

## Motivation Theory Cheat Sheet

by Natalie Moore (Natalie Moore) via cheatography.com/19119/cs/2249/

## Content vs. Process

## Content

Maslow, Alderfer, Herzberg and McCelland studied motivation from a "content" perspective.

Content Theories deal with "what" motivates people and it is concerned with individual needs and goals.

### **Process**

Vroom, Porter & Lawler, Adams and Locke studied motivation from a "process" perspective.

Process Theories deal with the "process" of motivation and is concerned with "how" motivation occurs.

## **Content: Incentive Theory**

Employee will increase effort to obtain a reward

Based on principle of reinforcement

Outcome is usually money

Based on theory that man is rational, based on 'economic man'

## **Content: Herzbergs Two Factor Theory**

Hygine create dissatisfaction if individuals

Factors perceive them as inadequate or
inequitable, yet individuals will not be
significantly motivated if these factors
are viewed as adequate or good.

Salery, job security, working
conditions

Motivat

intrinsic factors such as sense of achievement, recognition, responsibility, and personal growth.

Hygiene factors determine dissatisfaction

Motivators determine satisfaction

# Cause Disatifaction Cause Satisfaction Cause Satisfaction Cause Satisfaction Wotivators Create dissatisfaction if perceived as inadequate or inequitable. Do not act a complete. Pay, Job Security, Work Place Conditions Herzbergs Two Factor Theory

## **Content: Maslow Hierarchy of Needs**

According to this theory, individual strives to seek a higher need when lower needs are fulfilled.

1st Basic survival needs, such as air, physiologi water and food. cal needs

2nd personal security, health, wellsafety being and safety needs

3rd Sense of belonging and belonging acceptance. Relationships, families and friendship.

4th self- Be respected / self respect esteem needs

5th self-actualization needs

# Actualisation Self esteem Belongingness Safety Physiological Maslow's Heirarchy of Needs

# Content: Alderfers ERG Theory

Physiological and Safety needs are merged in Existence Needs,

Belonging needs is named as Relatedness Needs.

Self-esteem and Self-actualization needs are merged in Growth Needs

Growth, Relatedness, Existence

## **ERG** diagram



# **Content: McClellands Achievement Need Theory**

Three basic needs that people develop and acquire from their life experiences .

Needs Seeks achievement and tries to attain for challenging goals. Strong need for achiev feedback as to achievement and ement progress, and a need for a sense of accomplishment

Needs High need for affiliation needs for harmonious relationships affiliati on

Needs Wants to direct and command other for people power:

Although these categories of needs are not exlusive, generally individuals develop a dominant bias or emphasis towards one of the three needs. Entrepreneurs usually have high degree of achivement needs.



By Natalie Moore
(NatalieMoore)
cheatography.com/nataliemoore/
www.speedwell.com.au/

Published 18th June, 2014. Last updated 9th May, 2016. Page 1 of 2. Sponsored by **CrosswordCheats.com**Learn to solve cryptic crosswords!
http://crosswordcheats.com



## Motivation Theory Cheat Sheet

by Natalie Moore (Natalie Moore) via cheatography.com/19119/cs/2249/

## **Process: Adams Equity Theory**

If individual feels rewards are fair then they feel satisfied.

Adams says employees seek to maintain equity between the inputs that they bring to a job and the outcomes recieved.

Measure against the perceived inputs and outcomes of others.

## **Process: Expectancy Theory**

Expectancy: E - belief that effort (E) will result in attainment of desired

P performance (P) goals.

Instrumentality: belief of reward (R) if performance (P) expectation is met

P -> R

Valence Value of the reward according to the person

Suggests human behaviour is directed by subjective probability.

## **Process: Goal Theory**

Proposes motivation and performance high if goals are challenging, but accepted, and feedback is given.

Two important findings:

Setting specific = higher performance than general goals

The goals that are hard to

goals

achieve

are linearly and positively connected to performance. The harder the goal, the more a person will work to

reach it.



By **Natalie Moore**(NatalieMoore)
cheatography.com/nataliemoore/
www.speedwell.com.au/

Published 18th June, 2014. Last updated 9th May, 2016. Page 2 of 2. Sponsored by **CrosswordCheats.com**Learn to solve cryptic crosswords!
http://crosswordcheats.com