

THE SCIENTIFIC DISTINCTION OF MOTIVATION

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Abstract: *to imagine what exactly you need from a foreign language, at some point it is necessary to start using it. Until you begin practicing, you can harbor any illusions, and all of them will be divorced from reality. Until you set off to communicate, read, write, listen, watch in the language, you simply cannot imagine what you really lack for complete happiness in this matter. In this article the author brings some real life evidences about the source of motivation.*

Keywords: *inspire, language, percept, desire, need, communicate.*

Why does own desire and personal involvement work better than external coercion? There is a certain physiological mechanism, which in the first case includes the flow of energy to the system, and in the second case - not. We are talking about the biological energy that drives the activity of our entire body. This system of "power plants" of the body operate according to certain laws. They are programmed in such way that desire, inspiration, love turn on the system, and energy is directed in the required direction. You cannot turn on the system by volition - you can only learn to switch on the desire, which, in turn, will launch the generators of the required power. A few words about the physiological basis of the concepts motivation and intention. Motivation is necessity, intention is a wish, and the task is to find the necessary balance between them. Desire without a regular volitional effort, unfortunately, will not last long. Therefore, there is a need to regular seek and maintain an equilibrium combination of these vectors - "must" and "want" [1].

On the one hand, in any case, discipline is necessary in order to complete what has already begun. On the other hand, discipline without desire is like self-blame: *practical exhaust from such activity will tend to bring to zero.*

See what happens when you really WANT something and do it with desire. You almost do not have to strain your willpower, and therefore force yourself, force, oblige. Energy does not go to the internal struggle and in a single stream rushes to the intended goal. With this approach, you always enjoy not only the result of your activity, but also the process. You have a self-reinforcing activity: you no longer need someone to put a "five" and buy ice cream for a successfully finishing of your exam (*to whom you are obliged to pass something, if what you do, what you learn, brings joy?*) [2]. A completely different situation is observed when you act because you need to. In this case, you have to act by will, invent various sanctions and incentives for yourself, speak for yourself at the same time as a student, teacher, and strict but fair parent. Does this tactic worthy? It does, but with greater energy consumption (*the "teacher" struggles with the "student", the "parent" struggles with both of them, and as a result only 1/3 of the energy that would go there voluntarily is directed to the learning process*). The result is not only difficult to achieve, but also unstable. In this case, people usually get pleasure not from the activity or even from its result, but from "self-overcoming". Just think about this word - self-overcoming! Who overcomes whom? You yourself but in different guises. Are you really so bad (*and who told you about this?*) *That someone must fight with you?*

How to maintain self-discipline and how to maintain the desire to learn a foreign language? The main tool here for most of us is practice. Communication, reading, watching movies and listening to songs in the target language are integral components of the learning process. Because whenever you recognize a word, a phrase, find yourself able to either say or write, you will have inspiration and a desire to move on. Remember that the practice chosen by you should correspond to your current capabilities in a foreign language: if you put practical tasks that are impossible for yourself, you will achieve exactly the opposite effect. Instead of wanting to continue, you will lose heart and give birth to a feeling of insecurity in your own abilities. Inspiration visits only those who work hard and hard. It is possible to lie on the couch in expectation that you are about to "descend," for a long time, but it is not fruitful at all.

What to do? To begin with, clearly understand what exactly the motivation should be directed to - your MUST, and what should be repelled from WANT. For example, if you know that today you NEED to study foreign language, then it will be most proper motion to catch the moment when the slightest WANT will arise. And for a start, while your process has not yet been established, you should not overload your desire, constantly using it as a springboard for necessity. So the desire will cease to arise. In this case, a much more productive strategy would be to engage exactly as much as you are able to hold out the energy of desire and interest.

References

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2. Teachers as Classroom Coaches: How to Motivate Students across the Content Areas by Andi Stix; Frank Hrbek Association for Supervision and Curriculum Development, 2006.