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Role of motivation in the path of learning: leading towards golden road of sustainability

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Abstract
As the term implies, motivation is what causes us to "move." It is thought to be the arousal of movement in a person that stimulates, guides, and promotes a child's learning. Lack of motivation prevents learning from progressing. For educators, one of the most annoying barriers to students' learning has been their lack of drive. Although the concept of motivation appears straightforward on the surface, researchers have defined it in a variety of ways, resulting in a large body of research literature. Two motivational theories developed by psychologists, extrinsic and intrinsic, each work separately to influence conduct in people. An internal driving force that is inherited from biology is known as intrinsic motivation. A child with intrinsic motivation engages in activities freely in order to accomplish personal objectives. Therefore, it is the responsibility of teachers to develop students who are independent, self-driven, and take the initiative to show interest in the information they are studying. This can be accomplished by cultivating a happy, joyful environment in the classroom where everyone is valued and respected, as well as by making the learning tasks engaging. This research paper will give an overview of several theories of motivation, discuss the significance of motivation for learning, and list a number of useful strategies that teachers can employ to promote and sustain motivation in their students.

Keywords: Motivation, teachers, learners, learning

Introduction
Without motivation, learning cannot happen. Learning is a behaviour modification that comes from past experience and is usually permanent. Motivation is essential in all aspects of life and throughout the completion of a task. Our motivation governs our level of achievement and performance in life. It is a crucial factor in deciding whether and how quickly learning happens. The arousal of energy in a person is known as motivation. Positive or negative behaviour is driven, guided, and maintained by motivation. It maintains students' progress and keeps them moving in a certain direction. Appropriate motivation encourages students to think critically, observe, show curiosity, and put forth effort, all of which increase learning.

The phrase motivation comes from the Latin word "movers," which means "to move on." Motivation is a mental state that propels us into action, steers us in a particular direction, and keeps us engaged in certain activities. Motivation is defined as internal and external cues that energise persons to initiate and direct action toward a goal, as well as to continue acting until the goal is achieved. Motivation has developed as a prominent topic in both educational and psychological research, and it plays an important role in numerous theories of human development and learning.

Motivation is the sum of necessities, desires, and fulfillment. A motivated student pays attention to what the teacher is teaching. Even with a bad teaching style and improper instructional resources, a student can learn a lot. Motivation is the process of directing a learner's internal resources towards different target things in his or her environment. Someone may be extremely motivated to succeed in one effort yet entirely disinterested in another.
Types of Motivation
Learning can be motivated by both internal and external factors, according to Self-determination Theory (SDT). Motivation can be categorised as internal and extrinsic.

Intrinsic motivation
Motivation derived from within: This type of stimulus might be social, psychological, spiritual, or biological in nature. Self-satisfaction and personal fulfillment are the activity's objectives. It may be summed up as having an endless curiosity and being eager to try new things. Intrinsic motivation comes from a person's enjoyment or interest in an activity. It is internal to the individual and unaffected by external factors. Intrinsic motivation, the drive that comes from inside, drives students to engage in academic pursuits because they find learning engaging and the process enjoyable. Students that attempt to grasp scientific knowledge and abilities by pursuing understanding are considered genuinely motivated. Since intrinsic motivation emerges from the learner's self and isn't affected by an outside component, it's more influenced than extrinsic motivation.

