

a theory of human motivation

A theory of human motivation is a crucial framework for understanding the driving forces behind human behavior. It delves into the psychological and environmental factors that influence our actions, desires, and goals. Various theories have emerged over the years, each providing unique insights into what motivates individuals. From intrinsic and extrinsic motivations to the roles of needs, goals, and social influences, understanding these elements can help individuals and organizations foster better performance and overall well-being.

The Foundations of Human Motivation

At the core of any discussion about motivation are the fundamental theories that have shaped our understanding of why people act the way they do. Some of the most prominent theories include: