

# Intrinsic extrinsic motivation

Psychology



## **Intrinsic / extrinsic motivation**

Motivation It is undeniable that meaningful achievements in life can only be achieved through motivation. There are two basic types of motivation intrinsic and extrinsic motivation. Intrinsic motivation refers to the inner drive that makes an individual employ overwhelming efforts to achieve the desired goal despite not having physical or tangible benefits. For intrinsic motivation, “ the rewards reside in the actions themselves; that is, the actions are their own reinforcement” (Covington, 2000, p. 2). Intrinsically motivated people are driven by inward gratification achieved when a task is achieved. On the other hand, extrinsic motivation refers to drive propelled by material or tangible benefits. Extrinsic motivation is characterized by physical attributes such as gifts, rewards, recognition among others. it is particularly necessary to differentiate between extrinsic and intrinsic motivation since sound understanding of fundamentals of motivation is the key to success. Covington claims that intrinsic motivation supersedes extrinsic motivation. More notably, extrinsic motivation may interfere with intrinsic motivation. Therefore, a clear understanding of the two forms of motivation is overwhelmingly important.

Certainly, I am both intrinsically and extrinsically motivated. Intrinsic motivation especially in my learning process comes from personal desire to gain knowledge. Although many people view learning as a challenging and difficult process, I enjoy learning. It is like a hobby to me especially when I am learning arts. I derive joy when I am in arts class and therefore, I would still enjoy the classes even when there are no tangible benefits in the end. Besides being intrinsically motivated, I am also driven by extrinsic

motivation. For instance, I really work so hard in my academics since I would want to set an exemplary example for my children, who look after me as a role model and mentor. I believe that my performance will also affect their performance in school since they would like to emulate what I have done. I am also extrinsically motivated to get exemplary results on my GPA since the same will enable me move to the next step academically. With little time left to join UCLA, I feel I need to work extra hard to keep my GPA high and increase my admission chances. Although I may not be intrinsically motivated on all classes, I still experience the need to work hard to achieve the desired goals. Needless to say, I have been able to achieve much in learning by employing both intrinsic and extrinsic motivation in my learning. When one seems not to be working, the other one takes over. Nevertheless, I remain focused in my learning at all times knowing that many people depend on success of my learning process.

#### Reference

Covington, M. (2000). Intrinsic Versus Extrinsic Motivation in Schools: A Reconciliation. Department of Psychology, University of California at Berkeley, 9 (1).