

Motivation is the internal drive or desire that propels a person to learn, engage in a task, and persist in the face of challenges. It is one of the most powerful individual learner factors, as it directly influences a student's effort, attention, and willingness to practice.

There are two primary types of motivation:

Intrinsic Motivation

This type of motivation comes from within the individual. Learners are intrinsically motivated when they engage in a task for their own enjoyment, personal interest, or a sense of accomplishment. They are driven by the inherent satisfaction of the learning process itself, not by external rewards. For example, a student who learns to play the piano because they love the music is intrinsically motivated. This type of motivation often leads to deeper, more meaningful learning and greater long-term retention.

Extrinsic Motivation

This type of motivation is driven by external rewards or pressures. Learners are extrinsically motivated when they engage in a task to earn a good grade, receive praise from a teacher or parent, win an award, or avoid punishment. For example, a student who studies for an exam only to get a high score is extrinsically motivated. While extrinsic rewards can be effective in prompting a learner to act, they may not foster a genuine love for the subject or a desire for lifelong learning.

Both types of motivation play a role in learning, but research suggests that cultivating intrinsic motivation is key to fostering lifelong learners who seek out knowledge for its own sake