Extrinsic motivation: In this case, the stimulus comes from outside the person and can take the form of operand conditioning or social cognition. It explains doing something in order to accomplish a goal. It could come in the form of a prize, other people's recognition, or expressions of gratitude. Extrinsic motivation, according to Harmer, can be triggered by a range of outside factors, including the need to pass a test, the possibility of career promotion, or the expectation of financial benefit. Furthermore, marsh characterises motivation as an outside stimulation that happens in reaction to a certain action. Extrinsic motivation, then, is any external stimulation that propels the learner through the process of learning. The gaining of financial advantages or avoiding unfavourable outcomes are traits of extrinsic motivation. Its ability to grow into a more significant commitment is its strength. The primary social forces driving extrinsic motivation are the need for social acceptability. The impact of intrinsic and extrinsic motivation on human learning and performance is not equal. Extrinsically driven learners could participate in a certain activity solely to earn the money that it promises. Again, students who are driven by internal rewards may engage in an activity because it fulfills them and broadens their knowledge. When students are genuinely driven to participate in class activities, the advantages of motivation are evident. Reeves (2006) states that extrinsically driven students frequently have an interest in completing simple activities and may not digest material well. Motivation is the desire on the part of students to engage in the learning process. It also describes whether or not they are willing to take part in academic activities.

Benefits of intrinsic motivation
An intrinsic motivation is very important for a learner because that will dictate the kind of support he requires based on his own path.
1. The reason for this is that students who have an intrinsic motivation often use techniques that help them absorb material more fully.
2. It is discovered that students who are intrinsically motivated employ different tactics than students who are extrinsically motivated to complete complex intellectual tasks.
3. While students who are driven by external factors tend to choose easier assignments, truly motivated pupils also like challenging assignments. Extrinsically driven people refuse to work hard on a task.
4. Students that are intrinsically motivated take on duties gladly and are ready to learn what is covered in class.
5. Students who are naturally motivated engage in an activity for its own reason and the pleasure it brings.

Factors That Influence Learners’ Motivation
The following is a list of some of the most fascinating authors and how they categorise the elements that affect students' motivation. The teaching approach, the students' age, aptitude, and attitude are the most significant variables that impact the teaching and learning process. The last component—attitude—affects motivation the most out of all of them since it has a direct bearing on the learner's immediate educational environment, which includes friends, family, and teachers. According to Skehan, the four most important motivators are as follows:

- Activities for teaching and learning process: This is a crucial component since they will play a major role in determining how interested a student is in the material.
- The ultimate outcomes: Positive outcomes are perceived as a reward for the student, whereas negative outcomes are associated with a penalty. In this instance, motivation is a direct byproduct of the outcomes: pupils who achieve high final scores will naturally be more driven than those who do not.
- Internal motivation: This is a reference to a student's intrinsic motivation for a subject stemming from their prior knowledge and use of the subject in daily life.
- Extrinsic motivation: The impact of outside cues like incentives or penalties.

Importance of Motivation in Learning
1. When a student becomes aware of the need and becomes motivated to learn, learning occurs most effectively. It is by incentive that this occurs. Motivation encourages students to focus, think critically, and learn efficiently. As learning is an active process, participation is necessary. It affects learning speed, information retention, and learning motivation.
2. A motivated learner puts forth more effort to reach a goal faster. Consequently, motivation provides a student with the necessary desire and effort to complete the assignment.
3. From childhood through adolescence, motivation plays a critical role in academic learning and accomplishment. In each training scenario, motivating students to learn is a top priority. One of the main goals of education is motivation. The instructor should make sure that motivation is given from the start of the session in order to keep students' interest and draw attention to the information to be presented. It ought to go on for the duration of the class presentation rather than ending with the introduction.
4. Learning activities provide learners with motivation, which enables them to focus and achieve satisfaction from their work. For students to benefit from sustained motivation, they must be able to concentrate on the lessons they need to study.
5. Students are guided toward certain goals via motivation. It lays out the specific goals that students strive for, which affects the choices that students make.

6. When motivated, learning tasks are started and completed more thoroughly. Students' learning and performance are significantly impacted, and they spend more time on activities as a result.

7. Motivation enhances cognitive processing. It actually affects what and how information is processed since motivated students are more likely to pay attention and try to understand the material rather than just going through the motions of learning in a superficial way.

