


MOTIVATION & EMOTION

Unit outline



James Neill
Centre for Applied Psychology
University of Canberra
2020

Image source

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Access these slides

bit.ly/MElecture01a

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Unit outline

bit.ly/MEUO2020

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Outline

<ul style="list-style-type: none"> ▪ Acknowledgement of country ▪ Teaching staff ▪ Learning outcomes ▪ Syllabus ▪ Graduate attributes ▪ Flexible delivery ▪ Schedule ▪ Lectures ▪ Tutorials 	<ul style="list-style-type: none"> ▪ Textbook <ul style="list-style-type: none"> ▪ Access ▪ Table of contents ▪ Websites ▪ Equipment ▪ Assessment <ul style="list-style-type: none"> ▪ Topic development ▪ Book chapter ▪ Multimedia ▪ Quizzes ▪ Key dates ▪ Questions
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Image source: <http://commons.wikimedia.org/wiki/File:Yellowpin.svg>

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Acknowledgement of country

I would like to acknowledge the Ngunnawal peoples as traditional custodians of the land on which we are meeting and to acknowledge and respect their continuing culture and contribution to Canberra and the region.

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Teaching staff

Dr. James Neill

(convener, lecturer & tutor)

- **Virtual drop-in:**
30 mins before or after lectures and tutorials in the Virtual Room.
- **Online:**
Discussion (UCLearn), #emot20 (Twitter), Wikiversity
- **Direct message:**
Email

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Unit description

This unit covers theories of:

1. **motivation** (such as brain processes, extrinsic and intrinsic motivation, goal-setting, and the self) **and**
2. **emotion** (including biological and cognitive perspectives, core emotions, and emotional regulation) **and**
3. **considers their application to everyday life.**

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Learning outcomes

On successful completion of this unit, students will be able to:

1. Identify the major principles of motivation and emotion;
2. Integrate theories and current research towards explaining the role of motivation and emotions in human behaviour; and
3. Critically apply knowledge of motivation or emotion to an indepth understanding of a specific topic in this field.

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Graduate attributes: Professional

1. Communicate effectively
2. Initiative and drive, use organisation skills to plan and manage workload
3. Up-to-date and relevant knowledge and skills
4. Use creativity, critical thinking, analysis and research skills to solve real-world and theoretical problem

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Graduate attributes: Global citizens

1. Adopt an informed and balanced approach across professional and international boundaries
2. Communicate effectively in diverse cultural and social settings
3. Make creative use of technology in learning and professional lives

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Graduate attributes: Lifelong learners

1. Adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas
2. Be self-aware
3. Evaluate and adopt new technology

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Remote delivery mode

1. Live virtual and recorded lectures and tutorials via the Virtual Room
2. Online notes (Wikiversity)
3. No on-campus activities

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Schedule

Modules	Weeks of	Lectures	Readings (Ch)	Quizzes	Tutorials	Assessment skills
01 - Introduction	01	01 - Introduction	10, 01	01	01 - Topic selection	Topic selection
	02	02 - Historical development and assessment skills	02, Assessment	02	02 - Wiki editing	Basic wiki editing
	03	03 - Brain and physiological needs	03, 04	03, 04	03 - Physiological needs	Topic development
02 - Needs	04	04 - Extrinsic motivation and psychological needs	05, 06	05, 06	04 - Psychological needs	Collaboration
	05	05 - Implicit motives and goals	07, 08	07, 08	05 - Goals	Topic development (due Week 5 Monday 8am)
03 - Goals and self	06	06 - Mindsets, control, and the self	09, 10, 11	09, 10, 11	06 - Self	Literature searching
	07	07 - Nature of emotion	12	12	07 - Core emotions	Images
	08	Mid-semester break	-	-	-	-
04 - Emotion	09	08 - Aspects of emotion	13	13	08 - Measuring emotion	Tables
	10	09 - Individual emotions	14	14	09 - 20 emotions	Peer reviewing
05 - Individual emotions	11	10 - Unconscious motivation	16	16	10 - Time perspective	Wiki-bitz
	12	11 - Growth psychology	15	15	11 - Self-actualisation	Book chapter (due Week 12 Monday 8am)
06 - Growth	13	12 - Interventions and review	17	17	12 - Review	Multimedia development
	14	-	-	-	-	Multimedia presentation (due Monday 8am)
-	15	-	-	-	-	Quizzes (due Monday 8am)

