

32 Lecture - MGT111

Important Subjective

1. **What is motivation?**

Answer: Motivation is the driving force that initiates, directs, and sustains behavior towards achieving a goal.

2. **How does intrinsic motivation differ from extrinsic motivation?**

Answer: Intrinsic motivation is driven by internal factors such as personal interest, enjoyment, or personal fulfillment, while extrinsic motivation is driven by external factors such as rewards, punishments, or social pressures.

3. **How can self-efficacy influence motivation?**

Answer: Self-efficacy, or the belief in one's ability to succeed at a task, can influence motivation by increasing confidence and the willingness to engage in the task.

4. **What is the difference between approach motivation and avoidance motivation?**

Answer: Approach motivation involves seeking out positive outcomes, while avoidance motivation involves avoiding negative outcomes.

5. **How can goal setting affect motivation?**

Answer: Goal setting can provide a clear target for motivation and can increase the sense of purpose and direction towards achieving the goal.

6. **How can the expectancy-value theory explain motivation?**

Answer: The expectancy-value theory suggests that motivation is based on the expectation of achieving a goal and the value placed on that goal.

7. **How can social support affect motivation?**

Answer: Social support can provide encouragement, feedback, and accountability which can increase motivation towards achieving a goal.

8. **What is the difference between a fixed mindset and a growth mindset?**

Answer: A fixed mindset assumes that abilities and intelligence are fixed traits, while a growth mindset believes that abilities and intelligence can be developed and improved through effort and learning.

9. **What is self-determination theory?**

Answer: Self-determination theory is a theory of motivation that suggests people are motivated by a sense of competence, autonomy, and relatedness.

10. **How can the self-regulation theory explain motivation?**

Answer: The self-regulation theory suggests that motivation is influenced by feedback, goal setting, and the ability to self-monitor and adjust behavior towards achieving the goal.