

Motivation, Emotion, and Stress

Motivation:

Motivation: a psychological process that directs and maintains behavior towards a goal.

Motive: needs or desires that energize behavior.

Instinct: complex, inherited behavior patterns characteristic of a species that is unlearned.

Imprinting: an attachment to the first moving thing seen or heard after birth (for birds).

Drive-reduction theory: the idea that a physiological need creates an aroused tension state (a drive) that motivates an organism to satisfy the need.



Homeostasis: a tendency to maintain a balanced or constant internal state; the regulation of any aspect of body chemistry, such as blood glucose, around a particular level.

Need: a necessity, especially a physiological.

Desire: something that is wanted, but not needed.

Primary drive: drives that are innate such as hunger, thirst, and sex.

Secondary drive: drives that are learned through conditioning such as working for money.

Arousal: the level of alertness, wakefulness, an activation caused by activity in the CNS.

Yerkes-Dodson Law: people perform best at a moderate level of arousal.

Sensation seeking: searching for a certain level of sympathetic nervous system of arousal.

Incentive theory: people are motivated by a desire to obtain external incentives.

1. **Incentive:** a positive or negative environment stimulus that motivates behavior.
2. **Primary incentives:** motivates behavior to satisfy a physiological need.
3. **Secondary incentive:** motivates behavior to satisfy a desire.

Cognitive theory: People are motivated as a result of their own thoughts, desires, goals, and expectations.

Intrinsic motivation: doing something because you generally like to do it.

Motivation And Emotion Study Guide

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Motivation And Emotion Study Guide:

Discovering Psychology Telecourse Study Guide David S. Moore,1991 *Study Guide for Psychology, Third Edition* Cornelius Rea,Don H. Hockenbury,Sandra E. Hockenbury,2002-08-02 New edition of the Hockenburys text which draws on their extensive teaching and writing experiences to speak directly to students who are new to psychology Psychology Study Guide Cornelius Rea,2005-06-10 For every chapter the Study Guide will include a Preview and At A Glance sections both provide an overview of and objectives for the chapter Each major topic includes a progress test comprised of multiple choice matching and or true false questions The Guide also contains Graphic Organizers which encourage students to complete graphs charts and flow diagrams that ultimately provide a visual synopsis of text material End of chapter material includes Something To Think About sections which contain thought provoking questions designed to encourage critical thinking and application of the material **Understanding Motivation and Emotion** Johnmarshall Reeve,2018-02-15 The past ten years have seen an explosion of useful research surrounding human motivation and emotion new insights allow researchers to answer the perennial questions including What do people want and Why do they want what they want By delving into the roots of motivation the emotional processes at work and the impacts on learning performance and well being this book provides a toolbox of practical interventions and approaches for use in a wide variety of settings In the midst of the field s golden age there has never been a better time to merge new understanding and practical application to improve people s lives Useful in schools the workplace clinical settings health care sports industry business and even interpersonal relationships these concepts are profoundly powerful incorporated into the state of the art intervention programs detailed here they can enhance people s motivation emotion and outlook while answering the core questions of any human interaction

Study Guide for Psychology David G. Myers,Richard O. Straub,2009-04-03 Longtime Myers collaborator Richard Straub provides an updated study guide for the new edition **Psychology Study Guide** Janet D. Proctor,Proctor, Donald,1999-09-08 **Study Guide with Readings to Accompany Papalia and Olds Psychology** Virginia Nichols Quinn,1985 *Study Guide and Workbook to Accompany Zimbardo and Weber's Psychology, Second Edition* Peter C. Gram,Philip G. Zimbardo,1997 Psychology Third Edition builds upon the experience and reputations of Phil Zimbardo and Ann Weber with the addition of a new co author Bob Johnson who has a wealth of teaching experience at the community college level This briefer less expensive book presents psychology in a meaningful manageable format that focuses on the key questions and core concepts of psychology Introductory psychology covers such a wide range of topics and issues that it becomes difficult for readers to see the forest for the trees To make key psychological concepts more meaningful the authors found inspiration in a classic chess study This study showed that experts did no better than novices at remembering the location of pieces on a chess board when they were placed randomly Only when the patterns represented actual game situations did they make sense and therefore become more easily memorable for the experts Clearly meaningful patterns are

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comprehension or application **Study Guide Plus for Essentials of Psychology** Baron,2001-06 Psychology, Study Guide Robin M. Kowalski,Alastair Younger,Drew Westen,2004-07-22 Work more effectively and gauge your progress along the way This Study Guide is designed to accompany Kowalski and Westen s Psychology 4th Edition It increases student success with chapter outlines objectives key terms fill in exercises questions that test what you have learned sample multiple choice test questions and answer keys Students often get lost in the details most will never take a second psychology course they often have trouble relating the material to their everyday lives The new Fourth Edition of Kowalski and Westen s Psychology addresses these teaching challenges The student develops evaluative reasoning through self discovery for a lifetime of learning Students are drawn into the material in a way that intrigues and stimulates so they begin to see psychology at work in their daily lives Like its predecessors this new edition effectively captures the diversity and breadth of psychology A complete overview of how human beings think feel and behave is included Psychology is an evolving science which continually addresses and readdresses the relationship between psychological events and their neural underpinnings between cognition and emotion between cultural processes and human evolution between nature and nurture and more

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