

1. Describe an example of when you were extrinsically motivated by something. What was your goal and what motivated you?

The external reasons which help us achieve our goals such as rewards or punishments, can be referred as extrinsic motivation. “People behave to attain a desired consequence such as tangible rewards or to avoid a threatened punishment.” (Deci & Ryan, 2000, p. 236). Extrinsic motivation can be a powerful force to achieve their goals, particularly when the reward is highly desirable. I as a student was motivated by the prospect of continuing my studies at a University of the People in pursuing a career in my desired field, but the driving force behind my efforts is to get the external reward of the scholarship. If I get the scholarship, then I have to work hard to maintain a high GPA, participate in extracurricular activities to meet the scholarship requirements and increase the chances of receiving the award.

2. Describe an example of when you were intrinsically motivated by something. What was your goal and what motivated you?

Intrinsic motivation “refers to doing an activity for the inherent satisfaction of the activity itself” (Ryan, 2000). I am living in Sweden and from the past few years Swedish Government is implementing the environment sustainability very seriously. I am also passionate about environmental conservation and sustainability. My goal is to become knowledgeable in this area and take actions to reduce my own environmental impact.

My intrinsic motivation comes from my own personal values and interests, rather than external rewards or pressures. I read books and articles, watch documentaries, and attend events related to

environmental sustainability. Now a days I am taking action by reducing my own waste, using eco-friendly products, and advocating for sustainable practices within community.

3. Based on your examples, explain the difference between intrinsic motivation and extrinsic motivation. Was one more effective? Be sure to reflect on how each type of motivation made you feel.

Intrinsic motivation is the drive to engage in an activity or pursue a goal for its own sake, rather than for external rewards or pressures. It comes from personal interests and values. As a student I am motivated by passion for environmental sustainability, my goal is driven by my own interests and values.

On the other hand, extrinsic motivation is to engage in an activity or pursue a goal for external rewards such as a scholarship in my case. As a student my goal is driven by an external reward if I do my best in classes and get good grades, I can get a scholarship or grant from the University.

Both intrinsic and extrinsic motivation can be effective in driving behavior, but they can have different outcomes and impacts on how one feels about the task or goal. Intrinsic motivation is often associated with positive emotions such as self-enjoyment and satisfaction, as it aligns with personal values and interests, whereas extrinsic motivation is often associated with negative emotions such as anxiety, stress, and pressure to perform. While external rewards may provide a temporary boost in motivation, they may not necessarily lead to long-term satisfaction or fulfillment.

In conclusion, while both intrinsic and extrinsic motivation can be effective in driving behavior, intrinsic motivation tends to have more positive outcomes and can lead to greater personal fulfillment and satisfaction in the long term.

4. Finally, based on what you have learned about motivation, describe what motivates you to learn. Are you an intrinsically motivated learner or an extrinsically motivated learner? Why?

As a human we always continue to develop and improve, the things which always motivates me is "curiosity" or a desire to learn and explore new areas of knowledge. In conclusion, I see myself to be both an extrinsic and intrinsic learner, because both works together to help me achieve my goals and succeed academically.

References:

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