

## FEEL GOOD: DO GOOD

by:

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Motivation is very important. It is the driving force and willpower that help us to do something. It is a process that led us to goal-oriented behaviors. The major components of motivation are Activation, persistence, and intensity. Activation happens when you decide to instigate a behavior. Persistence is the continued effort towards a goal despite the challenges and hindrances.

According to B.F. Skinner, people are not driven to act by internal states, instead, we are incentivized to act based on deprivation, satiation, and aversive stimulation. Intrinsic forces of motivation explained that we are pulled toward behavior that led to outside rewards and pushed away from actions that lead to negative consequences.

Good grades, gaining esteem, and accolades from teachers and parents are some incentives that can motivate students to perform well in school. Gifts, candies, and snacks are also good examples of external rewards that motivate behavior. However, rewards must be easy to obtain to motivate. Unattainable rewards and unrealistically achievable are useless. It should be important to be powerful enough to spur a student into action.

In classroom setup, rewards, incentives, and motivations are big factors that affect the teaching and learning process. Teachers frequently use reinforcement to instill good behavior in class. If the students feel motivated and properly rewarded, it is easy for them to perform well. That motivation will connect the students

and teachers and help them achieve their common goals. Through these research, studies, and theories, we can truly say that if you feel good, you will do good.

## *References:*

Cherry, K (2022) Motivation: Theories, Examples, Types, and How to Find It  
(verywellmind.com)

B.F. Skinner's (1938) book "Behavior of Organisms"