**What is Our Motivation?**

My Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ My Partner’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| My motivation for doing school work: | My partner’s motivation for doing school work: |
| My motivation for getting up and leaving your house on the weekend: | My partner’s motivation for getting up and leaving her house on the weekend: |

Key Types of Motivation:

**Biological/Physiological**: based on body tissue needs; food, water, air, warm, pain

avoidance, sex

1. Hunger Motivation
	1. Physiology

-**glucose**-a form of sugar that circulates in the blood and provides the major source of energy for body tissues. When its level is low, we feel hunger.

-**set point**-the point at which an individual’s “weight thermostat” is supposedly set. When the body falls below this weight, an increase in hunger and lowered metabolic rate may act to restore the lost weight

-**basal metabolic rate**-body’s resting rate of energy expenditure. This can vary based person and based on age.

 b. Psychology

 -genetic and cultural taste preferences can be a factor

 -social facilitation—eating based on a group environment

 -unit bias-expectation and patterns of choosing portion sizes

 -variety of foods can lead to more eating

 c. Factors affecting obesity

 -set point

 -metabolism

 -genetic

 -food and activity factors

1. Sexual Motivation
	1. Physiology

-**sexual response cycle**-four stages of sexual responding—excitement, plateau, orgasm and resolution (**refractory period** for men)

-**sexual dysfunction**-problems that consistently impairs sexual arousal or functioning like orgasmic disorder or erectile disorder

**-estrogens**- sex hormones secreted in larger amounts by females that contribute to female sex characteristics. In nonhuman female mammals, estrogen levels peak during ovulation, promoting sexual receptivity

-**testosterone**-most important of the male sex hormones—males have more than females. Stimulates development of male sex organs and development of male sex characteristics

 b. Psychology

 - external stimuli such as erotic material

 - imagination and fantasy

**Social Motivation**

1. **Affiliation Need**: desire to join with others and be part of something larger than oneself
2. Benefits of Belonging
3. Evolutionary survival
4. Feelings and brain activity associated with happiness, self-esteem, safety, and competence
5. Being shut out (ostracism)
6. Activates parts of the brain associated with physical pain
7. Across cultures physical pain words similar to ostracism words (hurt, crushed etc.)
8. Social Networking
9. While less likely to know our real neighbors, our social networks have diversified
10. While some healthy disclosure occurs, but sometimes taken to extremes
11. “Likable” social media presence generally correlates to “likable” real personas
12. Narcissists more likely to be more active on social media

**Other Psychological Motivations**: based on the need for stimulations or reduction in tension

1. **Stimulus Motive**: need for sensory stimulation, activity, exploration
2. **Achievement Motive**: need to get ahead, tackle challenges, achieve goals
3. **Balance Motive**: need to create harmony by getting rid of uncomfortable situations
4. **Cognitive Consistency Motive**: doing something because that’s what you are expected to do. It fits your personality and character.

*Use the information above to discuss how you would classify you and your partner’s motives. Answer below:*