

## 10 WAYS TO ENHANCE STUDENT MOTIVATION

---

### O`QUVCHILARNING BILIM OLISH MOTIVATSIYASINI KUCHAYTIRISHNING 10 YO`LI

*Xamrayeva Madinabonu Alisher qizi*

*O`zbekiston Davlat Jahon Tillari Universiteti 2-ingliz fakulteti*

*Xorijiy til va adabiyoti 1902-guruh talabasi*

*[xamrayevamadina020917@gmail.com](mailto:xamrayevamadina020917@gmail.com)*

*+998906148141*

*Senior teacher: Musayeva Zebokhon*

**Abstract(eng).** Our enthusiasm for doing something is what we refer to as motivation. It is the motivation behind all actions. The reason(s) why someone acts or behaves in a certain way is called their motivation. It aids in goal-setting and achievement. Since the word "motivation" is derived from the Latin verb "movere," it can be said that it is what keeps us moving. In the educational setting; motivation aids kids and teenagers in concentrating on a major objective or result. It takes time, effort, and patience from teachers to increase students' love of learning. There are numerous ways to encourage students to learn new things and to demonstrate how much fun it is to do so. This article presents arguments regarding motivation and examines current research on the most effective 5 techniques to boost students' commitment to learning throughout the academic year.

**Abstract(rus).** Наше стремление что-то делать — это то, что мы называем мотивацией. Это мотив всех действий. Причина (ы), почему кто-то действует или ведет себя определенным образом, называется его мотивацией. Это помогает в постановке целей и достижении. Поскольку слово «мотивация» происходит от латинского глагола «движение», можно сказать, что это то, что заставляет нас двигаться. В образовательной среде; мотивация помогает детям и подросткам сконцентрироваться на главной цели или результате. Учителям требуется время, усилия и терпение, чтобы привить ученикам любовь к учебе. Существует множество способов побудить учащихся узнавать что-то новое и продемонстрировать, насколько это увлекательно. В этой статье представлены аргументы в отношении мотивации и рассматриваются текущие исследования наиболее эффективных методов повышения приверженности учащихся обучению в течение учебного года.

**Abstract(uzb).** Bizni biror bir narsa qilishga turki beradigan istag motivatsiya hisoblanadi. Bu barcha harakatlarning nega? nima uchun? degan sababini keltirib chiqaradi. Biror kishining muayyan tarzda harakat qilishi yoki o'zini tutishining sabablari (lar)i ularning motivatsiyasi deb ataladi. Bu maqsadni belgilash va unga erishishda sababchi bo`ladi. "Motivatsiya" so'zi lotincha "harakat" fe'lidan olinganligi

sababli, bizni harakatga keltiradigan narsa deyish mumkin. Ta'lim muhitida, motivatsiya bolalar va o'smirlarning diqqatini asosiy maqsad va natijaga qaratishga xizmat qiladi. O'quvchilarda bilimga mehr uyg'otish uchun o'qituvchilardan vaqt, kuch va sabr-toqat talab etiladi. Bilim oluvchilarning yangi narsalarni o'rganishga undash va bu qanchalik qiziqarli ekanligini ko'rsatishning ko'plab usullari mavjud. Ushbu maqola motivatsiya uchun dalillarni taqdim etadi va o'quvchilarning o'quv yili davomida o'qishga bo'lgan qiziqishini oshirishning eng samarali 5 usuli bo'yicha joriy tadqiqotlarni ko'rib chiqadi.

**Key words:** Intrinsic motivation, extrinsic motivation, Self-determination, Growth Mindset, Motivation Opportunities, Motivation Appropriately, Mastery-Oriented

### **Importance of having motivation in teaching and learning process.**

Children are motivated to continue even in the face of obstacles or difficulties. It gives them the energy they need to reach their full potential. A motivated youngster is devoted, active, and creative; they see the importance of what they are learning and are committed to achieving their objectives. The advantages of motivation in learning are countless. They are increased resilience, a better quality of life, enhanced outputs and productivity, greater cognitive processing capacity, greater effort in the classroom, higher attendance rates, increased innovation and creativity. Children that are motivated work hard and set high goals in whatever they do. Students are significantly more likely to act positively when they are in an environment that values kindness, diversity, and high standards. Youngsters with greater motivation will also be more likely to appreciate pursuing their academic interests. When motivation comes from the pleasure of doing something, it has a high correlation with performance. Students frequently engage in academic pursuits for their own enjoyment.

High levels of student motivation have been proven to be closely correlated with enjoyment in the classroom. A child's willingness to undertake a physical activity and how long they will keep it after they start are two circumstances that studies examining motivation in physical education have discovered that enjoyment is a valuable predictor of <sup>1</sup>. Students who enjoy themselves and succeed have better self-worth and self-belief, which are important factors in developing an ego desire to succeed.