Image source: https://en.wikiversity.org/wiki/Motivation_and_emotion/About/Schedule

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Lectures

- 12 x 2 hour weekly lectures based on the 17 textbook chapters
 - 1st half = motivation
 - 2nd half = emotion
- Wednesdays
13:30-15:30 12B2 Weeks 1-7, 9-13
- Lecture Recordings available via UCLearn

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Lectures - Topics

Week	Lecture	Title	Readings (Reeve, 2015)
01	01	Introduction	Unit outline, Ch 01
02	02	Historical development & assessment skills	Ch 02, Assessment
03	03	Brain & physiological needs	Ch 03, 04
04	04*	Extrinsic motivation & psychological needs	Ch 05, 06
05	05	Implicit motives & goals	Ch 07, 08
06	06	Mindsets, control, & the self	Ch 09, 10, 11
07	07	Nature of emotion	Ch 12
08	-	No lecture	-
09	08*	Aspects of emotion	Ch 13
10	09	Individual emotions	Ch 14
11	10	Unconscious motivation	Ch 16
12	11	Growth psychology	Ch 15
13	12	Interventions & review	Ch 17

Note: * indicates recording only - no live lecture

https://en.wikiversity.org/wiki/Motivation_and_emotion/Lecture

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Tutorials

- 12 x 1 hour weekly tutorials
 - ~20% key content review
 - ~50% activities
 - ~30% assessment task skills
- Attendance strongly recommended
- Recommended: Microphone headset and webcam
- Live and recorded via the Virtual Room on UCLearn

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Tutorials - Timetable

Wednesday

Wed 18:30 Online W 1-7, 9-13

Thursday

Thu 09:30 Online W 1-7, 9-13

Thu 11:00 Online W 1-7, 9-13

If you can't make your scheduled tutorial, try to come along at another time or watch the recording.

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Tutorials - Topics

Week	Tutorial	Topic
01	01	Topic selection
02	02	Wiki editing
03	03	Physiological needs
04	04	Psychological needs
05	05	Goals
06	06	Self
07	07	Core emotions
09	08	Measuring emotion
10	09	20 emotions
11	10	Time perspective
12	11	Self-actualisation
13	12	Review

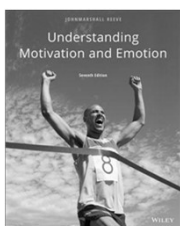
https://en.wikiversity.org/wiki/Motivation_and_emotion/Tutorial

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Textbook - Access

Reeve, J. (2018). *Understanding motivation and emotion* (7th ed.). Hoboken, NJ: Wiley.



E-book (\$81.25)

Hard copy (\$162.79)

UC Library:

- 3 copies on 3 day loan
- 1 copy on 3 hour loan

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Textbook - Table of contents

- Chapter 01: Introduction
- Chapter 02: Motivation in Historical Perspective
- Chapter 03: The Motivated and Emotional Brain
- Chapter 04: Physiological Needs
- Chapter 05: Extrinsic Motivation
- Chapter 06: Psychological Needs
- Chapter 07: Implicit Motives
- Chapter 08: Goal Setting and Goal Striving
- Chapter 09: Mindsets
- Chapter 10: Personal Control Beliefs
- Chapter 11: The Self and Its Strivings
- Chapter 12: Nature of Emotion: Six Perennial Questions
- Chapter 13: Aspects of Emotion
- Chapter 14: Individual Emotions
- Chapter 15: Growth Motivation and Positive Psychology
- Chapter 16: Unconscious Motivation
- Chapter 17: Interventions

