

# Download Understanding Motivation

## Understanding Psychology

However, by looking at the key ideas behind each theory, you can gain a better understanding of motivation as a whole. Motivation is the force that initiates, guides, and maintains goal-oriented behaviors. It is what causes us to take action, whether to grab a snack to reduce hunger or enroll in college to earn a degree. However, inner needs must certainly be part of the equation in understanding our behavior. Why #2: Drive Reduction Theory. This next approach to motivation proposes that organisms large and small, simple to complex, prefer the state of homeostasis in which all of their needs are fulfilled. Motivation is the underlying basis of why people do the things they do, and for those who may not understand why a person is performing a certain task, they may need to look at a number of factors to ultimately gain a better understanding or empathy about it. Understanding Motivation (Understanding Psychology) Hardcover – August 1, 2017. by Kris Hirschmann (Author) Be the first to review this item. See all formats and editions Hide other formats and editions. Price New from Used from Hardcover, August 1, 2017 ...