

Prepared by Dr A. Zemieche

Lecture Five: Motivation

Definition

Motivation is the internal process that drives a person to take action, pursue goals, and maintain effort toward achieving them. It can be influenced by both internal factors (like personal desires or interests) and external factors (like rewards or social approval). In fact, motivation fuels our actions and behavior.

Coming from different sources, intrinsic and extrinsic motivation are two different types of motivation that drive people's behavior.

1- Intrinsic Motivation Vs Extrinsic Motivation:

-Intrinsic Motivation: this is when people engage in an activity because they find it inherently enjoyable, interesting, or satisfying. The motivation stems from **within** the person, rather than from external factors like rewards, pressures or punishment.

Examples of intrinsic motivation:

Playing a musical instrument because you enjoy the sound.

Reading a book because you're genuinely interested in the topic or story.(reading for pleasure)

Exercising because it makes you feel good or because you enjoy the process.

-Intrinsic motivation is characterized by the following features:

Driven by personal satisfaction or interest.

Leads to a deeper engagement in the activity.

associated with higher levels of creativity and problem-solving.

-Extrinsic Motivation happens when people do an activity to get rewarded or avoid being punished. In this case, motivation comes from external factors like money, grades, approval from others, or avoiding negative consequences.

-Examples of extrinsic motivation:

- Studying English to get a diploma hence get promoted at work.

- Competing in a given kind of sport to get a medal.

- Studying in order to get good marks.

Extrinsic motivation is characterized by:

- It stems from external rewards or pressures.

- It is effective for tasks that require short-term focus or effort.

- It might not result in long-term satisfaction or creativity in case the external rewards are absent.

Differences between Intrinsic and Extrinsic Motivation:

Source of Motivation: Intrinsic motivation comes from internal enjoyment or fulfillment, while extrinsic motivation comes from external rewards or recognition.

Sustainability: Intrinsic motivation tends to lead to long-term engagement because it is personally meaningful, whereas extrinsic motivation can be effective in the short term but may not sustain interest over time.

Quality of Engagement: Intrinsic motivation often leads to deeper, more enjoyable involvement in the activity, whereas extrinsic motivation may lead to more superficial engagement.

2/ Integrative Vs Instrumental Motivation

Integrative motivation and instrumental motivation are two concepts that describe different reasons for learning a language or engaging in an activity, particularly in the context of second-language acquisition. They were popularized by social psychologist Robert Gardner in the 1970s.

Integrative Motivation:

This type of motivation stems from a desire to connect with and integrate into the culture of the language being learned. It is driven by a genuine interest in the people, culture, and way of life associated with the target language.

Instrumental Motivation:

Instrumental motivation is driven by practical or utilitarian reasons, such as achieving a goal or obtaining a reward. The focus is on the external benefits of learning the language, rather than a desire to connect with the culture or community.

While integrative motivation tends to lead to more long-lasting and enthusiastic engagement with language learning, instrumental motivation can be highly effective for achieving specific, practical goals, even if it might not create the same level of passion or deep connection with the language.

3/ Maslow's Hierarchy of Needs

Maslow's Hierarchy of Needs is a psychological theory proposed by Abraham Maslow in 1943. It is a model that classifies human needs in different levels, with the idea that people are motivated by different levels of needs, and must satisfy lower-level needs before moving on to higher-level ones. Maslow illustrated these needs in the shape of a pyramid, with the most basic needs in the bottom and the more complex, self-fulfillment needs on top.

3. 1. Physiological Needs or (Basic Needs): the most fundamental human needs required for survival, including: air, water, food, heat, clothes, shelter and sleep. If these basic needs are not met, a person cannot focus on higher-level concerns. They are the foundation of the pyramid.

3.2. Safety Needs: Once physiological needs are satisfied, people seek safety and security. This includes:

- Physical safety (freedom from violence or harm)
- Financial security (job stability, income)
- Health and well-being (access to healthcare)
- Protection from threats or danger

These needs become important when a person feels secure in their physical survival.

3.3. Love and Belonging Needs

After physiological and safety needs are met, people seek social connections and a sense of belonging. This includes: Friendships, Family relationships, Intimate partnerships, Social groups (community, teams, etc.)

Humans are social creatures, and fulfilling these needs is crucial for emotional well-being.

3.4. Esteem Needs

Once social needs are met, people desire self-esteem and recognition from others. This includes:

- Self-respect and confidence
- Achievement and personal success
- Recognition, status, and respect from others
- A sense of competence and mastery

People at this level want to feel valued and competent in their abilities.

3.5. Self-Actualization Needs

At the top of the pyramid, self-actualization represents the desire to reach one's full potential and become the best version of oneself. This can vary greatly depending on the individual and their personal goals. It includes: creativity, problem-solving, personal growth and fulfillment, pursuit of meaning or purpose in life.

Self-actualization is about realizing one's potential and seeking personal growth, meaning, and transcendence beyond material success or societal approval.

The following is:

Maslow's Hierarchy of Needs

