

## CHAPTER 10: MOTIVATION AND EMOTION

### Chapter Learning Objectives

- 10.1: Describe evolutionary, drive reduction, and optimum arousal theories of motivation.
- 10.2: Explain the physiological basis of hunger and the nature of eating behavior.
- 10.3: Characterize approaches to motivation in everyday life.
- 10.4: Summarize views of emotion.
- 10.5: Discuss the role of emotions in physical and psychological health and wellness.

### Chapter Overview

#### *Racing Toward Calamity*

- During the COVID-19 pandemic healthcare professionals willingly exposed themselves to the danger of the virus, and of some people who associated these workers with the virus. They knowingly risked their own lives.
- Why do some people move toward danger to help others? This is a question of motivation and emotion.

#### I. Theories of Motivation

- *Motivation* is the force that moves people to behave, think, and feel the way they do.

##### A. The Evolutionary Approach

1. An *instinct* is an innate, biological pattern of behavior that is believed to be universal throughout a species. Usually a *sign stimulus* in the environment sets the instinct into motion.
2. Instincts may explain a great deal of nonhuman animal behavior. Instincts may also explain infant reflexes such as sucking on an object that is placed in the mouth.
3. According to evolutionary psychologists, the human motivation for sex, aggression, achievement, and many other behaviors comes from our evolutionary past. However, other theories of motivation are needed to explain the complexity of these human behaviors.

##### B. Drive Reduction Theory

1. A *drive* is state of tension that occurs because of some physiological need.
2. A *need* is some deprivation that energizes the drive to eliminate or reduce the deprivation.
3. Generally, psychologists think of needs as underlying our drives. Need refers to a physiological state, while drive refers to a psychological one.
4. *Drive reduction theory* explains that when a drive becomes stronger, we are motivated to reduce it. The goal behind drive reduction is *homeostasis*, which is the body's tendency to maintain equilibrium, or balance.
5. Drive reduction theory does not give a complete framework for motivation because people often actually behave in ways that increase rather than reduce a drive.

##### C. Optimum Arousal Theory

# Motivation And Emotion Psychology Study Guide

**Xiang Xie**



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counseling and in one's own personal life Reeve's engaging writing captures the excitement of recent advances in the field to show the reader what contemporary motivation psychologists are excited about. He also uses effective examples and explains how motivation study can be applied to readers' daily lives. By combining a strong theoretical foundation with current research and practical applications, Reeve provides readers with a valuable tool for understanding why people do what they do and why people feel what they feel. *Study Guide for Nairn's Psychology: the Adaptive Mind* Janet Proctor, James S. Nairne, 2003. The new edition of the Study Guide includes the following for each chapter of the text: learning goals, mastering the vocabulary, fill in the blanks, test items, mastering the concepts, test items, questions that are cross-referenced with PsychNOW 1.5 and Psyk Trek, and a multiple choice evaluating your progress for every main heading in the chapter. It will also contain short essay, matching, and two sets of multiple choice pre-tests questions. All the test item answers will contain main text page references as well as rejoinders. Also included is an update of the language development guide with the phonetic pronunciation of appropriate glossary words. *Study Guide for Use with Psychology* Susan Martin Burns, 2004.

**Focus on Psychology: A Guide to Mastering Peter Gray's Psychology** Mary Trahan, Peter O. Gray, 2006-09. The comprehensive study guide helps drive home concepts through active participatory learning. The study guide is designed to be used in tandem with the reading of each textbook chapter, and its contents are linked to Psychology Fifth Edition's marginal Focus Questions. Each chapter consists of a concise overview of the corresponding textbook chapter, a comprehensive series of questions that follows the flow of the text section by section, and two self-tests consisting of multiple choice and essay questions with answers. With this guide, students will deepen their learning following an approach to study that is thorough and thoughtful. *Psychology: First Canadian Edition Study Guide* Richard O. Straub, 2006-09-15. Following the text's content, Richard Straub offers a Chapter Overview and Chapter Review which is divided by major section. Each group of fill-in-the-blank and short answer questions is preceded by the relevant objective from the text. The Study Guide also includes three self-tests, one of which encourages students to think critically about the chapter's concepts, answers with page references for the self-tests and explanations of why a choice is correct or incorrect, and a Focus on Language and Vocabulary section which explains idioms and other phrases used by David Myers in the text that may not be clear to some readers. *A Study Guide for Psychologists and Their Theories for Students: MAX WERTHEIMER* Gale, Cengage Learning, 2015-03-13. Perfect for research assignments in psychology, science, and history, this concise study guide is a one-stop source for in-depth coverage of major psychological theories and the people who developed them. Consistently formatted entries typically cover the following: biographical sketch and personal data, theory outline, analysis of psychologist's place in history, summary of critical response to the theory, the theory in action, and more. *Creole Composition* Vivette Milson-Whyte, Raymond Oenbring, 2019-08-13. *Creole Composition* is a collection featuring essays by scholars and teachers, researchers working with students in from the Anglophone Caribbean. Arising from a need to define what writing instruction

in the Caribbean means Creole Composition expands the existing body of research literature about the teaching of writing at the postsecondary level in the Caribbean region To this end it speaks to critical disciplinary conversations of rhetoric and composition and academic literacies while addressing specific issues with teaching academic writing to Anglophone Caribbean students It features chapters addressing language approaches to teaching assessing writing administration and research in postsecondary education as well as professionalization of writing instructors in the region Some chapters reflect traditional Caribbean attitudes to postsecondary writing instruction other chapters seek to reform these traditional practices Some chapters interventions emerge from discussions in writing studies while other chapters reflect their authors primary training in other fields such as applied linguistics education and literary studies Additionally the chapters use a variety of styles and methods ranging from highly personal reflective essays to theoretical pieces and empirical studies following IMRaD format Creole Composition the first of its kind in the region provides much needed knowledge to the community of teacher researchers in the Anglophone Caribbean and elsewhere in the fields of rhetoric and composition writing studies and academic literacies In suggesting frameworks around which to build and further institutionalize and professionalize writing studies in the region the collection advances the broader field of writing studies beyond national boundaries Contributors include Tyrone Ali Annife Campbell Tresecka Campbell Dawes Valerie Combie Jacob Dyer Spiegel Brianne Jaquette Carmeneta Jones Clover Jones McKenzie Beverley Josephs Christine E Kozikowski Vivette Milson Whyte Kendra L Mitchell Raymond Oenbring Heather M Robinson Daidrah Smith and Michelle Stewart McKoy

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*Motivation, Emotion, and Cognition* David Yun Dai,Robert J. Sternberg,2004-07-13 The central argument of this book is that cognition is not the whole story in understanding intellectual functioning and development To account for inter individual intra individual and developmental variability in actual intellectual performance it is necessary to treat cognition emotion and motivation as inextricably related *Motivation Emotion and Cognition Integrative Perspectives on Intellectual Functioning and Development* represents a new direction in theory and research on intellectual functioning and development portrays human intelligence as fundamentally constrained by biology and adaptive needs but modulated by social and cultural forces and encompasses and integrates a broad range of scientific findings and advances from cognitive and affective neurosciences to cultural psychology addressing fundamental issues of individual differences developmental variability and cross cultural differences with respect to intellectual functioning and development By presenting current knowledge regarding integrated understanding of intellectual functioning and development this volume promotes exchanges among researchers concerned with provoking new ideas for research and provides educators

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