

THE IMPORTANCE OF MOTIVE AND MOTIVATION IN ACHIEVING A PERSON'S GOAL

Mardiyeva Shahnoza Amirovna

SamSIFL, Associate Professor of the Department of Pedagogy, PhD

Ruxshona Dilmurodovna Oltinova

Student of Samarkand State Institute of Foreign Languages

Abstract: This article discusses the importance of using motives and motivation to enhance one's life experience. It also addresses ways to overcome the difficulties that arise in the process of developing from the human level to the personal level.

Key words: motive, motivation, human, individual, purpose, human management, action, personality, work motive, social media.

Аннотация. Эта статья рассказывает о важности использования мотива и мотивации для повышения жизненного опыта человека. Кроме того, в ней рассматриваются пути решения трудностей, возникающих на пути от уровня человека до уровня личности.

Ключевые слова: мотив, мотивация, человек, индивид, цель, управление человеком, поведение, личность, трудовой мотив, социальная сеть.

Introduction

Nowadays, the level of fulfillment of responsibilities among people is decreasing day by day. In a sense, we can see that they do not have the motivation that is given to them in life, work, study or various other areas. In very many cases, we move towards the goal we set for ourselves, and at some point we stop moving. When we think about why this happens, we do not always get an answer. The first reason for stopping actions on the path to the goal is that a person loses his motivation towards his goal. From this we can see that motivation serves as an important tool in achieving a person's goal. That is, how important the result of his goal is for him and how much he can feel the pleasant feeling that comes with the result. It is necessary and necessary for every person to never give up on his goals and dreams on the way to achieving his goals.

Main part

Man is a concept denoting a general genus that characterizes a unique being, distinguished from the natural world due to the integrity of biological, spiritual and socio-economic development, in particular, human signs and characteristics.

"Individual" is a Latin word, a synonym for the Greek word "atom". Both of these words are translated as "indivisible", "final". An individual is a separate, specific person, a separate representative of the human race; its indivisible "initial brick"[1].

The concept of "person" is the most complex of all the concepts considered, since it is used in two completely different meanings. These features are capable of changing the historical process, accomplishing great things, and attracting thousands, millions of individuals who do not possess such features.

Motive (in psychology) - a factor that causes a person to achieve a certain goal in his activity. Motivation is an internal drive that encourages a person to action and activity, appearing as a higher form of need. Basically, motivation arises and develops through need. If the need is stabilized, motivation is effectively formed. Sometimes the concept of "Motivation" is replaced by the terms "emotion" and "goal". In essence, motivation means encouragement, hope, and calling to a goal [2].

People always expect motivation from someone or something, especially from their loved ones, parents, teachers. When do you think such situations are observed? Of course, when people fail, or if we look at it from the modern point of view, they have to pass state exams to enter universities and institutes. It is at that time that they are given motivation by their parents to lift their spirits and overcome their excitement. This leads to a very effective result, because young people who are taking the exam are under pressure at that time, knowingly, due to the people around them or the events that are happening. I have seen in my own experience that motivation is of great importance for a person towards the goal he has set for himself.

Motivation has a special place in human intelligence, intelligence, his daily life, and professional activities. With the emergence of psychology as a modern science, the study of the human mind and intelligence, the determination of its impact on its activity and efficiency, led to the discovery of a number of scientific laws. At the same time, it has its own positive impact.

Russian scientist A.N. Leontyev defined motivation as “a set of internal reasons that determine the direction and activity of human activity.” This means that behind each action there are certain motives. If this motive is strong, a person will be determined and persistent in achieving his goal, otherwise he will lose initiative. In psychology, goal, motive and activity are closely related concepts. If a goal is a result consciously determined by a person, then a motive is an internal force that encourages him to achieve this result [3].

The harmony of motive and motivation stabilizes a person's mental state. If a person understands his motives and can correctly direct them, this ensures that he takes firm steps towards his goal. Motivation leads a person to success not only in professional activities, but also in everyday life. A person who sets a goal for himself, but does not have a strong motivation to achieve it, often stops halfway. On the contrary, a person who acts with inner confidence and determination, even for small goals, achieves success. Therefore, the formation of motivation, its proper management is an important psychological task for every person. When a person realizes his capabilities and directs them towards the goal, motivation becomes a constant driving force in his life. According to scientists who have studied the psychology of every person, motives and motivation play an important role in changing their lives for the better.

Managing a person means managing the motives of his behavior. This type of influence, that is, influencing motives, is much more effective than direct (administrative) influence. However, at the same time, this is a more complex type of influence, as it requires choosing a motivating factor that is clearly aligned not only with the goals of the organization, but also with the motives of employee behavior.

Description of the work to be performed. Complexity and responsibility, level of independence, presence of feedback on the results, level of diversity of the tasks to be performed, etc. From the point of view of behavior management, it is necessary to know what interests the employee has not in order to influence the actual result of the behavior, but in order to have a preliminary influence on the formation of the direction of activity in accordance with the goals of management. Therefore, there is a need to classify interests. Motives of labor activity are the reasons that determine a person's behavior in the labor process. The composition of labor motives is stratified by groups of employees united by the totality of demographic, social and professional and qualification characteristics.

A person's entry into the organization depends on the characteristics of the environment surrounding the employee and his personal characteristics. A new employee interacts with the organization as a person, changing his behavior in adapting to the new environment, but the success of adaptation depends on both sides - on the person himself and on the environment in the organization. The organization itself must adapt and change when a new person joins the organization.

The most common distractions are social networks or various video games. To prevent this, we need to make a strict plan and try not to break it. In many cases, it is difficult to implement such plans without supervisors, but if we really want to, it is not completely impossible. Because

achieving a goal is mainly about overcoming oneself. In addition, getting up early also brings you closer to your goal, because the earlier a person gets up, the more successful his work will be. Of course, waking up early is not an easy task, it is usually achieved through patience, preparation and mental peace, but the main thing is desire.

Conclusion

In conclusion, we can say that everyone should take firm steps towards their goals on the path they have chosen. In such cases, the education and upbringing provided by their parents and teachers is the main foundation for their future achievements.

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