

Unit 8A: Motivation & Emotion

Myers for AP Textbook
(p.326-365)

What is Motivation?

- a need or desire that energizes and directs behaviour

...So what motivates you? ☺



MOTIVATIONAL CONCEPTS:

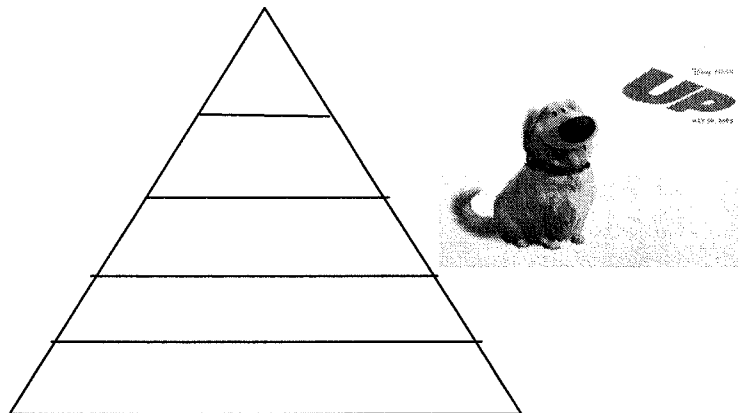
a) Instincts and Evolutionary Psychology

b) Drives & Incentives

c) Optimum Arousal

d) A Hierarchy of Motives (Maslow)

*Who was Abraham Maslow and what's with his "hierarchy of needs"?
(clip from "UP")*



HUNGER

- Physiology of Hunger (what causes hunger?)
- Psychology of Hunger (biology and culture preferences)
- Eating Disorders (Anorexia, Bulimia, Pica, Binge Eating)
- Obesity & Weight Control (Cultural pressure?)



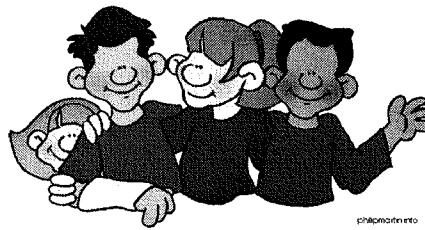
SEXUAL MOTIVATION

- Physiology of Sex (Sexual Response Cycle)
- Hormones & Sexual Behaviour
(how do they influence/motivate behaviour?)
- The Psychology of Sex (internal and external stimuli)
- Adolescent Sexuality (teen pregnancies, STI's, Sexual Orientation)



THE NEED TO BELONG

- Aiding Survival
- Wanting to Belong
- Sustaining Relationships
- The Pain of Ostracism

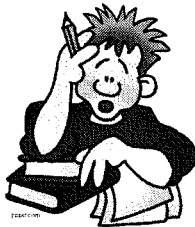


Not in textbook but you should know:

- Achievement Motivation (Workplace Motivation)
 - o Intrinsic vs. Extrinsic Motivation
 - o I/O Psychologists (Industrial Organization Psychologists)
 - o Ideal Working Environments and motivating employees



Assignment:



Read pages 326-365 and summarize the main Motivation topics (Hunger, Sexual Motivation, and the Need to Belong). Each summary should be a paragraph long or more and include all key theories, points, etc. This will be handed in for 30 Marks on _____.