

Reaction article review example

[Psychology](#), [Success](#)



Motivation is broadly defined as the pulling together of efforts towards the achievement of a given goal. As such, it goes without saying that motivation is a deliberate effort aimed at achieving a given goal. As much as there are goals to be achieved, motivation is the grease that lubricates the wheels of success.

According to Anon. (n. d), there are various factors that affect motivation. These factors include the personal, environmental as well as situational factors. All these factors come in to create the motivation that an individual needs to go on with the issues of life. It is also important to realize that motivation is important in life. It helps to give individuals the zeal that an individual needs in life.

There are various ways through which motivation can be perceived. These perspectives include the trait-centered view which looks at various traits that help in defining motivation. Other views include the situational centered and interactional centered views. In all these perspectives , there are factors that help in defining these situations.

Anon. (n. d) also observes that motivation can be created and enhanced through various means. These include means such as team work, reward scheme as well as personal motivation. Once enough motivation is built up, an individual develops some characteristics and traits that show that the individual is actually motivated. There are also other traits that can be observed in a motivated individual. For instance, the person can be self-driven and highly resourceful. In the final analysis, a motivated individual tends to show a form of determination and focus. The level of

competitiveness in such an individual is also improved and the person can therefore complete tasks, some of which may not be achieved by an individual with matching abilities but with no motivation.

After going through this reading, there are various issues that I called to mind concerning the issue of motivation. First of all, I realized that it does not take so much of knowledge or skills to accomplish a given task. Rather, all that is needed is the will and the motivation to achieve the objective. In essence, I called to mind the famous adage that where there is a will there is a way.

I also realized that for successful accomplishment of any task in life, there is the need to look at the possible factors that surround its achievement. This is mainly because these factors affect the motivation to accomplish the task. Motivation, on the other hand upholds the high spirit which helps the individual to go through the endeavor successfully. As such, if the personal, situational and environmental factors are despised, there is a possibility that hindrances along the way can lead to failure of accomplishment.

In relation to this, I came to understand that there are various ways through which as an individual I can develop self motivation and also help in creating motivation in others. For instance, through team-work, I can easily collaborate with other people with similar interests as mine. Through collaboration with such individuals, there would be a sense of internal competition which goes a long way in creating motivation. This internal competition then helps in maintaining the zeal to accomplish the task at hand.

In a nutshell, the article was very informative and challenging as well. After going through it, I now feel much informed and knowledgeable on the issue of motivation. As such, I can be self motivated and thereby be in a position to create motivation in others as well.

Work Cited

Anonymous. Chapter 3: Motivation. N. d. (pdf)