

Ap psychology review: motivation



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motivation the psychological feature that arouses an organism to action toward a desired goal; drive; strive and make an effort to reach a goal

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homeostasis process by which organisms maintain a relatively stable internal environment

instinct inborn pattern of behavior often responsive to specific stimuli

drive-reduction theory that claims that behavior is driven by a desire to lessen drives resulting from needs that disrupt homeostasis

intrinsic motivation A desire to perform a behavior for its own sake

extrinsic motivation a desire to perform a behavior due to promised rewards or threats of punishment

biological motives Motivation from goal directed behavior

learned motives motives that are acquired through the process of classical conditioning are called learned motives

arousal and performance Arousal 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)

hunger have a craving, appetite, or great desire for; the physiological need to eat, experienced as a drive for obtaining food, an unpleasant sensation that demands relief

hyperphagia excessive eating

anorexia nervosa an eating disorder in which a normal-weight person diets and becomes significantly underweight, yet, still feeling fat, continues to starve

bulimia nervosa a disorder in which cycles of overeating are followed by some form of purging or clearing of the digestive tract

set-point hypothesis the idea that each person's body weight is genetically set within a given range, that the body works hard to maintain.

achievement motivation a desire for significant

accomplishment: for mastery of things, people, or ideas; for attaining a high standard
Abraham Maslow's hierarchy of needs
Maslow'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