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.

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<th>Motivation</th>
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| **Stimulus-Response** | ✴ respond to an external stimulus
✴ obtain a conditioned positive response
✴ avoid a conditioned negative response |
| **Social** | ✴ achieve or maintain social affiliation
✴ achieve or maintain social acceptance
✴ achieve or maintain a sense of social belonging |
| **Biological** | ✴ activate senses (taste, touch smell, etc)
✴ decrease hunger, thirst, discomfort, etc
✴ maintain homeostasis |
| **Cognitive** | ✴ maintain attention to something interesting or threatening
✴ develop meaning or understanding
✴ solve a problem or figure something out
✴ make a decision |
| **Affective** | ✴ increase feeling good
✴ decrease feeling bad
✴ increase security or decrease threats to security |
| **Conative** | ✴ meet personally identified goal
✴ obtain personal achievement
✴ develop or maintain self efficacy |
| **Spiritual** | ✴ increase understanding of purpose of one’s life
✴ connect self to ultimate unknown
✴ appreciate self in relation to universe |