



## Motivation: Definition, Types of motives: A Review

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### Abstract

The goal here may be fulfilment of a want or a need. Whenever a need arises the organism is driven to fulfil that want or need. If there is no need in the organism, there will be no behaviour. For example, Horse and water. Horse does not drink water unless it has thirst or if it is not motivated. Unlike the external stimuli, the motives are limited. The behaviour to fulfil such needs is mechanical and alike in all the organisms.

Hunger is a motive which stimulates the organism to have food. We develop hunger when the food that was taken earlier is exhausted. The need for food drives us to go in search of food and to have it. Here the hunger motive not only initiated the action, but also continued until the goal (having food) is reached. The motives are powerful forces. They do not allow us to stop our action or behaviour until the need is satisfied. Hence, they are called the ‘dynamos’ of behaviour.

**Key words:** Motivation, behaviour, organism, mechanical etc.

### Introduction

Biological motives are directly related to individual’s physiological needs, and eating are necessary for individual’s biological survival. Sex is essential for survival of the species. These are also called primary drives, which are deeply rooted, in our all make-up. Satisfaction of these drives is necessary because our needs certain substances for its growth as well as its day-to-day maintenance with a view to keeping the balance of various physiological as within the body. Some of our most powerful motives, e.g., hunger, thirst, sex, sleep, avoidance of pain, are rooted in our physiological make-up actually regulatory in their nature. In other words, we can say that many biological needs are triggered departures from balanced physiological conditions of the body. Our body to maintain a balance, called homeostasis, in many of its internal physiological processes. This balance is very important for life. For example, temperature must not get too high or too low; there must be enough water the body tissues The homeostatic mechanisms are mainly responsible maintaining the acidities, water level, sugar level, temperature, blood pr< and numerous other highly complicated bodily processes. The working of these physiological processes and homeostatic equilibrium of the body are possible by our efforts to supply the requirements of the body. On the whole, the tendency of motivated behaviour to maintain a balanced condition within the organism is called homeostasis.

### Definition

**According to a renowned physiologist,** “*The living being is an agency of such sort that each disturbing influence induces by itself the calling forth of compensatory activities to neutralize or repair the disturbance*”.

### Biological Motivation and Homeostasis:

Biological motives are called as physiological motives. These motives are essential for the survival of the organism. Such motives are triggered when there is imbalance in the body.

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