

**PSYCHOLOGICAL FOUNDATIONS OF MOTIVES AND MOTIVATION  
PROCESSES IN HUMAN BEHAVIOR**

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**Abstract:** *This article examines the essence of motives and motivation, their role in regulating human behavior, and their significance in ensuring direction, organization, activity, and stability. The dynamic nature of motivation as a physiological and psychological process, as well as the interconnection of internal and external factors influencing human activity, is analyzed. The purpose of the study is to identify and analyze the relationship between motives and motivation, as well as the psychological mechanisms of behavior regulation.*

**Keywords:** *motive, motivation, behavior, psychological process, physiological factors, activity, stability*

**Annotatsiya:** *Ushbu maqolada motiv va motivatsiya tushunchalarining mohiyati, ularning inson xulq-atvorini boshqarishdagi o'rni hamda yo'nalish, tashkiliylik, faollik va barqarorlikni ta'minlashdagi ahamiyati yoritilgan. Motivatsiyaning fiziologik va psixologik jarayon sifatidagi dinamik tabiati, shuningdek, inson faoliyatining ichki va tashqi omillar bilan bog'liqligi tahlil qilinadi. Tadqiqotning maqsadi — motiv va motivatsiya o'rtasidagi o'zaro aloqadorlikni, inson xulq-atvorining psixologik boshqaruvi mexanizmlarini aniqlash va tahlil qilishdan iborat.*

**Kalit so'z:** *motiv, motivatsiya, xulq-atvor, psixologik jarayon, fiziologik omillar, faollik, barqarorlik.*

**Аннотация:** *В данной статье раскрывается сущность понятий мотива и мотивации, их роль в управлении поведением человека, а также значение в обеспечении направленности, организованности, активности и устойчивости личности. Рассматриваются физиологические и психологические аспекты мотивации как динамического процесса, а также взаимосвязь внутренних и внешних факторов деятельности человека. Цель исследования — определить и проанализировать взаимосвязь между мотивом и мотивацией, а также психологические механизмы управления человеческим поведением.*

**Ключевые слова** *мотив, мотивация, поведение, психологический процесс, физиологические факторы, активность, устойчивость.*

Human behavior is a complex psychological system governed by motives. The foundation of any activity is the motivational process.

A motive is an internal reason that drives a person to act, while motivation is the process by which these reasons are systematically transformed into action.

In psychology, motivation is interpreted as a dynamic mechanism that balances internal needs with external incentives.

As emphasized by the President of the Republic of Uzbekistan, Shavkat Mirziyoyev: “Today, the human factor, his thinking, aspiration, motivation, and creative potential remain the most important sources of societal development.” This statement highlights the importance of motives and motivational processes in human activity, since without internal drive, no external circumstances can ensure a person’s engagement.

Motivation is the force that drives a person toward a goal. The renowned American psychologist A. Maslow, in his work *Motivation and Personality*, developed a hierarchy of needs, emphasizing that every human action is directed toward satisfying internal needs. According to Maslow, human activity is driven by physiological, social, self-awareness, and self-actualization needs. Thus, motivation is a primary energy source for self-development and personal growth. It is both a psychological and physiological process, closely linked to brain activity, emotions, and hormonal changes. Understanding the psychological foundations of motives and motivation is therefore essential for guiding human behavior, ensuring direction, organization, activity, and stability.

**Motivation and Its Processes** In psychology, motivation is regarded as the source of energy that propels a person to act, guides them toward goals, and sustains activity. Motivation answers the question: “Why does a person perform a certain action?”

The motivational process includes several key stages: emergence of need, recognition of the need, goal setting, execution of activity, and satisfaction from the result. The most important element in this chain is the motive, which acts as a mediating force between need and goal. For example, a student’s motive for studying may include the need for knowledge, the desire for professional growth, or the aspiration to find their place in society.

Different psychological approaches explain motivation differently. The biological approach links motivation to natural instincts and physiological needs (such as food, sleep, and safety). The cognitive approach examines thoughts, decisions, expectations, and goals. Humanistic psychologists (A. Maslow, C. Rogers, D. Budjenthal) view motivation as an internal drive for self-development. According to Maslow, humans satisfy their needs step by step, ultimately reaching self-actualization, which represents the highest motivational state.

The physiological basis of motivation is closely linked to the central nervous system. Structures such as the cerebral cortex, hypothalamus, limbic system, and reticular formation generate drives and activity in humans. Neuropsychological studies show that the dopamine system is active during motivation, producing the sensation of achievement. Therefore, emotional incentives and positive experiences play a crucial role in enhancing motivation.

The stability of motivation ensures the consistency of behavior. A person with strong internal motivation continues toward goals regardless of external obstacles. This process depends on willpower, responsibility, and self-regulation. Motivation can be intrinsic (arising from personal needs and interests) or extrinsic (driven by rewards, praise, or material benefits). Psychologists emphasize that intrinsic motivation is more important for long-term stability, as it encourages independent activity.

Motivation also has important social aspects. Human aspirations in work, study, social activity, sports, or creativity are determined by social values. For example, work motivation involves not only economic benefits but also passion for one's profession and the desire to contribute to society. Educational motivation is shaped by interest in learning, self-development, and intellectual needs. Overall, motivation determines life direction, value systems, and mental states.

Motivation serves three main functions in human activity: direction, activation, and stability. Direction guides the person toward goals, activation mobilizes energy and willpower, and stability ensures sustained activity. S.L. Rubinstein noted that motive is a subjective element linking cognitive processes with external reality. Motive is the internal drive that compels a person toward purposeful activity. Needs, instincts, desires, emotions, and ideals are all included in motives.

Motivation is a complex dynamic process that combines physiological needs—such as hunger, thirst, rest, and energy balance—with psychological factors, including values, goals, emotions, and past experiences. It is dynamic: as one need is satisfied, another arises, creating a continuous cycle (Need → Motive → Goal → Action → Result → Satisfaction → New Need). Motivation integrates physiological and psychological dimensions, providing energy for personal growth and self-actualization.

Conclusion . Motives and motivation are central to shaping and regulating human behavior. They manifest through the interaction of physiological and psychological factors, guiding activity, ensuring engagement, and maintaining stability. Motivation, as a dynamic process, drives self-development, goal attainment, and personal growth. Understanding the psychological foundations of motivation is essential for improving efficiency in education, work, sports, and other life activities.

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