

Motivation and learning - MCQ

Question 1: What term refers to the internal state or condition that activates and directs behavior towards a goal? a) Cognition b) Emotion c) Motivation d) Perception

Answer: c) Motivation

Question 2: Which theory of motivation suggests that individuals are motivated by seeking pleasure and avoiding pain? a) Self-determination theory b) Maslow's hierarchy of needs c) Drive reduction theory d) Expectancy theory

Answer: c) Drive reduction theory

Question 3: What theory of motivation emphasizes the importance of self-determination and autonomy in influencing behavior? a) Self-determination theory b) Maslow's hierarchy of needs c) Drive reduction theory d) Expectancy theory

Answer: a) Self-determination theory

Question 4: What term refers to the innate biological needs that must be satisfied for survival and well-being? a) Intrinsic motivation b) Extrinsic motivation c) Basic needs d) Psychological needs

Answer: c) Basic needs

Question 5: According to Maslow's hierarchy of needs, which needs must be satisfied before higher-level needs can be pursued? a) Safety needs b) Esteem needs c) Self-actualization needs d) Physiological needs

Answer: d) Physiological needs

Question 6: What is the term for the motivation that comes from within a person and is driven by personal interests and enjoyment? a) Intrinsic motivation b) Extrinsic motivation c) External motivation d) Achievement motivation

Answer: a) Intrinsic motivation

Question 7: Which theory of motivation suggests that individuals are motivated by the belief that their efforts will lead to desired outcomes? a) Self-determination theory b) Maslow's hierarchy of needs c) Expectancy theory d) Drive reduction theory

Answer: c) Expectancy theory

Question 8: What term refers to the motivation that comes from external rewards or consequences? a) Intrinsic motivation b) Extrinsic motivation c) Internal motivation d) Achievement motivation

Answer: b) Extrinsic motivation

Question 9: According to Vygotsky, what term refers to the process of providing support and guidance to learners as they work on tasks? a) Scaffolding b) Modeling c) Reinforcement d) Motivation

Answer: a) Scaffolding

Question 10: What term refers to the beliefs and expectations individuals hold about their abilities to succeed in specific situations? a) Self-efficacy b) Self-esteem c) Self-determination d) Self-actualization

Answer: a) Self-efficacy

Question 11: What is the term for the motivation that comes from the desire to achieve mastery and competence? a) Intrinsic motivation b) Extrinsic motivation c) Achievement motivation d) External motivation

Answer: c) Achievement motivation

Question 12: According to self-determination theory, what are the three basic psychological needs that drive human behavior? a) Survival, power, achievement b) Autonomy, competence, relatedness c) Physiological, safety, belongingness d) Esteem, love, self-actualization

Answer: b) Autonomy, competence, relatedness

Question 13: What term refers to the process of setting specific, challenging goals that motivate and guide behavior? a) Self-determination b) Self-efficacy c) Goal setting d) Achievement motivation

Answer: c) Goal setting

Question 14: Which theory of motivation emphasizes the role of cognitive processes, such as attention and interpretation, in influencing behavior? a) Self-determination theory b) Expectancy theory c) Drive reduction theory d) Maslow's hierarchy of needs

Answer: b) Expectancy theory

Question 15: What term refers to the feeling of personal accomplishment and satisfaction that comes from mastering a task? a) Self-esteem b) Self-efficacy c) Self-actualization d) Achievement motivation

Answer: d) Achievement motivation

Question 16: According to Maslow's hierarchy of needs, which needs involve a sense of belonging, love, and acceptance? a) Safety needs b) Esteem needs c) Self-actualization needs d) Social needs

Answer: d) Social needs

Question 17: What term refers to the belief that one has the capacity to perform a specific task or achieve a goal? a) Self-esteem b) Self-efficacy c) Self-determination d) Self-actualization

Answer: b) Self-efficacy

Question 18: Which theory of motivation suggests that individuals are motivated by a desire for self-improvement and personal growth? a) Self-determination theory b) Maslow's hierarchy of needs c) Drive reduction theory d) Achievement motivation

Answer: a) Self-determination theory

Question 19: What term refers to the process of providing positive feedback and rewards to encourage desired behaviors? a) Reinforcement b) Punishment c) Modeling d) Motivation

Answer: a) Reinforcement

Question 20: According to self-determination theory, which basic need involves feeling effective and capable in one's actions? a) Autonomy b) Competence c) Relatedness d) Mastery

Answer: b) Competence

Question 21: What theory suggests that individuals are motivated to maintain a balance between their perceived needs and actual outcomes? a) Drive reduction theory b) Self-determination theory c) Expectancy theory d) Maslow's hierarchy of needs

Answer: a) Drive reduction theory

Question 22: What term refers to the process of providing support and guidance to learners as they work on tasks? a) Scaffolding b) Modeling c) Reinforcement d) Motivation

Answer: a) Scaffolding

Question 23: According to self-determination theory, which basic need involves feeling a sense of connection and belonging with others? a) Autonomy b) Competence c) Relatedness d) Mastery

Answer: c) Relatedness

Question 24: What term refers to the feeling of personal accomplishment and satisfaction that comes from mastering a task? a) Self-esteem b) Self-efficacy c) Self-actualization d) Achievement motivation

Answer: d) Achievement motivation

Question 25: Which theory of motivation emphasizes the role of cognitive processes, such as attention and interpretation, in influencing behavior? a) Self-determination theory b) Expectancy theory c) Drive reduction theory d) Maslow's hierarchy of needs

