



PSYCHOLOGICAL THEORIES OF MOTIVATION AND THE IMPORTANCE OF ACTIVITY MOTIVATIONS

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Annotation:

Motivational theories explain how motivation arises, develops, increases, and decreases in people. In psychology, motivation is a set of processes that initiate, control and maintain all behavior related to the ability to achieve a goal. It will be discussed about psychological theories of motivation and the importance of activity motivations.

Keywords: motivation, psychology, activity motivation, adaptation, desire, behavior, reward, research

Motivation is related to thoughts, feelings, and actions, so it is one of the most important processes at the mental level. Motivation relates to all situations in everyday life that require some type of action, from going to the kitchen for a glass of water to starting a career to improve our job opportunities. There are many different factors that influence motivation, including biological, social, cognitive, and emotional factors. Therefore, there are all kinds of motivational theories that complement each other and explain different parts of the process of acting on the basis of goals. Various motivational theories have been proposed throughout history, and today there is no consensus on how to best explain this psychological phenomenon. Let's take a look at the most important ones to understand how this process works in the best way. One of the most important streams of current psychology is evolutionary. From this point of view, human behavior, thoughts, and emotions are studied in terms of our development as a species, examining why each of these elements was formed as an adaptation to the environment in the distant past. The evolutionary theory of motivation argues that our desires, instincts, drives, and goals are directly related to the environment in which we develop as a species. Thus, the way we act is determined by what was most likely to survive and reproduce in our evolutionary past. A very important part of the evolutionary theory of motivation is the theory of optimization. According to this paradigm, people always seek to maximize the rewards they receive while minimizing the energy expended to obtain them. If we approach it from the research history of the motive, in this case it is a specific type of interpretation of the behavior of humans and sometimes animals as a





spiritual manager of their life and activities. It is noted in scientific sources that the concept of motive mainly applies to mammals. The concept of motives related to people includes all types (appearances, modalities, forms) of triggers and triggers (for example, motives, needs, interests, goals, aspirations, motivated attitudes, etc.) .

Despite the fact that motive is defined as the determination of behavior in a broad sense, many foreign researchers interpret personal motives in a very narrow sense and investigate it scientifically, even they do not include the amount of unconditional reflex acts, affective, stress and expressive reactions in the motive system. A number of psychologists compare the energetic, spiritual and spiritual aspects of the motive, they interpret the motive as a source of energetic bioenergetic activity in the purest sense, without taking into account its spiritual and spiritual aspects and they seek to explain. In particular, Z. Freud (856-1939) interprets the laws of the motive only as a dynamic energy state. According to a group of foreign psychologists, the motive is the energetic aspect of experiences and reactions, and since the attitude towards this definition is very controversial, we will express a critical opinion to the authors in another section of the book. Achievement motivation can be defined as the need for improvement based on the victory of all our aspirations in life. Goals influence how we perform tasks and reflect our motivations for performing our skills. These basic physiological moments affect the natural behavior of a person in various conditions.

Motivation can range from biological needs to satisfying creative urges or achieving competitive success. That is why it is so important because it affects life every day. All our actions, actions, thoughts and beliefs are influenced by the inner desire for success, the desire to feel the pleasant weight of the laurel wreath on our head. The study of achievement motivation has a long and distinguished history. In fact, scientists have focused on this issue since the dawn of psychology as a scientific discipline, when William James proposed how mastery tendencies are related to self-esteem. Currently, this topic is an active area of research, especially in the fields of educational psychology, sport and exercise psychology, industrial psychology, and social psychology of personality and development. Research is conducted in experimental laboratories (usually where variables are used) and in real-world settings such as classrooms, workplaces, or sports fields.

