



THE PSYCHOLOGY OF MOTIVATION AND HOW TO STAY MOTIVATED IN VARIOUS ASPECTS OF LIFE

Ezoza Sh. Norboeva

Academic Lyceum at the Institute of Textile Industry, Uzbekistan

ABOUT ARTICLE

Key words: Psychology, motivation, clinical psychology, cognitive psychology, behavioral psychology, behaviorism, behavioral neuroscience, biopsychology, social psychology, abnormal psychology, forensic psychology, industrial organizational psychology, spreading awareness, education and workshops, the World Health Day, self-care and reflection, engage in an activity, intrinsic, extrinsic, external, participate, Maslow's Hierarchy of Needs, incentives, relatedness, autonomy, competence, procrastinator, perfectionist, dreamer, worrier, defier, crisis-maker, over-doer, overcoming, understanding, delay.

Abstract: Understanding the psychology of motivation is critical in various domains, from education to the workplace. This article delves into the intricate world of motivation, shedding light on the underlying factors that drive human behavior. By dissecting both intrinsic and extrinsic motivation, the article explores how these two distinct forms of motivation impact individuals' engagement, satisfaction, and performance.

Received: 02.10.2023

Accepted: 07.10.2023

Published: 11.10.2023

INTRODUCTION

Psychology is such a vast field the benefits are wide ranging, it could include researching mental health enhance well-being, better understanding the relationship we form, self-improvement, or battling addiction. There can also be benefits to our communication with, and understanding of other people. Psychology is divided into four major areas:

Clinical psychology - mainly focuses on understanding and treating mental health disorders and promoting overall psychological well-being. Clinical psychologists are trained to assess, diagnose, and provide therapy for individuals experiencing emotional, cognitive, and behavioral difficulties. They utilize evidence-based approaches to help clients manage and overcome their psychological challenges, improve their coping skills, and enhance their quality of life.

Cognitive psychology - is a branch of psychology that focuses on studying mental processes such as attention, memory, perception, problem-solving, and decision-making. It explores how individuals acquire, process, and retrieve information, and how these cognitive processes influence behavior.

Cognitive psychologists use experimental methods and theoretical models to understand the complex processes involved in human cognition. This field has contributed valuable insights into areas such as learning, language, problem-solving, and cognitive development

Behavioral psychology - also known as behaviorism, is a branch of psychology that focuses on studying and understanding human behavior through observable actions and responses. It emphasizes the role of the environment in shaping behavior and emphasizes the use of scientific methods to investigate and modify behavior. Behavioral psychologists believe that behavior is learned through conditioning and that it can be altered through reinforcement, punishment, and other behavior modification techniques.

Biopsychology – also known as behavioral neuroscience, is the interdisciplinary field that explores the relationship between biology and behavior. It examines how the brain, nervous system, and other biological processes influence human and animal behavior, cognition, and mental processes[5].

Unimportant/unofficial areas of psychology are social psychology, developmental psychology, abnormal psychology, forensic and industrial organizational psychology

Interesting facts

The World Health Day is a memorable date, October 10th. It has been celebrated annually since 1948. Established at the initiative of the World Mental Health Federation with the support of the World Health Organization. On this day, individuals and organizations often participate in various activities such as[6]:

Spreading awareness: sharing information, resources, and personal stories about mental health through social media to raise awareness and reduce stigma.

Education and workshops: organizing workshops, seminars, or webinars that focus on mental health topics, such as stress management, self-care, to provide information and support to individuals.

Self-care and reflection: taking the day to prioritize self-care activities, such as practicing mindfulness, engaging in hobbies, or seeking professional support if needed. Reflecting on personal mental health and well-being and making a plan for ongoing self-care.

Psychology of motivation

The psychology of motivation is a fascinating field that seeks to understand why individuals behave in certain ways and what drives them to pursue their goals, and how their motivation can be influenced. Motivation plays a crucial role in shaping human behavior and can be seen as the force that energizes, and sustains our actions. It is the inner drive, desire, or willingness to engage in activities and make efforts to achieve our goals. Motivation is essential in various aspects of life, from personal achievements to professional success. Motivation can be classified into two main types: intrinsic and extrinsic.