Answer: b) Expectancy theory

Question 26: According to Maslow's hierarchy of needs, what is the highest level of needs that involves personal growth and fulfillment? a) Physiological needs b) Safety needs c) Belongingness needs d) Self-actualization needs

Answer: d) Self-actualization needs

Question 27: What term refers to the feeling of personal accomplishment and satisfaction that comes from mastering a task? a) Self-esteem b) Self-efficacy c) Self-actualization d) Achievement motivation

Answer: d) Achievement motivation

Question 28: According to self-determination theory, what are the three basic psychological needs that drive human behavior? a) Survival, power, achievement b) Autonomy, competence, relatedness c) Physiological, safety, belongingness d) Esteem, love, self-actualization

Answer: b) Autonomy, competence, relatedness

Question 29: What term refers to the process of setting specific, challenging goals that motivate and guide behavior? a) Self-determination b) Self-efficacy c) Goal setting d) Achievement motivation

Answer: c) Goal setting

Question 30: Which theory of motivation emphasizes the role of intrinsic motivation in driving behavior? a) Self-determination theory b) Expectancy theory c) Drive reduction theory d) Maslow's hierarchy of needs

Answer: a) Self-determination theory

Question 31: What term refers to the internal state or condition that activates and directs behavior towards a goal? a) Cognition b) Emotion c) Motivation d) Perception

Answer: c) Motivation

Question 32: What term refers to the belief that one has the capacity to perform a specific task or achieve a goal? a) Self-esteem b) Self-efficacy c) Self-determination d) Self-actualization

Answer: b) Self-efficacy

Question 33: Which theory of motivation suggests that individuals are motivated to maintain a balance between their perceived needs and actual outcomes? a) Drive reduction theory b) Self-determination theory c) Expectancy theory d) Maslow's hierarchy of needs

Answer: a) Drive reduction theory

Question 34: What term refers to the motivation that comes from the desire to achieve mastery and competence? a) Intrinsic motivation b) Extrinsic motivation c) Achievement motivation d) External motivation

Answer: c) Achievement motivation

Question 35: According to Maslow's hierarchy of needs, which needs involve a sense of belonging, love, and acceptance? a) Safety needs b) Esteem needs c) Self-actualization needs d) Social needs

Answer: d) Social needs

Question 36: What term refers to the process of providing positive feedback and rewards to encourage desired behaviors? a) Reinforcement b) Punishment c) Modeling d) Motivation

Answer: a) Reinforcement

Question 37: According to Vygotsky, what term refers to the process of providing support and guidance to learners as they work on tasks? a) Scaffolding b) Modeling c) Reinforcement d) Motivation

Answer: a) Scaffolding

Question 38: According to self-determination theory, which basic need involves feeling effective and capable in one's actions? a) Autonomy b) Competence c) Relatedness d) Mastery

Answer: b) Competence

Question 39: What term refers to the feeling of personal accomplishment and satisfaction that comes from mastering a task? a) Self-esteem b) Self-efficacy c) Self-actualization d) Achievement motivation

Answer: d) Achievement motivation

Question 40: What is the term for the motivation that comes from within a person and is driven by personal interests and enjoyment? a) Intrinsic motivation b) Extrinsic motivation c) External motivation d) Achievement motivation

Answer: a) Intrinsic motivation

Question 41: Which theory of motivation suggests that individuals are motivated by the belief that their efforts will lead to desired outcomes? a) Self-determination theory b) Maslow's hierarchy of needs c) Expectancy theory d) Drive reduction theory

Answer: c) Expectancy theory

Question 42: What term refers to the motivation that comes from external rewards or consequences? a) Intrinsic motivation b) Extrinsic motivation c) Internal motivation d) Achievement motivation

Answer: b) Extrinsic motivation

Question 43: According to Vygotsky, what term refers to the process of providing support and guidance to learners as they work on tasks? a) Scaffolding b) Modeling c) Reinforcement d) Motivation

Answer: a) Scaffolding

Question 44: What term refers to the beliefs and expectations individuals hold about their abilities to succeed in specific situations? a) Self-efficacy b) Self-esteem c) Self-determination d) Self-actualization

Answer: a) Self-efficacy

Question 45: What term refers to the process of setting specific, challenging goals that motivate and guide behavior? a) Self-determination b) Self-efficacy c) Goal setting d) Achievement motivation

Answer: c) Goal setting

Question 46: What is the term for the motivation that comes from the desire to achieve mastery and competence? a) Intrinsic motivation b) Extrinsic motivation c) Achievement motivation d) External motivation

Answer: c) Achievement motivation

Question 47: According to self-determination theory, what are the three basic psychological needs that drive human behavior? a) Survival, power, achievement b) Autonomy, competence, relatedness c) Physiological, safety, belongingness d) Esteem, love, self-actualization

Answer: b) Autonomy, competence, relatedness

Question 48: What term refers to the process of providing positive feedback and rewards to encourage desired behaviors? a) Reinforcement b) Punishment c) Modeling d) Motivation

Answer: a) Reinforcement

Question 49: Which theory of motivation emphasizes the role of intrinsic motivation in driving behavior? a) Self-determination theory b) Expectancy theory c) Drive reduction theory d) Maslow's hierarchy of needs

Answer: a) Self-determination theory