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Websites



1. UCLearn:

<https://uclearn.canberra.edu.au/courses/7742>

2. Wikiversity:

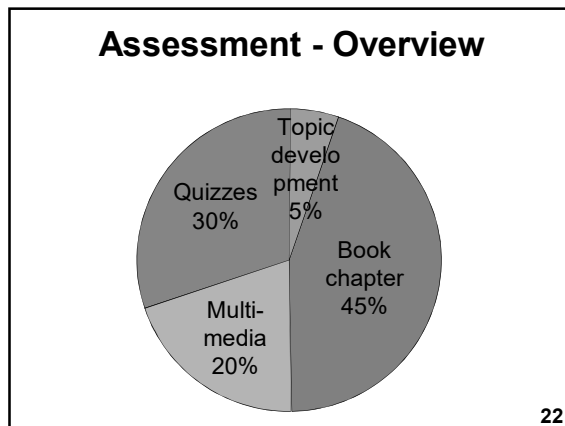
https://en.wikiversity.org/wiki/Motivation_and_emotion

These sites are open access –
i.e., freely and publicly available

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Image source: <https://commons.wikimedia.org/wiki/File:Hyperlink-Internet-search.svg>

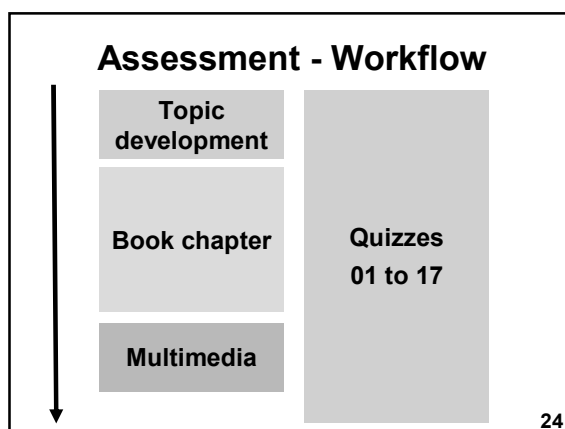


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Assessment - Overview

1. Topic development	(5%)	
Due Week 05 Mon 9am	5 hours	
2. Book chapter	(45%)	
Due Week 12 Mon 9am	45 hours	
3. Multimedia		
(20%)	10 hours	
Due Week 14 Mon 9am		
4. Quizzes	Total	
(30%)	90 hours	23


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Book + Multimedia project



Motivation and Emotion:

Understanding and improving our motivational and emotional lives using psychological science (i.e., theory and research)

Image source: https://commons.wikimedia.org/wiki/File:Book_designed_by_Benny_Forsberg_from_the_Noun_Project.svg
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Student feedback - Examples

Best aspects?

“Choosing our own topic and writing a chapter that was meaningful to us, using a new medium that extended our skills. Learning to use the Wiki, and writing in this way was more relevant to real life than an essay. Really engaging unit!”

Worst aspects?

“Did not like the focus on Wikiversity and multimedia/social media aspect ... overly challenging to learn the content and medium.”

https://en.wikiversity.org/wiki/Motivation_and_emotion/Evaluation
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Topic development - Task

- Register Wikiversity account
- Edit Wikiversity user page
- Sign up to an approved topic
- Create chapter plan:
 - section headings
 - key points, incl. citations
 - at least one relevant image
- Comment on another chapter
- Summarise social contributions on your Wikiversity user page
- Submit URL via UCLearn
- No extensions

Learn these skills in
Tutorial 1 & 2

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Topic development - Marking criteria

- Title, sub-title, Table of contents (10%)
- User page (10%)
- Social contribution (10%)
- Section headings (10%)
- Key points (30%)
- Image (10%)
- References (10%)
- Resources (10%)

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Topic development - Sign up

- One topic per author.
- Many topics available
– or propose own topic.
- Sign up by the end of Week 2.
- Develop chapter plan Weeks 3
and 4.

