

MOTIVATION & EMOTION

Unit outline

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Image source
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Outline

- Unit description
- Learning outcomes
- Graduate attributes
- Flexible delivery
- Schedule
- Lectures

- Tutorials
- Textbook
- Websites
- Discussion
- Assessment
- Key dates

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Unit description

This unit covers:

- motivation
 - such as brain processes, extrinsic and intrinsic motivation, goal-setting, and the self
- emotion
 - including biological and cognitive perspectives, core emotions, and emotional regulation

and considers their application to everyday life.

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Learning outcomes

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

- communicate effectively;
- display initiative and drive, and use their organisation skills to plan and manage their workload;
- employ up-to-date and relevant knowledge and skills;
- use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems;

Global citizen

- adopt an informed and balanced approach across professional and international boundaries;
- communicate effectively in diverse cultural and social settings;
- make creative use of technology in their learning and professional lives;

Lifelong learner

- adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas;
- be self-aware;
- evaluate and adopt new technology.

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Flexible delivery

■ Lectures

- Virtual live + recorded

■ Tutorials

- Virtual live + recorded + on campus

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Schedule

Schedule

This schedule shows how the modules, lectures, readings, tutorials, and assessment work together to help emerging scholars achieve the learning outcomes.

Module	Weeks	Lecture	Readings (Ch)	Quizzes	Tutorial	Assessment
01 - Introduction	01	01 - Introduction	UD, 01	01	01 - Topic selection	-
	02	02 - Historical development and assessment skills	02, Assessment	02	02 - Wiki editing	-
02 - Needs	03	03 - Brain and physiological needs	03, 04	03, 04	03 - Physiological needs	-
	04	04 - Extrinsic motivation and psychological needs	05, 06	05, 06	04 - Psychological needs	-
03 - Goals and self	05	05 - Implicit motives and goals	07, 08	07, 08	05 - Functional theory and self-efficacy	Topic development (blue Monday item)
	06	06 - Mindsets, control, and the self	09, 10, 11	09, 10, 11	06 - Learned optimism	-
04 - Emotion	07	07 - Nature of emotion	12	12	07 - Core emotions	-
	08	Mid-semester break	-	-	-	-
05 - Individual emotions	09	09 - Aspects of emotion	13	13	08 - Measuring emotion	-
	10	10 - Individual emotions	14	14	09 - 20 emotions	-
06 - Growth	11	11 - Unconscious motivation	16	16	10 - Time perspective	-
	12	12 - Growth psychology	15	15	11 - Positive psychology	Book chapter (blue Monday item)
-	13	13 - Interventions and review	17	17	12 - Review	-
	14	-	-	-	-	Multimedia presentation (blue Monday item)
-	15	-	-	-	-	Quizzes (blue Monday item)

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 (w1-7) = motivation
 - 2nd half (w9-13) = emotion
- Virtual live + recorded
- Wednesday 10:30 (Virtual)

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Lectures - Topics

Lectures

Week	Lecture	Title	Readings (Reeve, 2018)
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

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

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Tutorials

- 12 x 1 hour weekly tutorials
 - key content review
 - activities
 - assessment task skills
- Attendance strongly recommended
- Virtual live + recorded + on campus
- Headset + webcam recommended

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Tutorials - Timetable

Wednesday (Virtual)

- 12:30
- 13:30

Thursday (On campus)

- 10:30
- 11:30



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

Image source: <http://commons.wikimedia.org/wiki/File:Yellowpin.svg>

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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

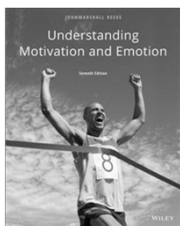
https://en.wikiversity.org/wiki/Motivation_and_emotion/Tutorial

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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:

- 2 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



● UCLearn:

<https://uclearn.canberra.edu.au/courses/9966>

● Wikiversity:

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

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

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

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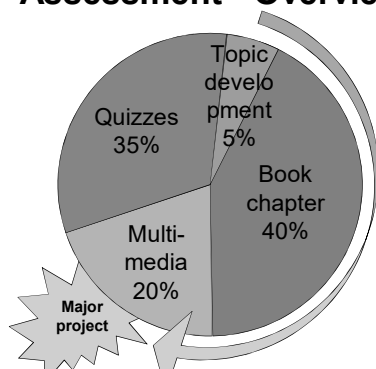
Discussion