The challenge is to explain and predict any behavior related to the ability principle. Examples of goal pursuit are everywhere in life and exist in many different situations. For example, a gardener who strives to grow the perfect fruit, a teenager who wants to be a good conversationalist, or an elderly person who is concerned about the gradual loss of their abilities, may look to understand what success motivation is over time. Many scholars have focused on one of the above factors in their work, and some





seek to combine two or more of these parameters into a common conceptual framework. The need to belong. Being close to someone in general. Such a person enjoys mutual friendship with others. The need for power. Those with this need have a strong need to control events and things or influence others.

Five characteristics of a high need for achievement

Feature 1. Walk for a personal record. Edmund Hillary, together with his guide, Nepalese Sherpa Tenzig Norgai, became the first person to climb the highest peak on earth, Everest. Most of us are capable of it, but there is an undeniable drive to succeed. And the issue is not to increase financial income. Achieving a goal, and then an even bigger goal, is about striving for perfection without becoming a compulsive perfectionist.

Feature 2. Personal success. Let's imagine that you want to throw a ring on a stick. You can choose how far or how close you stay from this ring. Some people come very close to success every time. Others risk standing too far away, so they rarely manage to throw the ring, and mostly because they're lucky. And someone chooses the distance at which they use the skill needed to succeed in order to achieve satisfaction. Provided there are no problems, but it won't be easy either.

Feature 3. Personal responsibility in finding solutions to problems. Such a person enjoys feeling that he is ready to solve difficult situations. In some cases, it goes completely of its own accord.

Feature 4. The pursuit of unique achievements, relentless and innovative. At first glance, it may seem that there is an element of inconsistency, non-conformity in the nature of these people. They are not good candidates for working in a bank, where transactions must be carried out day after day, without change.

Affiliation - is characterized by emotional connection of a person with other people, mutual acceptance and inclination; in some cases, this term is used to denote the need for connection, acceptance, and the desire to be connected. Affiliation¹ refers to the emotional relationship of individuals characterized by the interdependence of acceptance and placement. In psychology, this term is interpreted as a person's desire to be accepted in society, to gain the approval of others. If this need is blocked, alienation, loneliness, and despair appear. If the relationship remains reliable, a person will have spiritual satisfaction, his vitality will increase. Therefore, it takes a lot of effort to develop and maintain close and trusting relationships. As a result, if





such a relationship is broken, a person will suffer a lot. A paradox arises - when relationships break down, close people become a source of stress and frustration. For teenagers, the need for communication is very important, it is fundamental for the formation of personality. It is also the leading activity in the development of psyche and activity structures at this age stage is communication with peers. A teenager wants to be like everyone else, trying to take his place among his peers, to protect his uniqueness. Its acceptance or rejection by society depends on the methods and methods of achieving this goal. Communication in adolescence is mainly based on the motive of connection. The leading activity in the development of psyche and activity structures is communication with peers. A teenager wants to be like everyone else, trying to take his place among his peers, to protect his uniqueness. Its acceptance or rejection by society depends on the methods and methods of achieving this goal. Communication in adolescence is mainly based on the motive of attachment. According to many scientists, all types of emotional disorders in adolescents do not simply pass away, but manifest themselves in personality traits and make themselves felt in later life. And the lack of need for connection has consequences, which become interpersonal relationship problems. As a result, psychological problems can be identified with a lack of affiliation. Such teenagers are characterized by: shyness, tendency to psychological isolation, escape from reality into the world of fantasy. According to F. Rice, teenagers need friendship because they do not believe in themselves. They have not yet formed as individuals. Friends and peers help them to define their limits. With the help of friends, they acquire necessary personal and social skills.

One of the most serious personal problems associated with non-affiliation is loneliness. The feeling of loneliness arises for a number of reasons: someone does not know how to relate to others, someone has low self-esteem, does not trust others. And teenagers who cannot show their individuality, as a result avoid contact with society, their isolation, their experiences are limited.

In conclusion, motivation and goal pursuit is one of the basic needs that each of us needs to satisfy. It is important to remember that understanding the various principles of achievement motivation can help explain and predict behavior without creating a complex psychological profile.

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