



Motivation

Definition

Motivation is the internal or external force that drives a person to initiate, direct, and maintain behavior toward a specific goal. It is the engine that activates and guides our actions, determining the intensity, direction, and persistence of our efforts to achieve goals and satisfy needs.

Motivation in adolescence has significant implications for many aspects of adolescent development. High levels of motivation are associated with better academic performance, greater persistence in the face of challenges, and a more positive attitude toward learning. It also influences self-esteem, self-confidence, and the ability to set and achieve goals.

How does it affect teenagers

Motivation plays a crucial role in social relationships, participation in extracurricular activities, and the adoption of healthy behaviors.

On the other hand, lack of motivation can lead to disinterest, poor performance, frustration, and even risky behaviors. Therefore, fostering and cultivating motivation in adolescents is essential for their overall well-being and future success.





Motivation and social inclusion

For a teenager, having well-developed motivation brings with it a number of very important positive aspects. They will experience greater enthusiasm and energy when tackling tasks and challenges, which translates into better academic performance and a greater likelihood of achieving their school goals. This motivation also encourages perseverance in the face of difficulties, teaching them to learn from mistakes and not give up easily.



How to tackle it?

A teenager can develop motivation through various strategies. It is essential that they identify their interests and passions, as this provides a natural foundation for enthusiasm and commitment. Setting realistic and achievable goals, and celebrating small achievements along the way, reinforces the sense of progress and fuels intrinsic motivation. Fostering a growth mindset, where challenges are seen as opportunities to learn and improve rather than insurmountable obstacles, is also crucial.





Warm up questions

- What does motivation mean to you?
- Do you consider yourself a motivated person? Why?
- What motivates you?
- Is your motivation more internal or external?



Questions for discussion

- How do you think motivation can be developed?
- What motivates you or how do you motivate yourself?
- Do you think that an unmotivated person is at greater risk of social exclusion?
- What do you think of the concept of 'growth mindset'? Have you heard of it before?
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Find out more

- To Motivate Teens, Ask Them “Who’s Your Future Self?”. <https://www.edutopia.org/article/to-motivate-teens-ask-whos-your-future-self>
- How to Motivate a Lazy Teenager (6 Proven Tips You Can Apply Today). <https://www.youtube.com/watch?v=U0qXDZiN30g>
- Building Self-Motivation In Teens. <https://www.youtube.com/watch?v=IOZUQWjNF2Q>





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