On the one hand, intrinsic refers to motivation that arises from within an individual. It describes the natural desire and drive to engage in an activity or pursue a goal because of interest inherent enjoyment, or personal satisfaction associated with it. Intrinsic motivation stems from internal factors such as a sense of accomplishment personal values or curiosity. People who are intrinsically motivated are compelled to participate in activities because they find them inherently fulfilling or rewarding, regardless of external rewards or punishments. For instance, someone who is intrinsically motivated to draw, does so because they genuinely enjoy the process and find it personally fulfilling. Their motivation comes from the joy of drawing rather than external factors like money, recognition or approval. Intrinsic motivation is often seen as more sustainable and long-lasting compared to extrinsic

motivation, which involves external rewards or pressures. Research suggests that individuals tend to be more satisfied, engaged, and likely to persist in an activity when their motivation is intrinsic. It is extremely important to understand intrinsic motivation. By recognizing and fostering intrinsic motivation, education, coaches, and employers can tap into individual, natural desires and interests, leading to increased engagement, learning, and performance.

On the other hand, extrinsic refers to motivation that arises from external rewards or factors. It describes the drive or interest in participating in an activity or pursuing a goal because of external incentives or consequences, rather than intrinsic personal satisfaction. Extrinsic motivation involves external rewards, such as grades, money, praise, recognition, praise or avoiding punishment. To give an example, an employee who puts in extra effort to receive a bonus or a student who studies hard to achieve good grades are displaying extrinsic motivation. In these situations, the motivation to perform the task is driven by external rewards rather than a personal/own enjoyment or interest in the activity itself. Meanwhile extrinsic motivation can be effective in driving behavior in the short-term, it might not sustain long-term engagement or satisfaction. Relying on external incentives can reduce intrinsic motivation and dampen the individual's inherent interest or enjoyment in an activity. But, it is important to note that extrinsic motivation is not necessarily undesirable or negative. External rewards could still play a role in facilitating when intrinsic motivation is not present or when certain tasks are inherently not enjoyable. So understanding the interplay between extrinsic and intrinsic motivation helps psychologists, educators, and employers foster motivation effectively, whether by aligning external rewards with internal values creating an environment[7].

One prominent theory held in 1943 by Abraham Maslow named Maslow's Hierarchy of Needs, it was published in 1991 in public journal "Motivation and Personality". Abraham Maslow was born in April 1, 1908 and died in June 8, 1970. He worked as a psychology professor at Brandeis University, Brooklyn College, and Columbia University. He made lots of research on general psychology.

So what is the Maslow's Hierarchy of Needs?



Image 1 Maslow's Hierarchy of Needs

Maslow's Hierarchy of Needs is a psychological theory. It suggests that human beings have a five of needs that drive their behavior and determine their motivation. According this theory, these needs are organized into a hierarchical structure, with some needs taking priority over others. At the base of the hierarchy are the physiological needs, which are the most fundamental requirements for survival. These include needs such as water, food, shelter, and sleep. When these physiological needs are not met, they

become the primary focus of an individual's motivation. For example, if someone is thirsty or hungry, their primary motivation will be to satisfy those needs.

Once basic needs are fulfilled, the next step in the hierarchy is safety needs. This includes the need for physical safety, security, stability, and protection from harm. Safety needs can be satisfied by having a stable home and secure job, access to healthcare, and personal safety. When individuals feel safe and secure, they can move beyond this step and focus on other-order needs.

The third level in the hierarchy is the need for social love and belongingness. This includes the need for friendship, love, affection, and a sense of belonging within social groups. Humans are social beings, and satisfying this need involves forming emotional connections, maintaining relationships, and feeling accepted and valued by others. Social needs can be fulfilled through family relationships, friendship, romantic partnerships, and participation in social activities.

The fourth level is the need for self-esteem, which encompasses two aspects: the esteem of others and self-esteem. Self-esteem involves feeling a sense of self-worth, self-respect, and confidence in one's abilities. The esteem of others refers to the respect, recognition, and admiration received from others. Esteem needs can be fulfilled through achievements, recognition for accomplishments, receiving positive feedback, and being respected by others.

At the top of the hierarchy is the need for self-actualization. This illustrates the highest level of human motivation and involves striving for personal growth, fulfillment, and the realization of one's potential. Self-actualization is characterized by a sense of purpose, autonomy, creativity, and a desire to become the best version of oneself. It is not a fixed endpoint but an ongoing process of self-discovery and personal development.