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Topic development - Proposal

To propose a topic, email convener:

- Title
- Subtitle (in the form of a question(s))
- Topics must be unique (i.e., not previously covered in the Motivation and Emotion book project on Wikiversity). Search previous chapters:
https://en.wikiversity.org/wiki/Motivation_and_emotion/Book
- Wikiversity username
- If approved, topic will be added with your username
- If not approved, feedback will be provided

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Topic examples - Motivation

- What motivates people to do behaviour A? or
How can we be more/less motivated to do A?
where A = a behaviour such as:
 - gamble
 - aerobic exercise
 - eat healthily
 - use drug Y etc.
- What is B? or
How can B be applied to improving C?
where B = a model or theory such as:
 - self-determination theory
 - transtheoretical model of change and motivation
 - theory of planned behaviour

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Topic examples - Emotion

- Why do we experience D? or
How can we better manage D?
where D = emotion, emotional quality, or mood such as:
 - anger, anxiety, fear, joy, jealousy, pride etc.
 - emotional intelligence, psychological resilience etc.
- What is the effect of E on D and what can
be done about it?
where E = a life event such as:
 - goal achievement
 - pregnancy
 - ageing

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Topic examples - Emotion

- What is the F model/theory of emotion and
how can it be applied?
where F = a model or theory such as:
 - broaden and build theory of positive emotion
 - stress recovery theory
 - reversal theory

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Topic examples - Motivation

Motivation [edit | edit source]

1. Autotelic personality motivation - What motivates the autotelic personality? - ?
2. Consumer purchase honesty and dishonesty - What motivates consumers to behave honestly or dishonestly when purchasing goods or services? - ?
3. Constructive nonconformism cultivation - How can constructive nonconformism be cultivated? - U3092376
4. Cortisol and motivation - How does cortisol affect motivation? - ?
5. Criminal record stigma and emotion - How does the stigma of having a criminal record affect a person's emotions? - ?

https://en.wikiversity.org/wiki/Motivation_and_emotion/Book/2019 34

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Topic examples - Emotion

Emotion [edit | edit source]

1. Affect regulation theory - What is ART and how can it be applied? - ?
2. Alcohol, dopamine, and emotion - What role does dopamine play in emotional responses to alcohol consumption? - Tomu3138325
3. Being too happy - What are the consequences of being too happy? - ?
4. Biophilia hypothesis and emotion - What are the emotional implications of the BH and how can this be applied? - ?
5. Body image flexibility - What is BIF, what are its effects on well-being, and how can it be developed? - ?

https://en.wikiversity.org/wiki/Motivation_and_emotion/Book/2019 35

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Book chapter - Task



- Create an interesting, professional, freely available, 4000 word max. online book chapter about a specific, unique motivation or emotion topic.
- Consider how psychological theory and research knowledge can be used to help people live more effective motivational or emotional lives.
- Contribute meaningfully to the development of other book chapters.

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Book chapter - Marking criteria

- **Theory (30%):**
Effective use of key theoretical concepts, critical thinking & application of theory.
- **Research (30%):**
Key peer-reviewed research discussed in relation to theoretical aspects of the topic.
- **Written expression (30%):**
Interesting and readable, logical structure, interactive learning features, APA style.
- **Social contribution (10%):**
Helping others to improve book quality. Logged contributions to UCLearn, Wikiversity, and/or Twitter.

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Multimedia - Task

- Create a stand-alone, online, publicly available multimedia presentation focusing on key problems and answer addressed in the book chapter, up to 3 minutes
- Any style, format, or platform – as long as it has a unique URL and consists of audio and image

Image source: http://commons.wikimedia.org/wiki/File:Nuvola_apps_educ_film.png

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Multimedia - Marking criteria

- **Structure and content (25%):**
Well-designed, logical content which overviews the chapter key points
- **Communication (50%):**
Clear, well-paced, engaging communication of ideas
- **Production quality (25%):**
Clear picture and sound. Informative title, description, license, etc.

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Quizzes - Task



• Availability

- All 17 quizzes available online 24/7 until Mon 9am Week 15

• Content

- One quiz per textbook chapter
- 10 multiple-choice questions per quiz, drawn randomly from a larger test bank

• Time limit

- 10 minutes per quiz

https://en.wikiversity.org/wiki/Motivation_and_emotion/Assessment/Quizzes 40

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Quizzes



• Attempts

- One or two attempts are permitted
- If attempted twice, average of the attempts is used
- Second attempts will involve a new random selection of questions