8. Rewarding and punishing consequences vary due to motivation

**Strategies for motivating the students**

The following techniques can be employed by the teacher to motivate the learners:

**Set Clear Goals**

The goals and objectives of the topic and subject should be understood by the students. Teachers should design projects that are appropriately challenging for the backgrounds and ability levels of their pupils. Teachers are accountable for ensuring that students understand the information being taught as well as the skills and knowledge they will need to succeed. Establishing the lesson's objective, giving concise, understandable explanations, asking students to share their thoughts, questions, and comments, questioning them, offering hands-on activities as frequently as possible, and having flexible assessment tasks are some strategies for guaranteeing this success.

**Explain the Lesson's Need**

Never presume that pupils are aware of the importance of the lessons. Stress how the lesson will satisfy the students' needs. For the learners, the job and the knowledge should be profitable and useful. The connections between academic disciplines and actual life should be emphasised by teachers. Tasks that are applicable to their daily lives inspire students.

**Grab and Hold Students' Attention**

When a teacher has a strong passion for a subject, students are likely to see the information as worthwhile. Students can be inspired by a teacher's excitement. To make your class more interesting, include some facts and figures. You should also start your lesson by drawing students' attention with a few pertinent questions. Continue the lesson using useful teaching tools.

**Increase Chances of Early Success**

At the beginning of the lesson, encourage students to start on tasks that they can finish satisfactorily. Teachers can encourage their students to do their best work, set high standards, and give them some choice when it's appropriate are some of the ways they can increase student motivation. Other strategies include employing courses that call for higher-order thinking, cooperation, and student participation. Success increases enjoyment, self-assurance, and motivation to put up more effort.

**Give compliments readily and offer constructive criticism**

In order to praise and critique pupils in a way that is both inspiring and encouraging, teachers must make an effort to understand the nature of their students. Give students lots of praise when they respond correctly and well. Giving students credit for their efforts and for their progress can boost their self-esteem. Don't make slow learners feel awkward. An effective motivator and reward for a job well done is praise. Prioritise highlighting a learner's strengths before offering ideas for development. Encouragement from the students is invaluable throughout class and can assist boost their self-confidence.

**Avoid Emotional Responses**

Emotional responses that make students feel scared and angry. They get distracted from the lesson as a result. Emotional outbursts are demoralising and interfere with learning.

**Be a Role Model**

Give your presentations with passion and vigour. Establish and adhere to a schedule, and be consistent in how you interact with students. For example, begin class promptly and ensure that students are thoroughly engaged in their work. Motivate yourself to teach, and students will follow suit. It is important to keep in mind that poor teaching strategies, inadequate training facilities, inefficient administrative and training processes, and poor interpersonal relationships all demotivate pupils.

**Provide required resources**

Provide the chance to students to fulfil their responsibilities independently. This boosts motivation and gives you confidence. Giving learners options helps them become more responsible and gives them the opportunity to understand more about the effects of their decisions. It is important to offer students options when it comes to subjects, teaching styles, and methods so they can pursue their interests. People are inherently self-directed and inquisitive; they want to learn, make decisions, and succeed. Giving students options will thereby increase their motivation. Pupils should feel comfortable exploring different approaches to challenges, as this will enable them to discuss any issue and weigh its advantages and disadvantages.

**Allocate responsibilities**

Your ability to better adapt your lessons to the needs and backgrounds of your students will come from your ability as a teacher, and your genuine interest in them will encourage their dedication to you. Give students the chance to complete the assignments on their own. Show a genuine interest in what the pupils are studying and confidence in their skills. This boosts their motivation and gives them a sense of confidence. The task shouldn't be too simple that people become disinterested or too challenging that they become discouraged.

**Consider students to be unique individuals**

Respect each student as much as is appropriate for them. Individual skills should be acknowledged and encouraged. As you pay attention to their issues, you may demonstrate to them that you value and respect them as individuals. A lot of fundamental elements are needed to establish and sustain healthy relationships, including cooperation, trust, standing
by them, treating everyone with respect at all times, taking the lead and assisting them in reaching their goals, and exhibiting that you are able to hear and accept what the students want to express.

