MOTIVATION

What is Motivation? According the dictionary. motivation are reasons for

acting in a particular way, it is presenting yourself with the exact reasons and

facts that makes you think and work only in one direction. In our Psychology

course motivation, can be an internal or external state of condition, sometimes

describe as a need, desire, or want that serves to activate or energize

behaviour and qive it direction..

. It also stated that the bioloqical. emotional..

cognitive, or social forces can help activate and direct behaviour. Motivation is

something that makes you think in a positive route and pushes you to adapi

qood habits which is actually very difficult to achieve with your daily activities.

In our own understanding motivation, is an energy or the key in our life to

continue without being tired..