• Reviewing results

- Results (questions and answers) will be available for review immediately after submitting, but not later on, except under face to face supervision

https://en.wikiversity.org/wiki/Motivation_and_emotion/Assessment/Quizzes 41

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Quizzes



• Academic integrity

- Complete independently, on your own
- Do not share answers

• Bonus marks

- Email the unit convener if you identify a quiz:
 - error
 - improvement
- Accepted revisions will earn bonus quiz marks

https://en.wikiversity.org/wiki/Motivation_and_emotion/Assessment/Quizzes 42

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Key dates

- W02 (Fri) – Recommended topic sign up
- W04 (Fri) – Census day - W/draw w/out penalty
- W05 (Mon 9am) – Topic development due
- W08 – No classes - Mid-semester break
- W08 (Fri) – Withdraw without incurring fail
- W12 (Mon 9am) - Book chapter due
- W14 (Mon 9am) - Multimedia due
- W15 (Mon 9am) - Quizzes due
- W16 (Mon 3pm) - Results released

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References


- Reeve, J. (2018). *Understanding motivation and emotion* (7th ed.). Hoboken, NJ: Wiley.

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MOTIVATION & EMOTION

Introduction to motivation and emotion



James Neill
Centre for Applied Psychology
University of Canberra
2020

Image source

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How to access these slides

Direct link:
⇒ bit.ly/MElecture01b

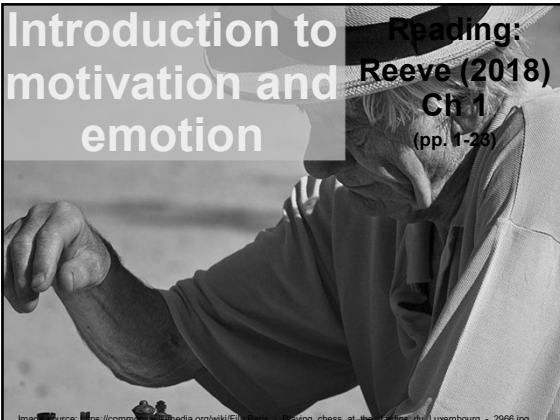
Lecture page:
https://en.wikiversity.org/wiki/Motivation_and_emotion/Lectures/Introduction

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Introduction to motivation and emotion

Reading:
Reeve (2018)
Ch 1
(pp. 1-23)



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Outline

- Definitions
- Motivational science
- Key questions
- Scientific process
- Theoretical frameworks
- Unifying themes
- Practical problems

Based on Reeve (2018, Ch 1, p. 1)

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Definitions

What's your definition of motivation?

?

What's your definition of emotion?

Post your responses into Chat

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Motivational science

Example "motivational" video:
Rise and shine - Welcome to the grind



Youtube (3:24 mins)

<https://www.youtube.com/watch?v=hbKZrOU1Zag>

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Motivational science

What's your favourite motivational video(s)?

?

Put suggestions (& links) in Chat

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Motivational science

- As a science, motivation study does not pay much attention to inspirational quotes, famous people, biographies, news articles, personal experience, etc.
- Instead, answers to motivational questions are sought via objective, data-based, empirical evidence gained from well-conducted and peer-reviewed research.
- Hypotheses about how motivation works need to be put to objective empirical test to assess their scientific merit.

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**Motivation and emotion:
Key questions**

So, why aren't we just pink blobs?

**Pink
blob**

Why do we ever do anything?

Image source: https://commons.wikimedia.org/wiki/File:Pink_blob.svg, CC-by-A 4.0

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**Motivation and emotion:
Key questions**

Theory	→	Practice
Why do we do what we <u>do</u> ?		How can we change what we <u>do</u> ?
+		+
Why do we feel the way we <u>feel</u> ?		How can we change what we <u>feel</u> ?

