THEORIES OF MOTIVATION

WHAT IS MOTIVATION?

Motivation defined as: An internal state that arouses directs and maintains behavior

Theories of motivation are:

1- BEHAVIORAL APPROACH TO MOTIVATION:
   Behaviorists explain motivation with concepts such as reward and incentive. A rewards is an attractive object or event supplied as a consequence of a particular behavior. An incentive is an object or event that encourages or discourages behavior.

2- HUMANISTIC APPROACHES TO MOTIVATION:
   Humanistic approaches of motivation emphasize such intrinsic sources of motivation as a person needs for self-actualization. From the humanistic perspective to motivate students means to encourage their inner resources.

3- COGNITIVE APPROACHES TO MOTIVATION
   Cognitive theories believe that behavior determined by our thinking not simply by weather we have been rewarded or punished for the behavior in the past.

4- SOCIAL LEARNING APPROACHES TO MOTIVATION
   Theories of motivation are integrations of behavioral and cognitive approaches. They take into account both of the behaviorists and cognitivists. Social learning motivation can be characterized as expectancy value theory.

5- PSYCHOANALYTIC THEORY OF MOTIVATION
   Psychoanalytic theory of human behavior is perhaps the most comprehensive one devised and its care is a complicate theory of motivation

6- REINFORCEMENT THEORY OF MOTIVATION:
   Reinforcement theory suggests that people behavior is directly related to the consequence of their action. According to this law people are likely to repeat behavior that result in enjoyable are positive consequences. But if the consequence are unpleasant the people is likely to act differently the next time.
   There are three forms of reinforcement.
   1. Positive
   2. Avoidance
   3. Punishment.