According to Maslow, individuals progress through the hierarchy of needs in a sequential manner. The lower-level needs must be satisfied before higher-level needs become significant motivators. But, it is important to note that the hierarchy is not rigid, and individuals may experience different levels of need simultaneously. Additionally, the importance and priority of needs can vary among individuals and cultures. Maslow's Hierarchy of Needs provides an understanding of human motivation and the factors that drive behavior. By recognizing and addressing these needs, individuals can work towards personal growth, well-being, and self-fulfillment[8].

Another theory is the self-determination theory (SDT) is a psychological framework that entirely focuses on understanding personal growth and human motivation. It claims that people have an innate tendency to strive for psychological fulfillment and well-being. Confirming to SDT, there are three basic needs that drive human behavior: relatedness, autonomy, and competence.

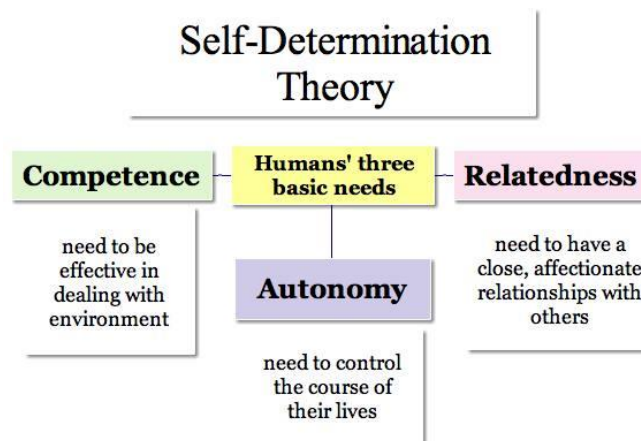


Image 2 Self-Determination Theory

Relatedness is the need for belongingness and meaningful relationships with beloved ones. It involves feeling cared for, and valued by others, which contributes to our overall well-being.

Autonomy is the need to have control over our own actions and choices. It entails feeling a sense of freedom and independence to make decisions that line up with our interests and values.

Competence refers to the need to gain mastery and effectiveness in our tasks and activities. It involves striving to level up our skills and abilities, and looking for challenges that are not difficult and not easy.

When these basic psychological needs are fulfilled, individuals are more likely to experience intrinsic motivation. In contrast, when these needs are thwarted, individuals might experience negative outcomes such as stress, dissatisfaction, and decreased motivation. SDT highlights the importance of providing supportive environments that foster relatedness, autonomy, and competence to enrich individuals' motivation and health. It claims that individuals are more likely to engage in activities and pursue goals that align with their interests and values when their psychological needs are met[9].

How to stay motivated in various aspects of life and where to find motivation?



Image 3 Motivation (Attitude, Success, Performance, Support, Idea, Goals)

Staying motivated in different circumstances of life might be challenging at times, here are some tips that are recommended by world famous psychologists (Martin Seligman, B.F. Skinner, Viktor Frankl, Mihaly Csikszentmihaly, Abraham Maslow, Ivan Pavlov, Albert Bandura, Carol Dweck, and Edwin Locke)

1. Set a meaningful goals: Clearly decide what you want in this life and put meaningful goals that will align with your aspirations, interest and values. Therefore you will have a sense of purpose and direction as you will be driven by the desire to achieve something meaningful to you (remember about intrinsic motivation)
2. Break it down: Sometimes you should break your goals down or divide it into small tasks so that you can make progress incrementally, which might boost your motivation moving forward
3. Find your why: Reflect on why you would like to pursue a particular goal or participate in a specific activity. Comprehension the deeper reasons behind your actions can enhance your motivation or provide a sense of purpose.
4. Look for inspiration: Something that you would like to achieve is actually someone has already achieved it. There are 8 billions of people so find your role model so you can follow his/her path and

achieve your goal faster. Another way is surround yourself with quotes or read a book, listen to podcast, watch videos on YouTube

5. Create a supportive environment: Surround yourself with people who believe in you and encourage your goals or find someone who is pursuing similar goals. Learning from other's experiences and successes can ignite your motivation.
6. Celebrate progress: Acknowledge and celebrate your achievements no matter how small they are. Recognizing or seeing your progress might boost your motivation and provide a sense of achievements.
7. Visualize success: Take your time to visualize yourself successfully achieving your goals. Imagine the positive outcomes, the emotions you will experience, and the impact it will have on your life. Visualization can help reinforce motivation and create a clear mental image of what you are working towards.
8. Find personal rewards: After achieving or completing your goals you need to reward yourself. For example, identify intrinsic rewards that come from participating in the activity itself. Focus on the satisfaction, enjoyment, and personal growth that can be derived from the process rather than relying on external rewards.
9. Be around positive people: If you are in a toxic environment you will never thrive because you will always try to go up and they will always push you back down. So do not be around negative people, they drain your energy.
10. Take care of yourself: Ensure you are taking care of your physical and mental health. Get enough sleep, eat nutritious food, exercise regularly, and manage stress. When you feel physically and mentally well, you are more likely to have the energy and motivation to pursue your goals.

Last but not least, maintain a positive mindset: Cultivate a positive and optimistic mindset. Believe in your abilities, embrace challenges as opportunities for growth, and learn from setbacks. A positive mindset can enhance motivation and resilience.

My own tips of staying motivated:

Firstly, seek knowledge: read books, listen to podcast about self-improvement or self-care, just self-study. Overall, acquiring knowledge allows you to expand your understanding of the world and enhance your skills and abilities. It can help you make informed decisions, develop critical thinking skills, and broaden your perspectives.

Secondly, be delusional: even if you do not believe you are the most confident, prettiest, cutest or whatever be delusional. Start telling yourself that you are because what you think, manifest into your life. Look in the mirror and say affirmations to yourself. Once you repeat something so many times in your head. It is going to literally come into your life.

Thirdly, how bad do you want to achieve your goals: for example, I am prepared to die for my goals. I would rather die than be in my 80s or 90s years old and look back at my life and be like "I wonder what I could have done or could have been." That is the worst pain you can experience. To sum up, being positive and motivated can have a significant impact on various aspects of your life, including your personal well-being, relationship, and overall success.

The psychology of procrastination: understanding and overcoming delay.

Procrastination is the act of postponing or delaying actions or tasks that need to be accomplished, often in favor of more immediate or pleasurable activities. It involves intentionally putting might be negative

consequences or a sense of guilt associated with the delay. Procrastination can manifest in various areas of life, such as work, academics, personal goals, or daily responsibilities.

Procrastination is divided into six major areas:

Perfectionist procrastinator is someone who combines tendencies of both procrastination and perfectionism. This term describes individuals who have high standards for themselves and their work but struggle with taking action or completing tasks due to the fear of not meeting those standards. Perfectionist procrastinators have a strong desire to produce flawless or exceptional work, which can lead to a fear of making mistakes or falling short of their own expectations. As a result, they may delay starting or completing tasks because they feel they are not fully prepared, lack the necessary skills, or fear being judged for their perceived imperfections. It is mainly because they are setting high standards: perfectionist procrastinators set extremely high standards for themselves, which might be difficult to achieve[6]. This may create a constant feeling of not being good enough.

Dreamer procrastinators is someone who often engages in fantasizing or daydreaming future goals or achievements, often to the point of neglecting taking action on those aspirations. They may spend significant amounts of time imagining their ideal future or envisioning grand plans, but struggle with translating those dreams into concrete actions or making progress towards their goals. It is due to escaping the real life, it is much easier to imagine your goals being done.

Worrier procrastinators is somebody who avoid taking tasks or responsibilities because of excessive worry or anxiety. They often have a tendency to overthink and become preoccupied with what if. These type of people often experience high levels of anxiety, specifically when faced with difficult tasks. Sometimes they might have a strong fear of facing failure or making mistakes. So that is why they suffer from postponing everything.

Defier procrastinator is somebody who always succumbs to feeling of helplessness or defeat, it is leading to chronic procrastination. They always lacks of confident and belief in their abilities or doubts their capacity to success. They might afraid of failure or mistakes they did in the past. So it cause them to doubt their capability to complete tasks or meet goals.

Crisis-Maker procrastinator is somebody who frequently finds themselves in a position of crisis or urgency because they postpone their task to the last day of the deadline. These people thrives on the adrenaline rush that comes with impending emergencies or deadline, often believing that they work best or better under pressure.