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**Motivation and emotion:
Etymology**

"motivation"
and
"emotion"
have a common root
in the Latin verb:
movere
(to move)


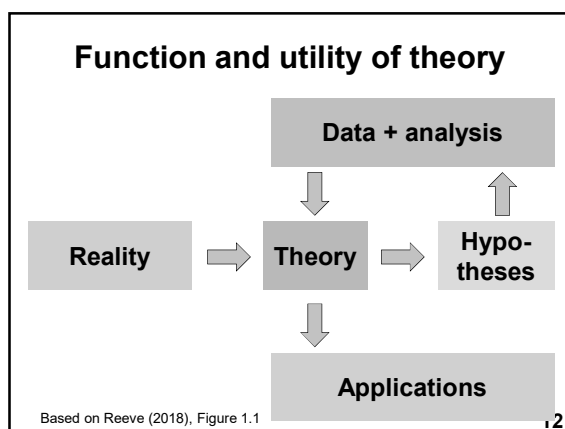


Image source:
http://commons.wikimedia.org/wiki/File:Running_Samburu_Boy.jpg

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Examples of motivational theory: Reasons to exercise

Why exercise?	Source of motivation
Fun, enjoyment	Intrinsic motivation
Personal challenge	Flow
Forced to do so	External regulation
Accomplish a goal	Goal
Health benefits	Value
Inspired to do so	Possible self
Pursuit of a standard of excellence	Achievement strivings
Satisfaction from a job well done	Perceived competence
An emotion kick	Opponent process
Good mood	Positive affect
Alleviate guilt	Introjection
Relieve stress	Personal control
Hang out with friends	Relatedness

Based on Reeve (2015), Table 1.1

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Motivation = Energy + Direction + Persistence

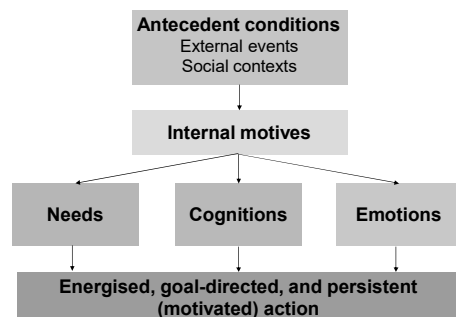
= internal process that give behaviour
energy, direction, and persistence.

- **Energy** (Strength):
Behaviour strength, intensity, resilience.
- **Direction** (Purpose):
Behaviour aimed to achieve particular purposes or outcome.
- **Persistence** (Endurance): Behaviour

Reeve (2018) 14

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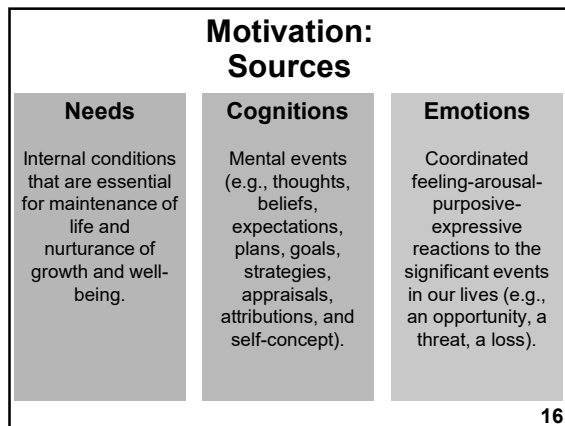
Motivation: Sources



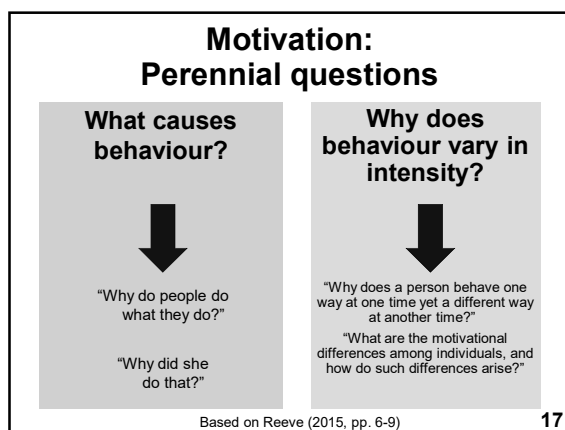
Based on Reeve (2015, Figure 1.2, p. 9)

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Motives vary over time & influence the ongoing stream of behaviour

Motivation is a **dynamic process** (always changing - rising and falling) rather than a discrete event or static condition.

