

## Motivation: An Overview

Motivation is defined as

- an internal state or condition that activates behavior and gives it direction;
- a desire or want that energizes and directs goal-oriented behavior;
- an influence of needs and desires on the intensity and direction of behavior.

<b>Motivation</b>	
<b>Stimulus-Response</b>	<ul style="list-style-type: none"><li>* respond to an external stimulus</li><li>* obtain a conditioned positive response</li><li>* avoid a conditioned negative response</li></ul>
<b>Social</b>	<ul style="list-style-type: none"><li>* achieve or maintain social affiliation</li><li>* achieve or maintain social acceptance</li><li>* achieve or maintain a sense of social belonging</li></ul>
<b>Biological</b>	<ul style="list-style-type: none"><li>* activate senses (taste, touch smell, etc)</li><li>* decrease hunger, thirst, discomfort, etc</li><li>* maintain homeostasis</li></ul>
<b>Cognitive</b>	<ul style="list-style-type: none"><li>* maintain attention to something interesting or threatening</li><li>* develop meaning or understanding</li><li>* solve a problem or figure something out</li><li>* make a decision</li></ul>
<b>Affective</b>	<ul style="list-style-type: none"><li>* increase feeling good</li><li>* decrease feeling bad</li><li>* increase security or decrease threats to security</li></ul>
<b>Conative</b>	<ul style="list-style-type: none"><li>* meet personally identified goal</li><li>* obtain personal achievement</li><li>* develop or maintain self efficacy</li></ul>
<b>Spiritual</b>	<ul style="list-style-type: none"><li>* increase understanding of purpose of one's life</li><li>* connect self to ultimate unknown</li><li>* appreciate self in relation to universe</li></ul>