

Motivation:
The Driving Force
Behind
Self-Regulated Learning

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Why did motivation matter in SRL

- Motivation fuels goal-setting, effort, and persistence in SRL.
- It's the “why” behind planning, monitoring, and adjusting learning strategies.
- This presentation will cover:
 - What is motivation in SRL?
 - Types of motivation.
 - Psychological perspectives.
 - Theories of motivation.
 - Strategies to enhance motivation.

Defining Motivation in Learning

- According to Schunk, Pintrich, and Meece (2008), motivation is "*the process whereby goal-directed activity is instigated and sustained.*"
- This definition emphasizes that motivation:
 - Involves goals that provide direction
 - Requires activity (physical or mental)
 - Is sustained over time through various processes is the inner drive to achieve goals and overcome challenges.

Motivation Cycle



Read more on [prepwithharshita](#)



Understanding Different type of Motivation

Intrinsic

Driven by curiosity and interest

Desire for personal growth

Leads to long-term engagement

Extrinsic

Driven by rewards or recognition

Desire to avoid punishment

Focuses on short-term goals

Key Components of Motivation

Goal
Orientation

Self-
Efficacy

Task Value
and Interest

Attribution
Beliefs

Goal Orientation & Self-Efficacy

•Goal Orientation

- Refers to the reasons or purposes behind pursuing a goal.
 - Mastery Orientation:** Focused on learning and improving.
 - Performance Orientation:** Focused on demonstrating competence or outperforming others.
 - Impacts how individuals approach tasks and persist in challenges.

•Self-Efficacy

- The belief in one's ability to successfully perform a task or achieve a goal.
 - High self-efficacy leads to greater effort and persistence.
 - Influenced by past experiences, encouragement, and observations of others' success.



Task Value & Attribution Beliefs

•Task Value

- The perceived importance, usefulness, or enjoyment of a task.
 - Intrinsic Value:** Enjoyment of the task itself.
 - Utility Value:** How the task aligns with personal goals or future benefits.
 - Higher task value enhances motivation and engagement.

•Attribution Beliefs

- How individuals explain their successes and failures.
 - Internal Attributions:** Belief that outcomes are due to personal effort or ability.
 - External Attributions:** Belief that outcomes are due to luck or external factors.
 - Positive attributions (e.g., success due to effort) can boost motivation, while negative attributions (e.g., failure due to inability) can hinder it.



How Does Psychology Define Motivation?



Behaviorism: Motivation through rewards and punishments.



Cognitive Psychology: Motivation stems from beliefs, expectations, and goals.



Humanistic Psychology: Focuses on personal growth and fulfillment.

Theories of Motivation in Learning

- **Maslow's Hierarchy of Needs:** Motivation builds from fulfilling basic needs (e.g., safety) to achieving personal growth.
 - Application: Students need a safe, supportive environment to excel.
- **Self-Determination Theory:** Intrinsic motivation grows through autonomy, competence, and relatedness.
- **Attribution Theory:** Success attributed to effort increases motivation; attributing failure to external factors hinders it.



The Neuroscience of Motivation

- **Dopamine Pathways:** Dopamine reinforces behaviors that bring satisfaction.
- **Prefrontal Cortex:** Essential for planning and persistence.
- **Amygdala:** Regulates emotional responses, impacting motivation positively or negatively.
 - Example: A student experiencing success gets a dopamine boost, reinforcing their effort.



The Role of Motivation in SRL



Goal-setting: Motivation drives learners to set clear, achievable goals.



Persistence: Keeps learners engaged despite challenges or setbacks.



Reflection: Encourages self-awareness and growth from failure.



How to Enhance Motivation in SRL

•For Educators:

- Create autonomy by offering choices in tasks.
- Connect learning tasks to real-world applications.
- Provide constructive and positive feedback.



For Learners:

- Set specific, meaningful goals.
- Use self-rewards to maintain extrinsic motivation.
- Reflect on how tasks align with your personal values.

How Do Emotions Influence Motivation?

Positive emotions (e.g., excitement, pride) enhance intrinsic motivation.

Negative emotions (e.g., fear, anxiety) can hinder learning or drive extrinsic motivation.

Example: A confident student is more willing to explore challenging topics.



Key Takeaways

Motivation is central to SRL—it fuels goal-setting, effort, and persistence.

Psychological theories provide valuable insights into why we act and learn.

Practical strategies can empower learners and educators to boost motivation.

Thank you