e.g., motives influencing behaviour of a student sitting at a desk

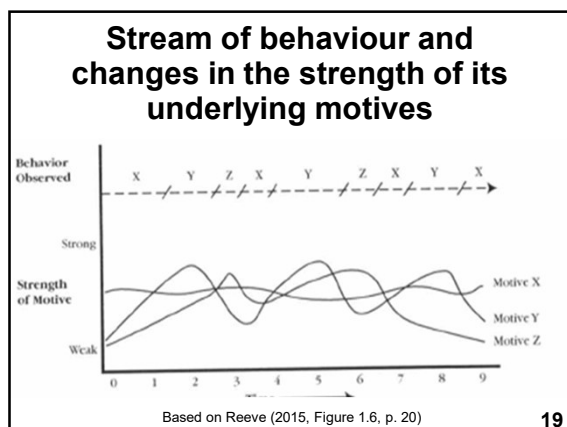
Environmental Event	Aroused Motive	Motive-Relevant Course of Action	Motive's Urgency Attention-Getting Status
BOOK	Interest	Read chapter.	*
COLA	Thirst	Drink beverage.	*
FAMILIAR VOICES	Affiliation	Talk with friends.	***
HEADACHE	Pain avoidance	Take aspirin.	*****
LACK OF SLEEP	Rest	Lie down, nap.	*
UPCOMING COMPETITION	Achievement	Practice skill.	**

Note: The # of asterisks in column 4 represents the intensity of the aroused motive. One asterisk denotes the lowest intensity level, while five asterisks denote the highest intensity level.

Based on Reeve (2009, Table 1.4, p.

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Motivation:
Specific questions that constitute the core problems to be solved in motivation study

What causes behaviour? Break down:

1. Why does behaviour start?
2. Why is behaviour sustained over time?
3. Why is behaviour directed towards some goals yet away from others?
4. Why does behaviour change its direction?
5. Why does behaviour stop?




Image source:
http://commons.wikimedia.org/wiki/File:One_hand_handstand.jpg
CC-by-SA 3.0

Based on Reeve (2015, pp. 6-7)

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What is the relationship between motivation and emotion?

- **Emotions are one type of motive.** They energise and direct behaviour, just as do needs, cognitions, and external events.
- **Emotions express a person's motivational state and personal adaptation status.**
 - Positive emotions signal "all is well" and that motivations are satisfied
 - Negative emotions signal "all is not well" and that motivations are frustrated

Based on Reeve (2015, Table 1.2, p. 13)

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Expressions of motivation

Motivation cannot be directly measured;
but expressions of motivation can be measured.

Behav- iour	Engage- ment	Psycho- physio- logy	Brain activat- ions	Self- report
------------------------	-------------------------	-------------------------------------	------------------------------------	-------------------------

Based on Reeve (2015, pp. 12-15) **22**

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Expressions of motivation: Behaviour

- Effort
- Persistence
- Latency
- Choice
- Probability of response
- Latency
- Facial expressions
- Bodily gestures

Based on Reeve (2015, Table 1.2, p. 13) **23**

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Expressions of motivation: Engagement

Engagement

- Behaviour**
 - On-task behaviour
 - Effort
 - Persistence
- Emotion**
 - Interest
 - Enjoyment
 - Low anger
 - Low frustration
- Cognition**
 - Sophisticated learning strategies
 - Active self-reflection
- Agency**
 - Offers suggestions
 - Makes contributions
 - Asks questions

Based on Reeve (2015, Figure 1.3, p. 13) **24**

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Expressions of motivation: Physiological & brain activity

- Brain
- Hormonal
- Cardiovascular
- Ocular
- Electrodermal
- Skeletal

Based on Reeve (2015, Table 1.3, p. 14)

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Expressions of motivation: Self-report

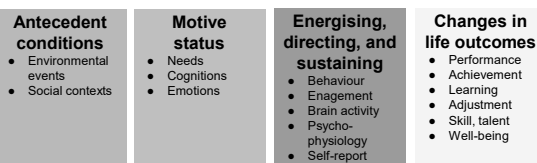
- People can typically self-report the nature of their motivation (e.g., via interview or questionnaire).
- But can be lack of correspondence between what people say their motivations are and behavioural and physiological expressions (*unconscious motivation*).

