

# [Ap psychology review: motivation](https://assignbuster.com/ap-psychology-review-motivation/)

motivationthe psychological feature that arouses an organism to action toward a desired goaldrivestrive and make an effort to reach a goal ONAP PSYCHOLOGY REVIEW: MOTIVATION SPECIFICALLY FOR YOUFOR ONLY$13. 90/PAGEOrder Nowhomeostasisprocess by which organisms maintain a relatively stable internal environmentinstinctinborn pattern of behavior often responsive to specific stimulidrive-reductiontheory that claims that behavior is driven by a desire to lessen drives resulting from needs that disrupt homeostasisintrinsic motivationA desire to perform a behavior for its own sakeextrinsic motivationa desire to perform a behavior due to promised rewards or threats of punishmentbiological motivesMotivation from goal directed behaviorlearned motivesmotives that are acquired through the process of classical conditioning are called learned motivesarousal and performanceArousal in short spurts is adaptive we perform better under moderate arousal, however optimal performance varies with task difficulties

Chronic arousal is maladaptive and tiring
(EX: Testing anxiety)

hungerhave a craving, appetite, or great desire for; the physiological need to eat, experienced as a drive for obtaining food, an unpleasant sensation that demands reliefhyperphagiaexcessive eatinganorexia nervosaan eating disorder in which a normal-weight person diets and becomes significantly underweight, yet, still feeling fat, continues to starvebulemia nervosaa disorder in which cycles of overeating are followed by some form of purging or clearing of the digestive tractset-point hypothesisthe idea that each person's body weight is genetically set within a given range, that the body works hard to maintain. achievement motivationa desire for significant accomplishment: for mastery of things, people, or ideas; for attaining a high standardAbraham Maslow's hierarchy of needsMaslow's pyramid of human needs, beginning at the base with physiological needs that must first be satisfied before higher-level safety needs and then psychological needs become active