Journal of Human Psychology
Open Access - Peer-Reviewed - ISSN 2644-1101

Portico Archived | Crossref DOI | CC BY 4.0 Licensed

Opinion

How Long a Motivation May Last?

Nasim Habibzadeh [1*]

[1] PhD in Sport Science, Department of Sport Science, Teesside University, UK
*** Correspondence:** Nasim Habibzadeh, PhD in Sport Science, Department of Sport Science, Teesside University, UK

Published citation: Nasim Habibzadeh (2019) **How Long a Motivation May Last?** *Journal of Human Psychology* - 1(2):11-13. https://doi.org/10.14302/issn.2644-1101.jhp-19-3010

Article DOI: 10.14302/issn.2644-1101.jhp-19-3010

Abstract

Motivation is a kind of goal which ones could have over short or long terms in life. It could include both intrinsic and extrinsic types. Intrinsic motivations are composed of long term goals which are associated with the internal individual's motivation whereas extrinsic motivations are empowered by external environments. Correspondingly, with considering the individual endurances, the type of hardships in different types of motivations is varied. In this between, the individual devotion in relation to their goal is determinate factors. Some people devoted their entire life to their goals, so how determinate you are?

Keywords:
Motivation; time; hardship; endurance

Article Information	
Received Date	31 August 2019
Accepted Date	31 August 2019
Published Date	2 September 2019
Online	2 September 2019
Publication	Volume 1; Issue 2; Pages 11–13
Copyright	© 2019 Nasim Habibzadeh
License	This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited. https://creativecommons.org/licenses/by/4.0/

DOI: 10.14302/issn.2644-1101.jhp-19-3010

Introduction

Motivation is a kind of thought which ones have toward willingness and goals in psychological terms [1]. Successful individuals always have a high level of motivations although they have to pass of a high level of hardship pass way also (Figure 1). The motivated individual, owing to the high level of endurance, has strong desires in any actions they execute. Highly motivated individuals are such athlete or lifetime scientists in practice. They continuously work without thinking how hard a task it could be in order to achieve their goals. Motivated people have the high level of inspirations by themselves and can be inspired by any factor in space or time [2].

Motivations originate from two intrinsic and extrinsic sources. The intrinsic motivations refer to the factors such as curiosity, learning which can be permanent as they are a kind of internal inception from the birth time whereas the extrinsic motivations are reinforced by external factors such as some rewards or even punishments which can end up to a specific point of time [3], [4] (Figure 2). Nonetheless, the



Figure 1. Motivation theme

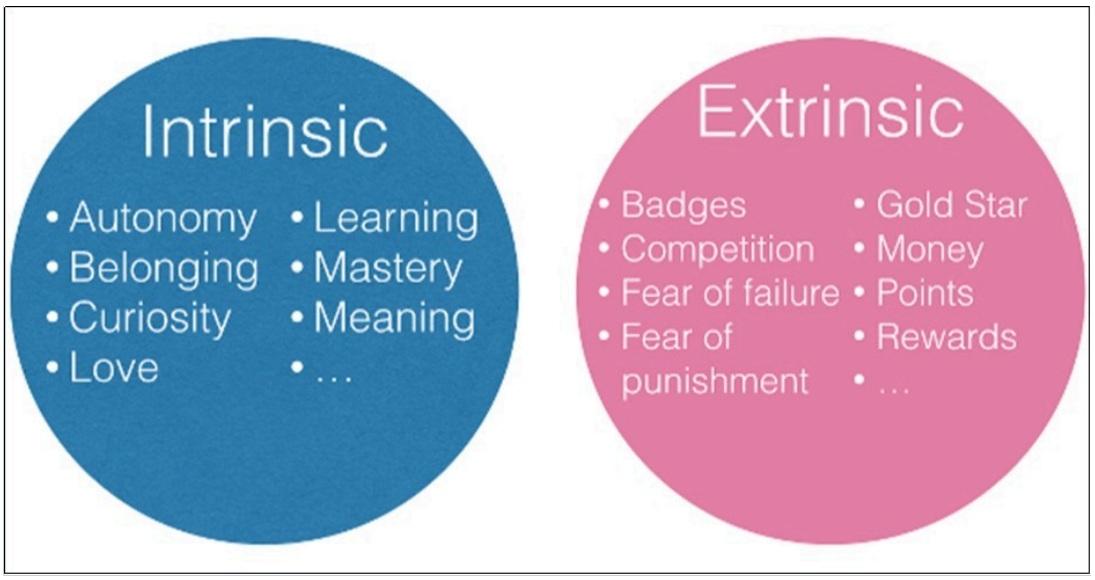

Figure 2. The types of motivations

OPEN ACCESS

intrinsic motivations could be life-changing as one can go by unthinkable stages to achieve a goal. This is why some novel discoveries using high level devotions will happen in the certain field. This might cost one's whole life among different goals as well as individual across globs.

Summary

Motivation is a psychological behavioral demand toward a long - or - short term goal. The long-term motivations are intrinsic and short-term motivations are extrinsic. The short-term motivations are limited to the time among different people whilst high level motivations always create people such as elites or scientists for example. In these relations, owing to strong level of devotions, one can go for a goal in a non - stop - manner to discover or create something new to prime a goal for other human kinds toward more feasible and enjoyable life.

Competing Interests

The authors have declared that no competing interests exist.

References

1. Gollowitzer, P. *The psychology of action: Linking cognition and motivation to behavior*. New York: Guilford,1996
2. Thompson T, Davidson JA, & Barber J G. Self-worth protection in achievement motivation: Performance effects and attributional behavior. *Journal of Educational Psychology*.1995:87, 598-610
3. Maslow AH. A Theory of Human Motivation. *Psychological Review*. 1943;50: 370-396. https://doi.org/10.1037/h0054346
4. Vroom VH. *Work and motivation*. New York: Wiley; 1964.

Publisher's Note

All claims, opinions, data, and conclusions expressed in this article are solely those of the author(s) and contributor(s), and do not necessarily represent those of Open Access Pub, the journal, its editors, or reviewers. Open Access Pub does not guarantee or endorse any product, method, instruction, or claim discussed in the article, and disclaims responsibility for any injury to people or property resulting from ideas, methods, instructions, or products referred to in the content.