Clay Kuznia

113164116

PSYC 101 – 004

Dr. Pennie S. Seibert

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Motivation and Emotion (Mod 28-31)

Motivation is a need or desire that energizes and directs behavior. It is affected by both nature and nurture. For something to be qualified as an instinct then that behavior “…must have a fixed pattern throughout a species and be unlearned”. Psychologists eventually discovered drive-reduction theory, which shows that a psychological need motivates an organism to satisfy that drive (with food or water). At times motivated behaviors increase arousal. Maslow’s hierarchy of needs shows us our natural priorities that each individual has. Social interaction seems to boost our motivation and emotion. We also suffer from ostracism, or social exclusion. Social media tends to hinder our offline relationships, but overall it is strengthening connectedness. The social media sites tend the reflect the “real you”.

Hunger can be a very powerful driving force. Our bodies keep track of our energy use and tell us when we get low (hunger pangs). Everybody varies in how much energy they use to maintain body functions. Body chemistry and environment decides when and what we eat, or like to eat. Situations can also control our eating. Obesity can be “…socially toxic”, it can give individuals lower well-being and increased depression.