

Download Understanding Motivation

Understanding Psychology

However, by looking at the key ideas behind each theory, you can gain a better understanding of motivation as a whole. Motivation is the force that initiates, guides, and maintains goal-oriented behaviors. It is what causes us to take action, whether to grab a snack to reduce hunger or enroll in college to earn a degree. Start studying Understanding Psychology Chapter 12: Motivation and Emotion. Learn vocabulary, terms, and more with flashcards, games, and other study tools. Start studying Psychology Chapter 9- Understanding Motivation. Learn vocabulary, terms, and more with flashcards, games, and other study tools. However, inner needs must certainly be part of the equation in understanding our behavior. Why #2: Drive Reduction Theory. This next approach to motivation proposes that organisms large and small, simple to complex, prefer the state of homeostasis in which all of their needs are fulfilled.