Similar to this, a public health study revealed that in order to improve students' motivation, self-determination, and engagement, schools must take into account classroom environments, a sense of connectivity, and social dynamics<sup>2</sup>. Also, it was discovered that building relationships with teachers and creating pedagogies that promote young people's mental health and wellness were important motivating elements in students' involvement in the subject.

### Types of motivation.

A) Intrinsic motivation is internal to a person. This where students learning a new language because of their interest, they want to become fluent in it and their enjoying process. In here they do not extra push from outside. Autonomy, purpose, and mastery are the three fundamental components of intrinsic motivation<sup>3</sup>. Individuals are intrinsically motivated when they can make decisions on their own, believe that their efforts matter, and feel accomplishment from mastering new skills. "Intrinsic motivation occurs when we act without any obvious external rewards. We simply enjoy an activity or see it as an opportunity to explore, learn, and actualize our potentials" said author of "Introduction to Psychology: Gateways to Mind and Behavior With Concept Maps"<sup>4</sup>.

Thomas Malone and Mark Leeper, writers of the book chapter "Making Learning Fun: A Taxonomy of Intrinsic Motivations for Learning," argue that this isn't always the case. They point out numerous strategies for developing intrinsically pleasant learning environments<sup>5</sup>.

B) A contingent reward is a key component of extrinsic motivation, which derives from a more external source.

Let's look at the same scenario from a different perspective. Again, you are learning a second language, and your motivation to learn comes from getting rewards and compliments from others. If your parents say, "I will take away your tablet or verse verse, I will give some amount of money if you get to the A2 level," and because of this, you study, not because you have an interest. They are motivated by obtaining rewards from outside sources or by avoiding punishment. Even receiving others' praise, such as from parents or professors, can be a reward. For completing all of their duties for the week, parents may reward their kids with special snacks or outings. The Dean's List honors students who get high grades in education. All of these circumstances involve an outside source that motivates constructive conduct. Extrinsic motivation can be effectively used to produce intrinsic motivation, in which a person works hard on a task simply because they love it, find it meaningful, or experience a feeling of accomplishment.

C) Self-determination theory focuses on the reasons behind actions and contends that there are several motivational categories that fall along a continuum, including external motivation, internal motivation, and a motive.

#### 1. Set Goals

Setting goals is an excellent way to enhance student motivation. Encourage your students to set realistic goals for themselves and then help them to achieve those goals. Make sure that the goals are specific, measurable, attainable, relevant and time-bound. This will help your students to stay focused and motivated as they work towards



achieving their objectives. Regularly review their progress and celebrate their successes to keep them motivated and on track.

## **2. Provide Positive Feedback**

Providing positive feedback is another powerful tool for enhancing student motivation. When students receive positive feedback, it boosts their confidence and self-esteem, which in turn motivates them to work harder. Make sure that you provide feedback that is specific, clear and relevant to the task at hand. Be sure to recognize not only their academic achievements but also their efforts, behaviors and attitudes. When students feel valued and appreciated, they are more likely to be motivated to continue learning.

## **3. Use Technology**

Technology is a great way to enhance student motivation. Use technology to make your lessons more engaging and interactive. Incorporate multimedia elements such as videos, animations, and graphics into your lessons. Use online tools and apps to create interactive quizzes and games that will make learning more fun and engaging. Use social media and online platforms to connect with your students and create a sense of community. By using technology, you can make learning more relevant, exciting and meaningful to your students.

## **4. Foster a Growth Mindset**

Fostering a growth mindset is essential for enhancing student motivation. A growth mindset is the belief that intelligence and abilities can be developed through hard work, practice and persistence. Help your students to develop a growth mindset by encouraging them to embrace challenges, take risks and learn from their mistakes. Teach them that failure is not a sign of weakness, but rather an opportunity to learn and grow. When students have a growth mindset, they are more likely to be motivated to take on new challenges and to persevere in the face of obstacles.

## **5. Create a Positive Learning Environment**

Creating a positive learning environment is critical for enhancing student motivation. A positive learning environment is one that is safe, supportive, and inclusive. Make sure that your classroom is a place where all students feel welcomed, valued and respected. Create a sense of community by encouraging collaboration, communication and teamwork. Provide opportunities for students to share their ideas and opinions, and make sure that they feel heard and understood. By creating a positive learning environment, you can foster a sense of belonging and motivation in your students.

