

THE CONTRIBUTION OF EXTRINSIC MOTIVATION TO SUCCESS

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Annotation: This article explains the real purpose of extrinsic motivation, which is often viewed by today's youth as the primary driver of goal achievement, as well as the factors that genuinely facilitate goal achievement.

Keywords: extrinsic, motivation, intrinsic motivation, inside aspiration, goal-directed behavior, motivational videos, persistence and activation.

Success comes from perseverance and a consistent dedication to work. It is such a challenging procedure to achieve that it necessitates many anxious days and nights, circumstances including continuous labor, and a temporary withdrawal from life's pleasures. It entails deciding on a clear course for yourself and putting in a lot of effort to get there. The goal is to cross the finish line and have fun along the way. Success is about making progress, picking up lessons from errors, and eventually feeling proud of and accomplished by whatever you have accomplished. It's true that there are instances where people are victims of life's mishaps without even realizing it. However, a person may or may not encounter these circumstances throughout their lifetime. Man is not a visionary. He simply has no patience for waiting. Nobody can predict if success would be random or not.

However, a person who works toward his goal has a far better success rate because it has a force that promotes luck. Success and action are interdependent processes that occur continuously; as such, it is impossible to think of one without the other. There will undoubtedly be more where there is already one. However, today's youth are tricked by the convenience of the globalization era and believe that luck is a coincidental event. Their thoughts have been so impacted by technologies that they don't even want to do anything to accomplish their objectives.

And they search in multiple places for the cause. From morning to night, they watch inspirational films, criticizing their lack of ambition. What part does motivation play in accomplishing a goal, then? Is it truly required? Did successful individuals actually require inspiration?

Human targets, behaviors, and actions are propelled forward by motivation. It may originate from outside sources like accolades or recognition, or it could come from inside

aspirations like personal fulfillment or contentment. Our conduct is energized, directed, and sustained toward the accomplishment of specific goals or results via motivation. The reason behind a person's actions is referred to as motivation. It serves as the motivation for human behavior. The mechanism that starts, directs, and sustains goal-oriented behaviors is known as motivation. For example, motivation is what pushes you to earn that promotion at work or helps you shed extra pounds. To put it briefly, motivation pushes you to take actions that bring you closer to your objectives. The biological, emotional, social, and cognitive factors that drive behavior are all included in motivation.

Aspects that guide and sustain goal-directed behavior are also included in motivation. That being said, these motivations are rarely obvious. Because of this, we frequently have to extrapolate from observable behaviors the reasons behind people's actions. Extrinsic and intrinsic motivation are two common terms used to characterize the two primary forms of motivation. Extrinsic motivation is driven by factors other than the self and frequently takes the form of outside incentives like medals, cash, accolades, or public acclaim. An example of intrinsic motivation is when someone is motivated solely by the satisfaction of finishing a task, such as when they complete a challenging crossword puzzle. According to several studies, family motivation is a third category of motivation.³ One example of this kind is working even though you don't feel inwardly motivated to do so (you have no intrinsic motivation), just to provide financial assistance for your family.

It takes these several factors or constituents to become and maintain motivation. Activation, perseverance, and intensity are the three main elements of motivation that researchers have found. The choice to start a behavior is known as activation. Enrolling in psychology courses to get your degree is an example of activation. Persistence is the will to keep going toward an objective in the face of potential setbacks. Attending your psychology class even if you are exhausted after staying up late the night before is an example of tenacity. An objective's intensity is determined by the focus and energy used to pursue it. For instance, one student may breeze through class while another consistently studies, contributes to class debates, and takes advantage of opportunities for extracurricular research. Motivation includes negative characteristics in addition to many positive ones.

As we previously stated, many young individuals in today's society create objectives, begin working toward them, and then give up halfway through because they are unmotivated. First of all, it should be acknowledged that while motivation might be a motivating factor, it does not guarantee the accomplishment of this goal.

However, it shouldn't be the sole means of achieving the objective. Motivation alone is not enough. If you have an idiot and you motivate him, now you have a motivated idiot." — Jim Rohn The terms "motivator" and "motivational video" are becoming commonplace in today's society. Even folks who are quite old get dependent on it without really knowing what this word means. They have the notion that their level of motivation will determine how well they accomplish the aim.

In actuality, though, motivation has less of an impact on achieving a goal than does the discipline with which one approaches the task at hand. Motivational movies have such an impact on viewers that they are influenced by the speaker's words—true, deceptive, or exaggerated—and

recall his unrealized projects without giving them any thought as to whether they are worthwhile or not. It is important to remember that motivation is merely a driving force and not a reason to stop. Nevertheless, one must approach a person with discipline if they are to stay on the route toward reaching the objective and work on it nonstop for a long period.

Many times, those who fall for such videos encounter numerous challenges. They don't briefly discuss the rationale, advantages, and prospects of their selected course of action before they begin. There are instances where young people follow their chosen route without any money, experience, or education because they are inspired by motivational movies featuring wealthy and well-known individuals. They suffer from stress and sadness as a result of not seeing the desired outcome. If someone watches a motivational video, gets inspired, and wants to start anything, he should give it three days to consider things through so he doesn't end up in such scenarios. Because at this point motivation decreases and the reality sets comes out, do you truly need that work or not?—emerges. These days you should follow your dreams if you have any goals you'd like to accomplish.

To sum up, everyone strives to fulfill their purpose in life. He can run into a number of obstacles on the way to accomplishing his objective, in which case he needs to draw inspiration from other sources to keep going. However, we must remember that extrinsic motivation is not the sole component of the system that guides an individual toward their objective. Reaching the objective depends on whether we truly need it, whether it will help us in the future, and how well-planned the process is to get there.

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