

Definition of Motivation

The definition of motivation and processes, including self-determination theory, have been developed specifically to address the complex nature of human motivation. The following definitions are intended to provide a clear and concise understanding of the concept of motivation.

From a psychological perspective, motivation is defined as the process by which individuals are activated to act, to direct their behavior toward a goal, and to persist in that behavior. This definition emphasizes the role of internal processes in determining behavior, and it highlights the importance of the goal in motivating action. In other words, motivation is the process by which individuals are activated to act, to direct their behavior toward a goal, and to persist in that behavior.

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