Provide Appropriate Feedback
Get to know your pupils and capitalise on their advantages. When necessary, give accurate and helpful support, particularly during challenging times like illness, financial hardship, starvation, or sluggish learning. Inform the students of the outcome of their effort and provide instructions.

Use Engaging and Stimulating Teaching Methods and Resources
It is possible to incorporate other teaching strategies including role-playing, storytelling, model-making, and extracurricular activities. Instructors are directly assisted in inspiring pupils by the use of audio-visual aids. Utilise a variety of techniques and tools to pique and sustain attention. Provide examples from learners’ everyday experiences and demonstrate concepts with experiments and practical explanations. Students should be encouraged to work together in groups and to study in groups, according to the teacher.

Offer Rewards
Rewards are a major factor in student motivation. Students that receive special advantages are the most engaged in the acquisition of knowledge. Rewards and prizes should be given to pupils based on their personalities. Giving them large, expensive prizes is not necessary; instead, little rewards like candies, pens, and pencils should be provided to them to help them along. Since rewards and punishments are derived from outside sources, they can have a beneficial or negative impact on students.

Self-Involvement
The instructor ought to implement instructional strategies that elevate pupils’ standing among their peers. All students would like to keep their standing and dignity. The instructor should be aware of the egos of the pupils and encourage them through constructive actions.

Put the Students to the Challenge
Students should be encouraged to take intellectual risks using motivational strategies. In addition to attempting to improve learners’ self-concepts, it should provide pupils with opportunity to learn about the connections between success, incentive, and effort. To challenge students, a teacher should give tasks that are suitable for their level of ability.

Organising a Conducive Learning Environment
It is the duty of teachers to create a welcoming and stimulating learning environment for their pupils. A common reason for student failure is a lack of problem-solving skills in the face of unforeseen circumstances during a class. The instructor should foster an environment where students feel comfortable expressing themselves. Encouragement is necessary to get students interested in and involved in the lesson. Group work, group discussions, group projects, and group presentations are all opportunities for students to interact socially.

Promote healthy competitions among students
Depending on how it's applied, competition can either increase or decrease students' motivation. There can be more losers and fewer winners as a result. Truant students are those who consistently lack motivation in their studies. Consequently, rather than encouraging pupils to compete with one another, teachers should support their efforts while they work through their own faults. Motivate pupils to raise the calibre of their learning results in a constructively competitive environment.

Put the right amount of focus on grading and testing
Exams ought to demonstrate what knowledge and skills pupils have acquired, not what they still need work on. Additionally, students' motivation will suffer from exams that are harder or more demanding than anything they have practiced in class. Involving parents or guardians with their children's encouragement and motivation to perform well in school is also crucial.

Education for Sustainable Development
"Education that allows every human being to acquire the knowledge, skills, attitudes and values necessary to shape a sustainable future" is Education for Sustainable Development (ESD). The goal of education for sustainable development (ESD) is to equip students with the knowledge, skills, and values needed to work and live in a way that preserves the environment, society, and economy for present and future generations. The primary ESD priorities are poverty alleviation, disaster risk reduction, biodiversity preservation, and sustainable consumption. Thus, training for SD promotes abilities like scenario planning, collaborative decision-making, and critical thinking. As a result, education for SD necessitates significant adjustments to the way education is currently delivered. When the ESD is connected to current global challenges, it becomes meaningful. It needs to have a worldwide perspective. Thus, education has a significant and determining impact on sustainable development. As a result, research is encouraged and information needed to address issues with sustainable development resulting from decisions made by humans is provided through education for sustainable development. One of the key elements that supports sustainable development is education, which is an investment in human resources. Now let's discuss about them:

- ESD encourages and promotes a sustainable society: A more sustainable society can only be achieved via the use of high-quality education as a crucial instrument. This was loudly highlighted in 2002 at the UN World Summit in Johannesburg, where it was stated that the key to SD was a reorientation of contemporary educational systems. The importance of education for sustainable development (SD) cannot be overstated. It facilitates the development of the skills, knowledge, attitudes, and behaviors required to create a sustainable society that ensures environmental preservation and protection, promotes social justice, and drives economic expansion. India has traditionally had a stable social structure. To encourage the value of sustainable development in education, the Indian government has directed its various education agencies to work vigorously on an Environment Education (EE) component as part of the curriculum. Most students use their mobile devices for online learning, but those with the least resources and the lowest incomes have been
the most negatively impacted. Families are under a lot of strain. Incomes are declining and jobs are being eliminated. Environmental deterioration and climate change are occurring far more quickly than anticipated. Globally, people are experiencing the effects. The intensity of the flames in Siberia, America, Australia, and Europe has surpassed previous records. Over 25 million people have been forced to flee their homes in South Asia due to flooding in 2020. The idea is that the ESD seeks to increase people's awareness of and inclination towards issues that are caused by humans. Enabling individuals to behave and make decisions without endangering the planet's resources is the goal of ESD.

- Increasing environmental knowledge is the aim of ESD: Environmental education, which sought to raise people's understanding of environmental protection through the development of their knowledge, skills, values, and conduct, gave rise to the concept of ESD. The goal of ESD is to empower people to take action and prepare choices without posing a threat to the planet Earth. The global pandemic brought about by COVID-19 has resulted in a highly restrictive situation that could make it more challenging to tackle unprecedented challenges. Majority of students globally are unable to attend educational institutions due to college, school, and university closures. People who don't have access to computers, laptops, or tablets can't use online learning tools.

- The ESD describes how to integrate sustainable development techniques and principles: According to UNESCO, the decade's (2005–2014) objective is to include sustainable development concepts, beliefs, and practices into all facets and dimensions of education. As a result, its goal is to promote behavioural adjustments that will lead to a more sustainable future. UN Educational, Scientific and Cultural Organisation (UNESCO) was appointed as the primary agency for promotion of ESD during the UN Decade of Education for SD, 2005-2014 (DESD), which was accepted by the UN General Assembly. "A world where everyone has the opportunity to benefit from quality education and learn the values, behaviour, and lifestyles required for a sustainable future and positive societal transformation" is the worldwide goal that the decade aspires to.

- The ESD emphasises environmental themes and concerns: The ESD presents a lovely future with an emphasis mostly on environmental issues. Together with these topics, it covers issues of corporate responsibility, gender equality, human rights, citizenship, peace, ethics, governance, justice, and biological diversity. It is widely acknowledged that specific attributes are valuable for the effective execution of ESD, indicating the equal significance of the educational process and its results (derived from the 'UN Decade of Sustainable Development, 2005-2014).

The curriculum recommended for elementary, secondary, and tertiary education is the main focus of ESD. The majority of the curriculum is multidisciplinary, which permits an institutional approach to policymaking. The values and tenets of sustainable development are shared by the ESD. The promotion of critical thinking, problem-solving, and action-orientation really helps people become more confident in their ability to tackle issues associated with sustainable development. It enables students to take part in choices about the structure and subject matter of educational programmes.

**Conclusion**

Learning is the adjustment of behaviour resulting from prior experience and is typically long-lasting. At every step of a task and in every aspect of life, motivation is crucial. Learning cannot occur in the absence of motivation. The process via which a student directs his or her internal resources towards various target items in their surroundings is known as motivation. When a pupil is motivated, they pay attention to what the teacher is teaching. Extrinsic and intrinsic motivation have different effects on human performance and learning. The teaching approach, the students' age, aptitude, and attitude are the main variables affecting teaching and learning. Since attitude directly affects a learner's immediate motivation, it has the biggest effect on motivation of all the components. Education for sustainable development (ESD) is the process of providing students with the knowledge, skills, and attributes needed to work and live in a way that safeguards the social, economic, and environmental well-being of both the present and the future generations. The values and tenets of sustainable development are shared by the ESD. The promotion of critical thinking, problem-solving, and action-orientation really helps people become more confident in their ability to tackle issues associated with sustainable development.

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