



How To Motivate Students: Extrinsic and Intrinsic Motivation

Bekkulova Hojar Zayniddinovna

Teacher of English Language

Uzbekistan-Finland Institute of Pedagogy

Baxriddinova Shaxnoza Sadriddin qizi

Student of the Faculty of Philology

Uzbekistan-Finland Institute of Pedagogy

ABSTRACT

Language learners are motivated either by intrinsic or extrinsic factors. They are genuinely interested in learning a foreign language and feel that it is relevant to their lives. On the other hand, motivation is driven by certain factors such as grades, parental expectations, or potential future earnings.

This article reflects contemporary issues regarding student interest in learning a foreign language.

Key words: Activation, intensity, motivation, extrinsic motivation, extrinsic factors, intrinsic, intrinsically motivated.

Introduction

Motivation is an inner state that prompts people to perform goal-directed behavior. It is often understood as the force that explains why people initiate, continue, or stop certain behaviors at certain times. It is a complex phenomenon and its precise definition is controversial. This contrasts with amotivation, which is a state of apathy or lethargy. Motivation is studied in fields such as psychology, motivation science, and philosophy.

Motivational states are characterized by their direction, intensity and stability. The direction of a motivational state is determined by the goal it seeks to achieve. Intensity is the strength of a state and affects whether the state is translated into action and how much effort is applied. Perseverance measures how long a person is willing to engage in an activity. Motivation is often divided into two phases: in the first phase, a person sets a goal, and in the second phase, he tries to achieve this goal.



Even the most well-intentioned and educated teachers sometimes have a hard time keeping learners on track because the best lessons, books and materials in the world will not always make students enthusiastic about learning and willing to work hard if they are not motivated. Students are motivated differently and it takes time and a lot of effort to learn to get a classroom full of learners enthusiastic about learning, working hard, and pushing themselves to excel.

The three interdependent parts of motivation are activation, intensity, and perseverance. People behave in certain ways if these three elements work together

Activation is the decision to engage in a behavior for a reward or incentive. Activation, also known as direction, involves committing to work toward a larger goal, such as taking a coding course for a career change or saving for early retirement.

Intensity is the dedication and effort to a reward determined by your level of experience and desire.

Perseverance refers to the ability to stay on track through challenges or setbacks and maintain the necessary drive and intensity over time to reach your reward.

In general, there are two types of motivation: intrinsic and extrinsic. These two forms of motivation are completely different and affect people differently.

Intrinsic motivation arises from within a person, while extrinsic motivation arises from outside. While both types of motivation are vitally important, their impact on how you work and your results is different. Intrinsic motivation refers to the process of working towards a specific goal because you find it personally fulfilling. On the other hand, extrinsic motivation refers to performing a task or behaving in a certain way to avoid punishment or receive a reward.

Extrinsic motivation can be beneficial in a variety of situations and can also contribute to burnout or loss of effectiveness over time. Seeking extrinsic rewards can be helpful when you need to complete an activity that you otherwise wouldn't enjoy. Intrinsic interest is a unique strategy, but it can keep you engaged and help you achieve your goals. Each of the two kinds of motivation can complement each other to help you accomplish a task. While working on various plans, you may feel extrinsically motivated to complete them on time. You may be intrinsically motivated to complete them because you value the plan and it will achieve your intrinsic goals.



You can use various methods to increase student motivation. Giving students a sense of leadership and setting clear goals, using competition and rewarding everyone can be very effective methods for improving student motivation in the classroom and beyond. The initial step is to give learners a sense of control and ownership that a teacher can do to increase student's motivation. Giving students some control and autonomy over what activity takes place in the classroom is one of the best ways to keep them interested and motivated. While teacher instruction is essential for keeping students engaged and motivated, granting students to decide on the type of assignment they will take on, for example, can give them a sense of control that may motivate them to be more successful. If you fancy to keep your student motivated, you need to set clear learning goals. Without clearly defined goals, students may struggle to complete assignments or even behave in class. Students want to know what the teacher expects of them, and the need to know keeps them motivated. Set clear goals, guidelines, and expectations for students at the beginning of the year so there are no misunderstandings and students will achieve their goals. Motivation can be increased by involving every student in class activities. While work may not be fun for some students in groups, many will enjoy solving problems, conducting experiments, and collaborating on projects with their peers. In addition, social interaction can keep students motivated to achieve goals. However, teachers must ensure that groups are balanced and fair so that no student is overburdened with work. It is necessary to increase motivation in a learning environment, to create a safe and welcoming circumstance. Some students are so worried about the thought of failure that it prevents them from taking another step towards achieving their goals. What motivates them most is that students know that having difficulty completing a task is not the end of the world. Teachers should encourage students regardless of the outcome and make sure they are able to cope with the expectations you have set.

The classroom is a great place to learn, but sitting at a desk every day can make school tedious for some students. Give your students a chance to get out of the classroom to rekindle their interest in a subject or learning in general. Take a field trip, invite speakers, or even go to the library to do some research. The brain loves freshness, and a new atmosphere may be just what some students need to remain motivated to learn. Not all students react to classes the same way. For some, hands-on experience may be best. Others may enjoy reading quietly or



working in groups. Mix up your lessons to encourage all students so that students with different strengths can focus on what they enjoy. It helps students to be active and attentive.

Assigning students to work in the classroom is a great way to build a team and motivate students. Most students view classwork as a privilege rather than a burden and work hard to meet their own and other students' expectations. It can also be considerate to let students to take turns controlling or assisting with activities so that everyone feels important and valued. Even as adults, we crave recognition and praise, and students of all ages are no exception. Teachers can greatly motivate students by publicly rewarding success, praising work well done, and sharing exemplary work. Getting to know your students is more than just memorizing their names. Students need to know that their teacher is genuinely interested in them and cares about them and their success. When students feel valued, it creates a safe learning environment and motivates them to work harder because they want praise and good feedback from someone who knows and respects them as a person. It also has another benefit for your students, which is that it allows you to connect class materials with things that interest or resonate with your students. It can be used by teachers to engage students for longer and to keep things interesting and fun for students. Helping motivate students can be great, but at the end of the day, they need to be able to create their own motivation. One of the most powerful gift you can give to students to increase their motivation is helping them to find their personal reasons for going to class and make efforts ,whether it's because they're financially motivated, because they want to go to institute, or because they just love to study. In short, intrinsic motivation is the best motivator for long-term success and personal growth. However, extrinsic motivation can also be effective in achieving short-term goals and providing extrinsic rewards for hard work. Finally, the best type of motivation depends on the individual and their goals. By setting clear goals, finding a support system, celebrating small victories, and taking breaks, people can stay motivated and achieve success.

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