

Scientific-Theoretical Psychological Analysis of Personal Activity Motivation

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Abstract: The role and importance of motivation in personal activity is detailed in this article. A scientific theoretical psychological analysis of personal activity motivation was presented, and an attempt was made to reveal the essence of opinions and approaches expressed by our scientists through motivation theories.

Key words: Stable and unstable motivation, cognitive motivation, self-affirmation, identification, procedural, informative.

Everyone overcomes many obstacles on the way to their goals, plans and thinks about ways to solve certain problems and tasks. An active life position, a desire for comprehensive development and personal growth are not manifested in the same way in people, and the key to understanding this difference is motivation. Not everyone knows what it means to motivate yourself and others and how to work properly to develop motivation.

Motivation is considered as a process that regulates behavior, because it motivates a person to work. After all, any action or inaction always hides a motive, even if it is not conscious. The first mention of motivation was mentioned by the famous German thinker A. Schopenhauer. Motivation refers to complex psychological phenomena that have been studied by many scientists and around which many theories have been formed. In order to learn how to manage your time better and understand how to achieve your goals, you need to understand what types of motivation exist and how to use them successfully.

Motivation of human activity. If someone does not fully understand what motivation means, then simply explain what it is in simple terms. First, you need to find out the origin of this word and its meaning. The term "motivation" comes from the Latin word "mover", which is translated as "movement". After learning the origin of this term, it can be concluded that motivation controls the actions of a person, prompting him to perform certain actions or, on the contrary, to inaction. Motivation is one of the abilities of a person that helps him to achieve what he wants. Developed theories of motivation show a great influence on a person's lifestyle, level of activity and organization. That is, the more motivated a person is, the more he will try to achieve his goals. Some scientists understand human motivation as a process of activity regulation, while other specialists mean a certain set of motives with this term.

In psychology, a motive is a generalized image of what a person wants to achieve in the course of his activities, which helps to direct the active actions of a person in a certain direction. It can manifest itself in the form of positive emotions arising from achieving a goal or negative emotions in situations where goals cannot be achieved. Motive is not the same as need or purpose. In theories of motivation for a person, a need is an unconscious desire to eliminate physical or psychological discomfort, and a goal is consciously set in the process of working on one's own desires and information from the outside. Motives are formed on the basis of various needs and are an incentive to achieve a goal. They are discussed in detail in motivational theories developed for humans.

Personal motivation can be divided into positive and negative, stable and unstable types. There are both extrinsic and intrinsic motivation, each with its own characteristics. For any person, positive motivation

should be supported by pleasant feelings, while negative motivation is aimed at avoiding negative experiences. Sustainable motivation covers the basic physiological needs of a person and is constant, while unstable motivation depends on the needs of the individual (for example, the fight against bad habits). In addition, individual, group and cognitive motivation are distinguished. The individual type of motivation for each person is to maintain the physiological state of the organism, and group motivation is directly related to the construction of social relationships. Cognitive motivation is aimed at learning new things and is manifested in the form of games and research activities. Among all the reasons that motivate people to work, the most common motives have been selected.

People often act based on motives of power, self-affirmation, identification, affiliation, self-development, as well as motives of external and social importance. Other motives can also be components of the basic motivation for human activity. You can be motivated by different things and processes, depending on your personality, lifestyle and professional environment.

Importance of types of motivation. Internal motivation plays an important role in everyone. Extrinsic motivation is characterized by receiving stimulation from the outside. Extrinsic and Intrinsic Motivation in Human Life A person engages in any activity primarily to gain extrinsic and reward, praise or recognition in his daily life. According to theories of human motivation, its internal form is not related to external conditions, and a person chooses a certain activity primarily because it brings him pleasure. For example, he draws not to win the competition, but to get positive emotions. These two types of motivation in a normal person's life are closely related to each other, and often the same activity is supported by several motives. Motivation theories were developed by famous psychologists such as Maslow, Alderfer, Herzberg, Adams, Vroom. A detailed analysis of human needs made it possible to identify two main directions in the field of motivation theories:

1. Procedural; 2. Informant;

Each of these theories of motivation has attracted many supporters. By studying the main theories, it is possible to better understand the types of human motivation, to analyze the nature of human actions in various life situations. In this direction of personal motivation, the main focus is on the analysis of human needs and their systematization methods. The influence of internal emotional-volitional impulses on the formation of personality characteristics is studied. Such principles of motivation theory were accepted by Maslow, Herzberg, McClelland, Alderfer. Maslow's theory. The most important thing in this theory of motivation for any individual is the division of needs into groups, a strict hierarchy is observed between them. A pyramid based on basic physiological needs can be used to describe this theory of human motivation, and the top of the pyramid is achieving self-actualization. Alderfer theory. According to this theory of human motivation, all needs can be classified into one of 3 groups (existence, affiliation and growth). The difference between this theory of human motivation and Maslow's theory is that Maslow recognized only one-way movement from lower needs to higher needs;

McClelland's theory. If you study this theory of motivation, you can see that a person can develop needs for achievement, companionship, and dominance throughout life, and one of them has a strong influence on his character and behavior; Herzberg theory. In this theory, the influence of material and non-material factors on the formation of a person and his activity is considered. This theory of human motivation is widely used by managers of companies and enterprises to optimize the work of employees. The following theories of human motivation analyze not only the needs, but also the actions aimed at achieving the intended goal, the nature of the activity. The level of motivation for a particular person depends not only on the presence of needs, but also on how ready he is to satisfy these needs. You need to make sure that the approach you choose will be effective and will help you achieve your goal.

Adams' theory of equality. The essence of this theory of motivation for a person is that he tends to compare the result of certain actions with the result of other people in similar life circumstances. Since this theory of human motivation is subjective, in addition to fair evaluation, a person may underestimate or overestimate the result received by others.

Development methods. Motivation theories play an important role for a person, because by understanding how motivation is formed, you can use this information to achieve your goals. A successful person must successfully use a variety of useful motivations and motivate others when necessary. Having studied the theoretical material, you can choose the most useful approach for yourself and get something

from it in everyday life. However, not everyone knows what it means to motivate themselves and others. Various methods of motivation are used by experts for workers and students. There are also methods of self-motivation, including: Reading and repeating affirmations, self-expression; study of life paths of great people, visualization. Studying the theories of motivation for a person helps to better understand their own behavior and the behavior of other people, to develop a plan to increase efficiency. When you decide what it means to motivate yourself to take action, solving many problems over time will not be a problem for you. Success in life is related not only to motivation, but also to some other skills, such as non-standard approaches to solving problems. "Where there's a will, there's a way" is rightly said. To do anything, you must first be willing to do it. It is, as they say, "half the battle won." The desire to do something further defines your goals and the ways to achieve these goals. Willpower is what you have to believe in, which makes self-motivation even more important.

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