

TYPES OF MOTIVATION

EXTRINSIC

Most of the time, our behaviour is due to extrinsic reasons, not because we wish to do a particular activity, but because the activity will result in the thing we want. So when we are extrinsically motivated we are driven by external rather than internal factors. For example, many people dislike their jobs, but go to work to get a salary, and some people only obey the law to avoid punishment. In a school context, a student may be rather lazy by nature but will work hard because of pressure from teachers and parents.

INTRINSIC

Someone who is intrinsically motivated is driven by internal factors, where there is a sense of reward from doing the activity in itself, not just because of the results it brings. This type of reward may simply be a sense of pleasure or enjoyment from within. People who are lucky enough to have jobs that they enjoy can be intrinsically motivated, where they would probably do the work, maybe as a hobby, even if they were not paid a salary. In a school context, a student may genuinely appreciate the sense of personal satisfaction gained from persevering and making progress and will work hard because of this.

INTEGRATIVE

Someone who is integratively motivated has a positive attitude towards the subject, and so there is a willingness to make efforts in learning it. They will not only be interested in the subject itself, but also in the people, lifestyle and culture associated with the subject. For instance, a student may be willing to learn biology because s/he is a very logical, rational person and admires scientists' contribution to knowledge.

INSTRUMENTAL

Someone who is instrumentally motivated has a specific desire to learn a subject to further their own personal goals, e.g., it will enable them to get a better job, they might get promoted or they might earn more money. For example many people in China have studied English at home in order to enable them to get a better job in their own country, but they might have no plans to actually live in an English speaking country. An example of a student who is instrumentally motivated in school might be interested in passing exams, to get good grades, and to qualify for a university course or to get the job of their dreams.

Which do you think are the strongest types of motivation?

Which do you think is the weakest?

WHICH TYPE(S) OF MOTIVATION DO YOU HAVE FOR EACH SUBJECT THAT YOU ARE STUDYING?

List your subjects and tick ✓ the types of motivation.

Subject	Extrinsic	Intrinsic	Integrative	Instrumental

FINDING REASONS FOR A POSITIVE ATTITUDE TO SUBJECTS YOU DON'T LIKE...

Subject	Reasons