- UCLearn discussion
- #emot21 (Twitter)
- Wikiversity talk pages
- Drop-in: 30 mins before or after lectures and tutorials (virtual + on-campus)

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Assessment - Overview



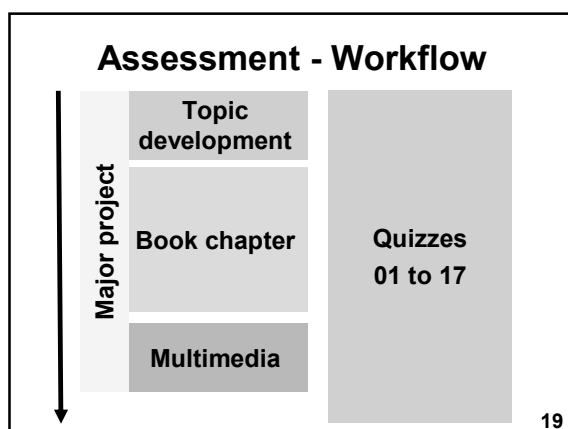
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Assessment - Overview

1. Topic development	(5%)	Major project
Week 05 Mon 9am	5 hours	
2. Book chapter	(40%)	
Week 12 Mon 9am	45 hours	
3. Multimedia	(20%)	
Week 14 Mon 9am	10 hours	
4. Quizzes	(35%)	
	Total	
	90 hours	18

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**Major project:
Topic + Chapter + Multimedia
Task**

Create a:

- chapter plan (topic development)
- written resource (book chapter)
- visual resource (multimedia presentation)

about a specific motivation or emotion topic.

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**Major project:
Topic + Chapter + Multimedia
Theme**

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

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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
- Sign up to an approved topic
- Create Wikiversity user page
- Develop chapter plan:
 - headings
 - key points with citations
 - figure
- Social contribution
 - Comment on another chapter
 - Summarise social contributions on your Wikiversity user page
- Submit URL via UCLearn
- No late submissions or extensions

Learn
these
skills in
**Tutorial
1 & 2**

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Topic development - Sign up

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

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

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Topic examples - Motivation

Motivation [edit | edit source]

1. Active transport motivation - What motivates use of active transport and how can people be encouraged to use it? - MyUserName
2. Beneficence as a psychological need - What is beneficence and what are its implications as a psychological need? - MyUserName
3. Brief motivational interviewing as a health intervention - How can brief motivational interviewing be used as a health intervention? - MyUserName
4. Consumer panic buying motivation - What motivates consumer panic buying and how can it be prevented? - MyUserName
5. Dispositional optimism - What is dispositional optimism and how does it influence people's lives? - MyUserName

https://en.wikiversity.org/wiki/Motivation_and_emotion/Book/2021

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Topic examples - Emotion

Emotion [edit | edit source]

1. Academic buoyancy - What is academic buoyancy, why does it matter, and how can it be enhanced? - MyUserName
2. Academic resilience - What is academic resilience, why does it matter, and how can it be enhanced? - MyUserName
3. Affective disorders - What affective disorders occur, what causes them, and how can they be managed? - MyUserName
4. Amusement - What is amusement, what causes it, what are its consequences, and how can it be fostered? - MyUserName
5. Brain fog - What is brain fog, what causes it, and how can it be managed? - MyUserName

https://en.wikiversity.org/wiki/Motivation_and_emotion/Book/2021

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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 - search 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

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

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Topic development - Marking criteria

- Title, sub-title (10%)
- User page (10%)
- Social contribution (10%)
- Headings (10%)
- Key points (30%)
- Figure (10%)
- References (10%)
- Resources (10%)

Discussed
in
**Tutorial 1
& 2**

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

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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.
- Apply psychological theory and research knowledge to help people live more effective motivational and emotional lives.
- Contribute meaningfully to the development of other book chapters (social contribution).

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

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Book chapter - Marking criteria

- Overview (5%)
- Theory (20%)
- Research (25%)
- Integration (10%)
- Conclusion (5%)
- Written expression (25%)
- Social contribution (10%)

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

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Multimedia - Task

- Create a stand-alone, online, publicly available multimedia presentation focusing on key problems and answers, up to 3 minutes
- Any style, format, or platform – as long as it has a unique URL and includes of audio and image

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

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Multimedia - Marking criteria

- Overview (10%)
- Content (10%)
- Conclusion (10%)
- Audio (30%)
- Video (30%)
- Meta-data (5%)
- Licensing (5%)

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

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Quizzes - Task



■ Availability

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

■ 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

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Quizzes



■ Attempts

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

■ Reviewing results

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

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

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Quizzes



■ Academic integrity

- Open book
- 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

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Quizzes



■ Schedule options

- Complete quizzes according to the weekly schedule, or
- Develop your own schedule, or
- Sit all quizzes in Week 14 - like a take-home exam

https://en.wikiversity.org/wiki/Motivation_and_emotion/Assessment/Quizzes#Schedule

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Week	Quiz
01	00: Practice 01: Introduction
02	02: Motivation and emotion in historical perspective
03	03: The motivated and emotional brain 04: Physiological needs
04	05: Extrinsic motivation 06: Psychological needs
05	07: Implicit motives 08: Goal setting and goal striving
06	09: Mindsets 10: Personal control beliefs 11: The self and its strivings
07	12: Nature of emotion
08	
09	13: Aspects of emotion
10	14: Individual emotions
11	16: Unconscious motivation
12	15: Growth motivation and positive psychology
13	17: Interventions

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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



Reading:
Reeve (2018)
Ch1
(pp. 1-23)

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2021

Image source
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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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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**?



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)


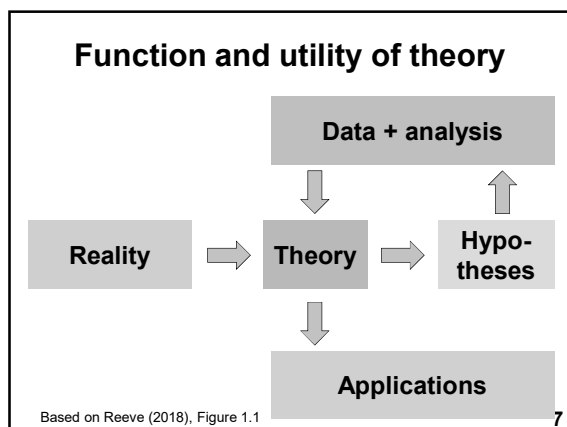


Image source: http://commons.wikimedia.org/wiki/File:Running_Samburu_Boy.jpg

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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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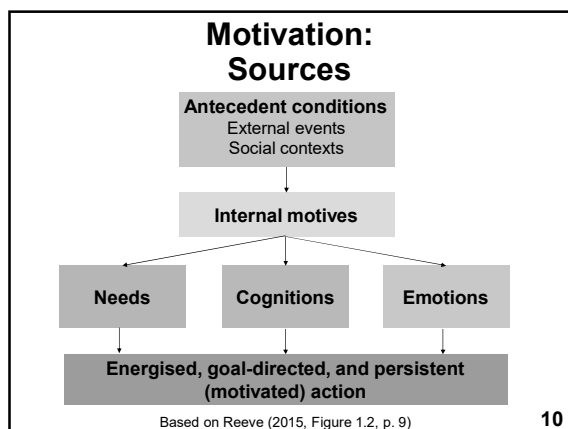
**Motivation =
Energy + Direction + Persistence**

= 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

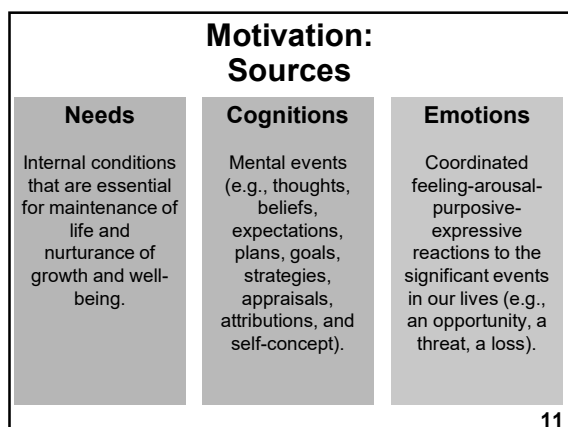
Reeve (2018)

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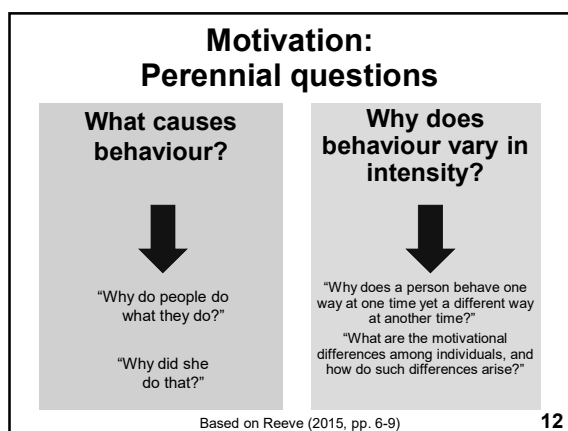
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Motives vary over time & influence the ongoing stream of behaviour

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.	**

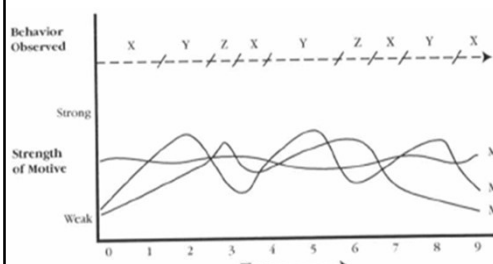
Note: The # of asterisks in column 4 represents the intensity of the aroused motive. One asterisk denotes the lowest intensity level, while five asterisks denote the highest intensity level.

Based on Reeve (2009, Table 1.4, p.

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Stream of behaviour and changes in the strength of its underlying motives



Based on Reeve (2015, Figure 1.6, p. 20)

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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

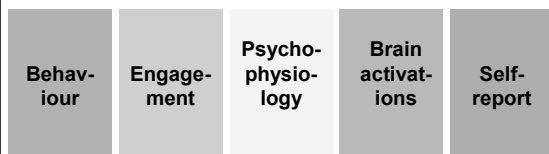
Based on Reeve (2015, Table 1.2, p. 13)

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Expressions of motivation

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



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

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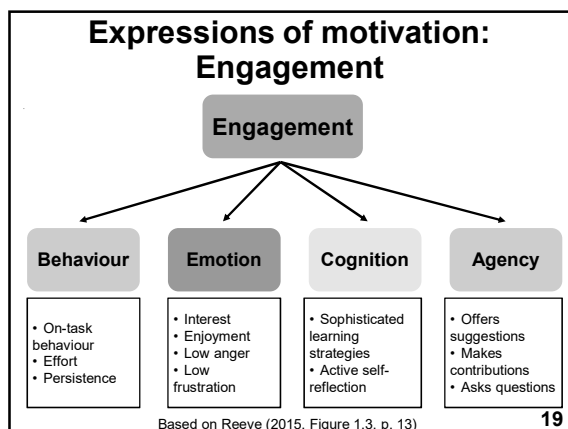
Expressions of motivation: Behaviour

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

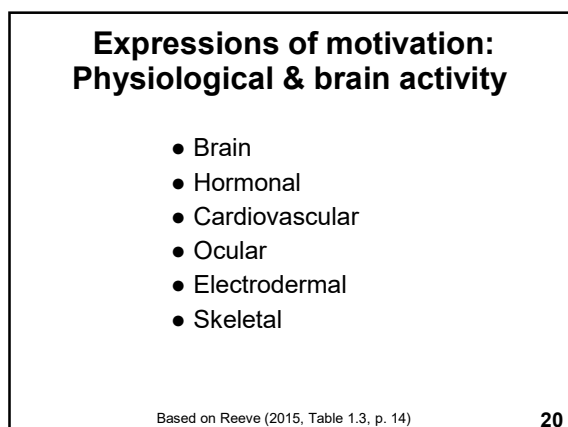
Based on Reeve (2015, Table 1.2, p. 13)