Over-Doer procrastinator is someone who always takes on a huge amount of responsibilities or tasks, but struggles to complete or manage them in a time manner. This type of people has a tendency to overcommit themselves, always saying "YES" to tremendous obligations without considering their own available time. Over-Doer procrastinator literally cannot say "NO" if someone asks them to help. That is why overload of tasks might become overwhelming, causing them to doubt or procrastinate on important responsibilities.

Interesting facts

National Lazy Day is on August 10th. Lazy Day is not official observance that encourages people to take a break from their work and be relax. It is a day when you can slow down, unwind, and enjoy some time without feeling guilty about being unproductive. On this day, people often engage in leisure activities that promote relaxation, and rest. Here some common things people do on a lazy day: sleep, stay in

pajamas, watch movies, read a book, take a leisure bath or shower, engage in hobbies, have a movie/game marathon, practice self care, and do nothing at all[9].

How to stop procrastinating?

You know by procrastinating you can damage your performance at school/ university, harm your reputation, and cause yourself unnecessary anxiety. Procrastination is confused with laziness, but they are very different. Procrastination is an active process – you choose to do something else instead of the task that you actually need to do. Procrastination often involves ignoring an unpleasant, but extremely important task, in favor of one that is more easy or enjoyable. As I have mentioned it before and I will do it again you should to start small, break a large tasks or goals into smaller chunks, and pick one that you can so now. The next step is make a plan, put deadline on your tasks so you can track the progress you are actually making and also to not forget that is your responsibility (take it serious). Another rule is deal with distractions, change your environment and get away from things that can distract you. Next is be kind to yourself, no one gets to the end of their to-do list! So do your best, do not get depression, meet all yours deadlines, and celebrate your achievements and successes. But be realistic: you will always have more to do than there are hours in a day[1].

How to overcome procrastination

It is possible to overcome procrastination. Just follow the steps below to help you to deal with and prevent procrastination.

Step 1: understand or recognize that you are actually procrastinating. You may be putting off a goal or task because leave an item on your to-do list for a long time, although it is important, fill your time with unimportant tasks that other people ask you to do instead of getting on with the important tasks already on your list and wait to be in “right time or mood” to tackle a task. So reasons may various and it depends on your circumstances. So it is extremely important to recognize that you are literally procrastinating.

Step 2: know the reasons for procrastinating, often you are procrastinating because of lack of motivation – when a task seems boring, uninteresting, or without clear personal significance, it might be difficult to find motivation to complete or star it. Without strong sense of purpose or enthusiasm, procrastination might set in.

Step 3: use tips to stop procrastinating, forgive yourself for postponing tasks or actions in the past, focus on doing, not avoiding, promise yourself a reward after implementing your goals into reality, and ask somebody to check up on you.

Step 4: tackle the hardest tasks at your peaks times, First, identify your peak hours when you feel most focused. Prioritize your most challenging tasks during these hours.

Step 5: become a master of scheduling, to effectively plan your day, start by creating a to-do list or schedule. Prioritize your tasks based on urgency and importance. Allocate specific time slots for each task, considering your energy levels and peak productivity times. Be realistic about what you can accomplish in a day and avoid overloading your schedule.

Step 6: set your time-bound your goals, you should establish a specific timeframes or deadlines within which your aim to achieve your objectives. By setting a timeline for your goals, you hold yourself accountable for taking action and making progress. Deadlines create a sense of urgency that might motivate you to work consistently and prevent procrastination.

Last but not least, use task-and-time management apps, these kinds of apps offer numerous benefits that can greatly enhance productivity and organization. Task management apps provide a central location to organize, capture and track all your tasks. You can create task lists, set prioritizes, assign due dates, and categorize tasks based on projects or contexts. This ensures nothing gets forgotten [2].

REFERENCES

1. The Procrastination Equation Piers Steel, 2010, 352p
2. Stop Procrastinating Nils Salzgeber, 2018, 114p
3. Psychology of Motivation Louis V. Brown, 2017, 217p
4. A Theory of Human Motivation Abraham H. Maslow, 1943, 400p
5. Electronic Recourses
6. <https://www.verywellmind.com/major-branches-of-psychology-4139786>
7. <https://www.un.org/en/healthy-workforce/world-mental-health-day>
8. https://selfdeterminationtheory.org/SDT/documents/2000_RyanDeci_SDT.pdf
9. <https://www.verywellmind.com/the-psychology-of-procrastination-2795944>
10. <https://nationaldaycalendar.com/national-lazy-day-august-10/>