## **6. Offer Intrinsic Motivation Opportunities**

Intrinsic motivation is the desire to engage in an activity for its inherent enjoyment or satisfaction. Providing opportunities for intrinsic motivation is one of the most effective ways to enhance student motivation. Research suggests that when students

are given autonomy, mastery, and purpose in their learning, they are more likely to be intrinsically motivated. Providing students with opportunities to choose their learning tasks, develop their skills, and connect their learning to their personal goals can help foster intrinsic motivation.

### **7. Use Extrinsic Motivation Appropriately**

Extrinsic motivation is the use of external rewards or punishments to motivate behavior. While extrinsic motivation can be effective in the short term, it can lead to a decrease in intrinsic motivation over time. Therefore, it is crucial to use extrinsic motivation appropriately. For instance, educators can use extrinsic motivation as a bridge to intrinsic motivation by rewarding students for engaging in a particular behavior or task until they become intrinsically motivated.

### **8. Build Positive Relationships**

Research shows that positive relationships between educators and students can increase student motivation. Teachers who show interest in their students, provide emotional support, and communicate high expectations can create a positive learning environment that motivates students to engage in learning. Teachers can build positive relationships by getting to know their students, offering praise and feedback, and providing emotional support.

### **9. Offer Social Support**

Social support from peers and family members can significantly enhance student motivation. Students who feel connected to their peers and have supportive family members are more likely to be motivated to learn. Therefore, educators should consider building opportunities for social support into their teaching practices. For instance, group projects, peer tutoring, and collaborative learning activities can provide opportunities for students to support each other.

### **10. Use Mastery-Oriented Feedback**

Feedback is a critical component of learning and can impact student motivation. Research suggests that mastery-oriented feedback, which focuses on effort, progress, and improvement, can increase student motivation. Mastery-oriented feedback emphasizes that abilities and intelligence are malleable and can be developed through effort and practice. In contrast, performance-oriented feedback, which focuses on grades or test scores, can lead to a decrease in student motivation.

In conclusion, enhancing student motivation is essential for academic success. Educators can enhance student motivation by offering opportunities for intrinsic motivation, using extrinsic motivation appropriately, building positive relationships, offering social support, and using mastery-oriented feedback. By implementing these evidence-based strategies, educators can create a positive learning environment that fosters student motivation and engagement in learning. *“The task of the modern educator is not to cut down jungles, but to irrigate deserts.”*

C. S. Lewis.

We are aware of the difficulties in motivating students while both teaching our specialized subjects and managing the classroom, but we also recognize the value of motivation. Some kids will join your classroom with clearly formed intrinsic motivation, while others will approach your classroom with no incentive at all. Every student that enters the classroom must be able to learn, and teachers must be able to inspire even the least motivated students. It can be difficult, but it is possible to motivate those who are difficult to motivate.

### References:

<sup>1</sup>Navarro-Patón, 2018

<sup>2</sup>Lamb and Kirk, 2021

<sup>3</sup>Pink DH. *Drive: The Surprising Truth about What Motivates Us*. Reprint, paperback ed. Riverhead Books; 2012.

<sup>4</sup>Coon D, Mitterer JO. *Introduction to Psychology: Gateways to Mind and Behavior With Concept Maps*. Wadsworth.

<sup>5</sup>Malone TW, Lepper MR. [Making learning fun: A taxonomy of intrinsic motivations for learning](#). In: Snow RE, Farr MJ, ed. *Aptitude, Learning, and Instruction: Iii. Conative and Affective Process Analysis*. Erlbaum.

1. <https://www.verywellmind.com/what-is-intrinsic-motivation-2795385#citation-3>

2. <https://www.highspeedtraining.co.uk/hub/motivation-in-education/>

3. Levy A, DeLeon IG, Martinez CK, et al. A quantitative review of overjustification effects in persons with intellectual and developmental disabilities. *J Appl Behav Anal*. 2017;50(2):206–221. doi:10.1002/jaba.359

4. Griggs RA. *Psychology: A Concise Introduction*. 3rd ed. Worth Publishers.

5. Boedecker J, Lampe T, Riedmiller M. Modeling effects of intrinsic and extrinsic rewards on the competition between striatal learning systems. *Front Psychol*. 2013;4:739. doi:10.3389/fpsyg.2013.00739

6. Ryan, R. M., & Deci, E. L. (2020). Intrinsic and extrinsic motivation from a self-determination theory perspective: Definitions, theory, practices, and future directions. *Contemporary Educational Psychology*, 61, 101860.

7. Schunk, D. H., & DiBenedetto, M. K. (2020). Motivation and social cognitive theory. *Contemporary Educational Psychology*, 60, 101832.

8. Setiawan, M. R., & Wiedarti, P. (2020). The effectiveness of Quizlet application towards students' motivation in learning vocabulary. *Studies in English Language and Education*, 7(1), 83–95.

9. <https://positivepsychology.com/>