MOTIVATION

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Everyone needs to be motivated to function well. An educator needs to have the motivation to become effective and efficient in his/her duty; might as well the learners to become more eager and interested to attend their classes and study well. Every individual needs to find a way that would serve as their fuel that would run their human mechanism inside.

There are two kinds of motivation, those are intrinsic and extrinsic motivation.

Intrinsic motivation is defined as the motivation that stems directly from an action rather than any reward.

Individual moved to act for fun or challenge entailed rather than of external rewards when intrinsically motivated.

According to the Self-Discipline Theory, the most distinction between intrinsic and extrinsic is that intrinsic motivation is doing something because it is seen to be inherently interesting or enjoyable, while extrinsic motivation is that doing an activity simply for enjoyment of the activity itself rather than its instrumental value, which contrasts the intrinsic motivation.

Moreover, if a learner studies for an examination to have a qualifying grade to play for the baseball team, then that is extrinsic motivation. Meanwhile, if a learner studies because s/he wants to get good grades, then that is intrinsic motivation.

As you probably understand, intrinsic motivation is more powerful of the two, though not all the time.
References:
