

BEHAVIOR - THEORETICAL STUDY OF BEHAVIOR AND ACTIVITY MOTIVATION.

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Abstract

In this article, aspects such as the emergence, duration, and stability of behavior, direction, and completion after achieving the intended goal, tendency to future events, proportionality and content integrity of a separate behavioral act, and increasing efficiency require motivational explanation.

Keywords

Behavior, motivation, activity, motive, action.

Аннотация

В данной статье требуют мотивационного объяснения такие аспекты, как возникновение, продолжительность и устойчивость поведения, направленность и завершение после достижения намеченной цели, склонность к будущим событиям, соразмерность и содержательная целостность отдельного поведенческого акта, повышение эффективности.

Ключевые слова

Поведение, мотивация, деятельность, мотив, действие.

Before we dwell on the topic of "motivation of behavior and activity", which is important for us, we should explain the meaning of the term "Motivation". The term "Motivation" has a broader meaning than the term "Motive". The word "motivation" is the determining factor of behavior in modern psychology. In particular, it is used in a double sense as a feature of the motivating process, which

determines the system of needs, motives, goals, aspirations, and many others) and keeps behavioral activity at a certain level. We use the concept of motivation in the first sense. Thus, motivation can be defined as a set of psychological reasons that explain human behavior, its origin, direction and activity.

Psychologist Henry Murray (1938) described the first person's achievement motivation as the desire for significant achievements to acquire skills and ideas, for management, and to quickly reach a high standard.

Aspects such as the emergence, duration, and stability of behavior, orientation, and completion after achieving the desired goal, the tendency to future events, proportionality and content integrity of a separate behavioral act, and increasing its effectiveness require a motivational explanation. is enough. "Why?", "Why?", "For what purpose?", "For what?" "What kind of essence?" and the search for answers to other such questions is done according to motivation.

Any form of behavior can be explained by internal and external reasons. In the first situation, the psychological properties of the subject's behavior appear as the initial and final conditions of the explanation, and in the second, the external and operational conditions. In the first situation, we talk about motives, needs, goals, wishes, interests, and desires, and in the second, we talk about the incentives that arise from the situation. Sometimes all factors that determine human behavior from the inside are called personality dispositions. Accordingly, dispositional and situational motivations are spoken of as internal and external analogs of behavior determination. Therefore, the desired action of a person is considered twofold: dispositional and situational determination.

Dispositions are essentially motives. Motive, unlike motivation, is a stable personal characteristic of the subject of behavior that urges him to perform certain actions from within. Motive can also be defined as a concept that expresses many dispositions in a generalized form. The most important of the available dispositions is the concept of needs.

The flexibility of the motivational field characterizes the motivational process as follows: the more different lower-level motivational tendencies are used to satisfy the higher-level motivational tendency, the more flexible the motivational field is. For example, if one individual's need for knowledge is satisfied only through television, radio, and movies, for another, the means of satisfying the same need are various books, periodicals, and communication with people. In the latter case, the motivational field is considered more flexible. Knowing the nature of motives and the problem of changing them is important in studying the motivations of various professions. One such motive is the motive to achieve

success in various fields of activity, the founders of this theory are the American scientists D. McClelland, D. Atkinson and the German scientist H. Heckhausen. According to them, there are mainly two types of motivation that make people do different things: the motivation to succeed and the motivation to avoid failure.

People also differ depending on what motive they aim for when engaging in various activities. For example, those who work only with the motive of success, start work with such confidence that achieving success, no matter what, is the highest goal for them. They expect success before they even begin, and when they do, they know that people will approve of all their efforts. In this way, they use not only their own strength and capabilities, but also all external factors such as acquaintances and funds.

A different behavior can be observed in individuals who rely on the motivation to avoid failure. For example, they, unlike the first ones, think about not being unsuccessful before starting work. Due to this, they have more lack of confidence, lack of belief in achieving success, and a situation similar to pessimism. That is probably why, in the end, they still fail and come to the conclusion that "I am a person who does not have good luck". If the people of the first category, after successfully completing one task, start the second task with a high spirit, the representatives of the second category, after completing any task, regardless of its result, become depressed and start another task with a feeling of pain.

The psychological theory of activity was created in universal psychology. He also L.S. Vygotsky, S.L. Rubinstein, A.N. Leontev, A.R. Luria, A.V. Zaporozhets, P.YA. It is explained in the works of Galperin and many other psychologists.

Activity is a developing system of the subject's interaction with the world. In the process of such interaction, a mental image is formed and its expression in the object, as well as the realization of the subject's relationship with reality. Any simple act of activity is considered a form of expression of the subject's activity, which means that each activity has motivational reasons and is directed to achieve certain results.

The theory of activity is fully developed by A.N. In the scientific works of Leontev, in particular, "Activity. Consciousness. "Personality" (M., 1982). Although the ideas about the structure of activity do not fully explain the theory of activity, they form its basis. It consists of several layers or levels. Moving from top to bottom, we name them: the level of individual activities (or individual types of activities); level of activity; treatment level; and level of psychophysiological tasks. Thus, the components of the structure of activity include motive, goal, action (external, objective internal, mental; processes of interiorization and

exteriorization), procedures, and psychophysiological tasks. A motive is a motivating reason for an activity. A goal is a desired, that is, an image of the result to be achieved by performing an activity.

Action is the basic unit of activity analysis. By definition, action is a process aimed at achieving a goal. The following characteristics of the concept of "movement" can be mentioned. The first feature: action includes as a necessary component the act of consciousness in the form of setting a goal and holding it. The second feature: is that action is simultaneously an act of behavior. Thus, the theory of activity consists of the recognition of the continuous unity of the two primary features of consciousness and behavior, which differ from previous concepts (behaviorism).

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