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# The practices and factors of intrinsic motivation and its goals

Adele Gottfried\*

Department of Educational Psychology, California State University, Northridge, Northridge, United States

\*Corresponding author. Email: [adelegottfried@gmail.com](mailto:adelegottfried@gmail.com)

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## DESCRIPTION

Intrinsic motivation is defined as performing activities for true satisfaction, not separable results. Essential motivation drives people to act for fun and challenge, not for external products, pressures, or rewards. An example of an essential motivation is to read a book because you enjoy reading and are interested in a story or topic, rather than reading because you need to write a report to pass the class. The intrinsic motive is clearly visible to toddlers who are constantly trying to grab, throw, bite, crush, or yell at new objects they encounter. Although less important with age, adult humans are essentially motivated when playing crossword puzzles, drawing, gardening, reading novels and watching movies. However, to get a clearer picture of intrinsic motivation, it is necessary to understand that it is defined in contrast to extrinsic motivation.

Extrinsic motivation is a structure that occurs each time an activity is performed to achieve separable results. Therefore, extrinsic motivation is in contrast to intrinsic motivation. Intrinsic motivation refers to doing activities solely to enjoy the activity itself, not its instrumental value. Everyone is different and it includes what motivates us and how we see rewards. Some people are more essentially motivated by the task, while others see the same activity extrinsically. Both are effective, but studies have shown that they are overly effective and should be used sparingly with external rewards. Exogenous rewards can undermine intrinsic motivation when used in certain circumstances or when used frequently. Rewarding behaviour that is already essentially motivated can devalue the reward. Some people also recognize external strengthening as a coercion or bribe.

The over justification effect has affected the entire field of study that focuses on students and helps them reach their full potential. Experts disagree on whether extrinsic rewards have a positive or negative impact on intrinsic motivation, but recent studies have shown that rewards are actually given early in the task. By understanding the

factors that drive intrinsic motivation, you can understand how it works and why it is beneficial. Curiosity, and the drives us to explore and learn solely for the joy of listening and learning. Challenges help us continuously work at the optimal level to achieve meaningful goals. Control, which comes from our basic desire to control what is happening and make choices that affect the outcome. Awareness When our efforts are recognized and valued by others, we essentially need awareness and satisfaction.

You can enjoy your work and other activities and find ways to make your tasks interesting. Challenge yourself by setting achievable goals that focus on skill acquisition rather than external interests. Help people in need, whether they are friends or not, who can help you at home or prepare meals. Make a list of what you really want to do and what you want to do, and choose something from the list whenever you have time or aren't inspired. Participate in competition and focus on friendship and your performance instead of winning. There are things you can do to increase the essential motivation of your child. Parents often use external rewards and pressures to get their children to complete certain tasks, such as doing homework or cleaning the room.

It provides choices rather than activity requirements. Having a say makes them more essentially motivated. Encourage independent thinking by giving space to work on tasks alone and reporting when satisfied with the results. Make your activity fun by performing tasks such as reading and picking up toys. By providing the child with developmentally appropriate fine-tuning skills, it provides a way for the child to feel successful. Encourage them to focus on the inner interests of the activity. Not what you can get in return, but how much it makes them feel. Intrinsic motivation can be applied to every aspect of your life and has been shown to be a powerful way to improve performance and also can motivate yourself and others by focusing on the inner rewards of the task, such as satisfaction and joy.