classroom or anywhere. She shouts loudly seeing any cockroach far away from her.

Emotion is subjected feeling which depends upon the person's mental design

So we can say that Emotion is the sensible and personal skill that is considered by mental conditions, biological responses, and emotional or physiologic jargons e.g. facial languages in psychology.

We often think that feeling and emotion are the same thing. But there is a difference between them. The feeling is only private to any person or people and it subjectively represents emotion. People often think that emotion and mood are the same coin. We often confused about Mood and emotion but they are different from each other. Mood lasts for a longer period of time than emotion

Many psychologists classified emotion in various ways. Some of them think that there are four basic emotions, some tem think that there are seven basic emotions, and some of them think that there are six basic emotions.

Psychologist William James suggests there are four basic emotions in 1890. According to him, the four basic emotions are fear, grief, love, and rage. These emotions are based on bodily involvement.

Another psychologist Paul Ekman denoted emotions as six types in 1990. These theories are widely accepted. Paul Ekman categorized these emotions as anger, disgust, fear, happiness, sadness, and surprise .he studied his patients as he was a clinical psychologist. He noticed that some of his patients said that they would like to suicide though they are not suffering from depression or sadness. Dr. Ekman noticed carefully their facial expression for diagnosing their depression. He spotted their facial expressions which revealed their deep negative feeling within their mind. But surprisingly these people were trying to hide their emotions.

Later two psychologists Richard and Bemice Lazarus in 1996 categorized emotions in their book "Passion and Reason" into 15 types. These emotions are

1. Anxiety,
2. Compassion,
3. Depression,
4. Envy,
5. Fight,

6. Gratitude,
7. Guilt,
8. Happiness
9. Hope
10. Jealousy
11. Love
12. Pride,
13. Relief
14. Sadness
15. Shame

One of the notable psychologists Robinson D. L theorizes and contrasts basic emotions into three categories in his famous and widely accepted book “Brain Function, Mental Experience, and Personality”. The three criteria of emotional experiences are:

These emotions have resilient subjective quality e.g. pain or pleasure

These emotions encourage definite kinds of behaviour.

These emotions are linked to some real or imagined object or event.

Relationship between Emotion and Motivation

The words Motivation and emotion have close proximity between them. Many psychologists’ thinks that motivation and emotion emerges from the motives. They both energised our behaviour. The people select goals and then align themselves with these goals. While motivation set targets or goals, emotion inspires the people to complete towards the goal or target.

While motivation drives to set goals or drives behaviour and provides perpetual frames, the emotion inspires us how to fulfil these reasons.

Emotion and Motivation are generally watched as the two significant psychological features that seem to require a cause-and-effect rapport.

Investigators frequently contemplate of motivation as an influence that kindles an individual to revenue an action and conduct you in order to achieve a goal.

On the contrary, emotion denotes to the emotional state that rise from the motive or drive itself.

Numerous psychologists accept the connection between emotion and motivation.

For instance, pleasure stimulates persons to recover their presentation and developments.

According to the theory of philosophers like McClain, emotion is related to motivation to a mark of humans with a inclinations to ensure things. The humans' expectation will central to gratification with a sense of achievement as well as with positive emotion.

As For example, there is a Scholl boy in kakharda High School. He always is intrinsically interested to take music period.

He also might be enthusiastic to register in it and would also be more absorbed and concentrating during the class. If the student in that school wins an awards for music competition held in the school, the students will be inspired to work together the goal by his external motivation

An obvious resemblance between emotion and motivation is that they are both connected to vigour or strength in its place of information or direction.

According to some Philosophers such as Thayer, Newman and McClain enlightened that emotion is connected to motivation in such a way that people have a tendency to implement such things

They also further pointed that we expects that we would tip to happiness, satisfaction and any other positive emotion at some degree. Emotions could be regarded as a incentive or sentence for a exact motivated performance.

Priyanka is a student of class xii. Today she is very happy because her 3rd summative evolution is published today. Priyanka has topped the class. She is feeling euphoric. She felt sorrow because her friend bosomed Sanchita is not doing well .so, she feels sad because her friend has not done well. She experienced joy and sadness in the course of the day.

Such emotions can be experienced by us like Priyanka and Sanchita . You can familiar such extreme ecstasy or slight happiness, severe grief or just thoughtfulness. Nevertheless, most of us usually maintain a balance of emotions. When we experienced with a contradictory state, we try to regulate and originate a coping mechanism either with task .An affirmative motivation central to an optimistic emotion among the instructors. It affects them to pay closer devotion in class. When any student wins awards, he or she is further motivated to work toward that goal through external motivation. If they are able to accomplish something, they are unbelievably happy. At the same time when they don't, they start to lose motivation and become unhappy.

Emotion and Motivation are not only generally considered as the two significant psychological features but also a cause-and-effect relationship which need to be performed.

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