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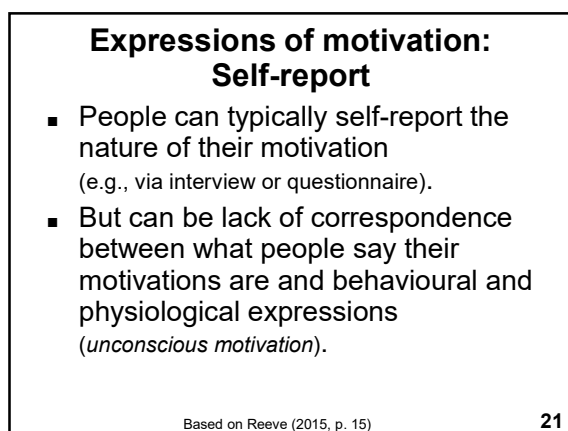
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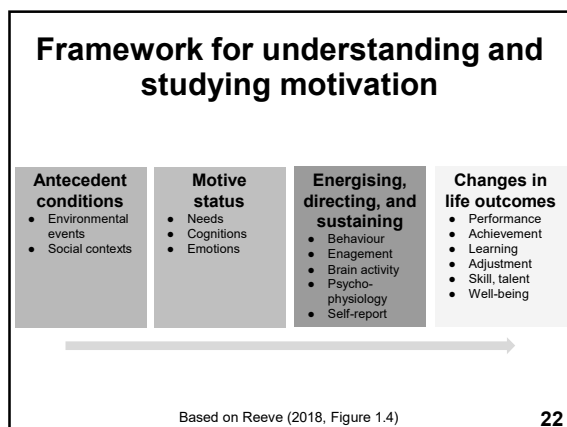
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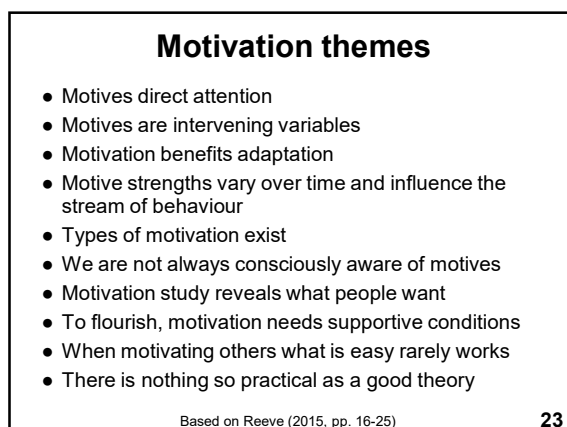


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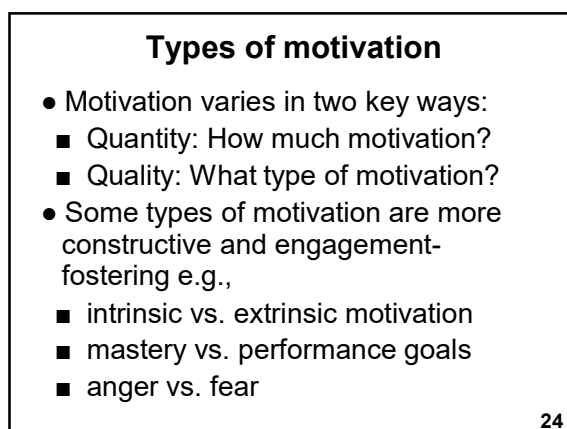
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We are not always consciously aware of the motivational basis of our behaviour

- **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

- It is easy to:
 - Tell people what to do (directive, command)
 - Give a reward
 - Give praise
 - Give a choice
 - Punish an undesirable behaviour to get rid of it
- But this doesn't tend to energise, direct, and sustain behavior.

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There is nothing so practical as a good theory

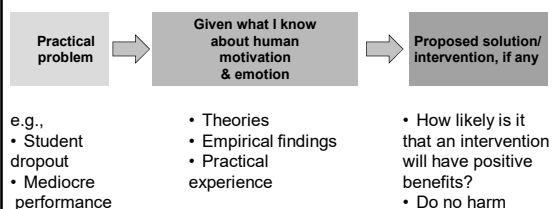
What causes Joe to study so hard?

- **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 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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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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