Based on Reeve (2015, p. 15)

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Framework for understanding and studying motivation



Based on Reeve (2018, Figure 1.4)

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Motivation themes

- Motives direct attention
- Motives are intervening variables
- Motivation benefits adaptation
- Motive strengths vary over time and influence the stream of behaviour
- Types of motivation exist
- We are not always consciously aware of motives
- Motivation study reveals what people want
- To flourish, motivation needs supportive conditions
- When motivating others what is easy rarely works
- There is nothing so practical as a good theory

Based on Reeve (2015, pp. 16-25)

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Types of motivation

- Motivation varies in two key ways:
 - Quantity: How much motivation?
 - Quality: What type of motivation?
- Some types of motivation are more constructive and engagement-fostering e.g.,
 - intrinsic vs. extrinsic motivation
 - mastery vs. performance goals
 - anger vs. fear

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We are not always consciously aware of the motivational basis of our behaviour

- **Cortical brain:** Explicit, conscious motives (e.g., goals, values, self)
- **Subcortical brain:** Implicit, unconscious motives (e.g., hunger, anger, mood)
- Motives can and do originate in the subcortical brain such that we are not aware of the origin of a need, cognition, or emotion.

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Motivation study reveals what people want

- What is “human nature”?
- What do people want? Need?
- Are people good or evil?
- Are people naturally active or passive?
- Are people agreeable or aggressive?
- Are people altruistic or selfish?
- Are people free to choose or are personal choices determined by biological and societal demands?

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To flourish, motivation needs supportive conditions

- A person’s motivation cannot be separated from the social context in which it is embedded.
- Physical and social environments can support and vitalise people’s motivations and lead to positive functioning, but physical and social environments can also neglect and thwart people’s motivations and lead to dysfunction.

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When trying to motivate others, what is easy to do is rarely what is effective

- What is easy:
 - Tell people what to do (directive, command)
 - Give a reward
 - Give praise
 - Give a choice
 - Punish an undesirable behaviour to get rid of it
- Easy to do, but don’t tend to energise, direct, and sustain behavior.

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There is nothing so practical as a good theory

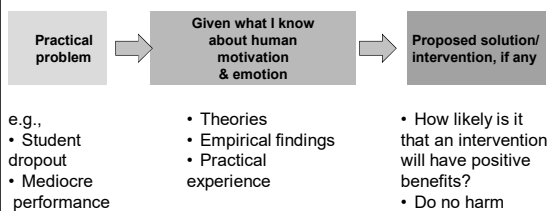
What causes Joe to study so hard and so long?

- **Common sense** (e.g., "because he has such high self-esteem.")
- **Personal experience** (e.g., "I study when I have a big exam the next day...").
- **What experts say** (e.g., "I'll ask my professor, she knows all about why people study...").
- **Use a theory** (e.g., "According to goal setting theory, Expectancy x Value theory, ...")

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Using motivational theories to solve practical problems



Based on Reeve (2009, p. 22)

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To get a better overview of motivation and emotion

- Read the 17 Reeve chapter summaries.
- Look through other motivation and emotion textbooks in the library.
- Check out articles in the peer reviewed journal, "Motivation and Emotion".
- Explore previous book chapters (2010-2019) on Wikiversity.

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Summary

- Key questions: Why do we:
 - do what we do?
 - feel what we feel? and
 - how can this be changed?
- Motivation and emotion common root – *movere* - to move
- Motivation is a dynamic process which combines environmental context and internal motive status (needs, cognitions, and emotions) to give behaviour energy, direction, and persistence (indicated by behaviour, engagement, neuro and physiological activations, and self-report).

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Next lecture

Motivation in historical
perspective
(Ch 2)

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References

- Reeve, J. (2009). *Understanding motivation and emotion* (5th ed.). Hoboken, NJ: Wiley.
- Reeve, J. (2015). *Understanding motivation and emotion* (6th ed.). Hoboken, NJ: Wiley.
- Reeve, J. (2018). *Understanding motivation and emotion* (7th ed.). Hoboken, NJ: Wiley.

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