

MOTIVATION

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Who is a student? It is a person who attends a university. Why does he attend a university? Is it because he wants to study, to expand the boundaries of his familiar world or is it because his parents make him do so? Either way, even if parents can make a student attend a university, they can't make him learn things without his personal wish, it's a road that goes nowhere. On the other hand, if a student attends a university he does it because he wants to learn something new, be a specialist in some sphere. Why does he want it? I think it's because he has a goal to reach something. In another words he has a strong motivation towards something. But at some point of his studies his motivation might suddenly disappear, why does this happens?

I have asked some of my fellow students why do they go to university?

80% said that they want to study, so that in the future they would earn a lot of money. I asked what is their motivation? They said that they want to be successful if future. But 10% told me, that they have lost their motivation because those things that they have already tried got them nowhere.

I decided to analyze this situation. Imagine a person, who had tried several times to get a job. He applied to different companies but all of them rejected his offer. What than would you do? Ones I came across a fantastic book "Martin Iden" by Jack London. The main character decided to write articles for magazines. He wrote about 100 articles and sent them to different publishers but none of them published even one of his articles. He was very disappointed, because he needed money, but couldn't earn them. He tried for two years! Can you imagine a person in today's world who would try writing articles for such a long time without being published? I can't. But Martin could. Finally he got published. A question had arisen in my head. What made him go forward without stoping all that time? I think because he was a motivated person, he desperately wanted to achieve something in his life.

So what can I recommend to a person who has lost his motivation? Personally, I always look at people, who, despite the hard times in their lives, have reached their goal, made what they planned to make. It inspires me to carry on what I am doing. If I get very tired of working, I do sports. Running, for examples, helps me to raise my mood. When you combine two things that are good for you is also great, such as running and listening lectures of economics or TED speakers.

Some tips that might help you if you have lost your motivation:

1. Set small and specific goals. Seriously. Unload the dishwasher. Ok, maybe not the whole dishwasher, unload three glasses. This will help you feel that you can still make small achievements.

2. If you beat yourself up for being so "unproductive" and "lazy," You're going to keep yourself feeling like crap and thus, paralyzed. Try instead to use the same encouraging words you might use for a friend or loved one.

3. When you're feeling depressed, it's natural to lose interest in things that used to give you joy. Comedy is no longer funny, sports are no longer fun, spending time with friends is no longer engaging. Anxiety, depression, and self-loathing take over, leading to feelings of detachment and defeat. So, when doing something "fun" or "active," do it with the goal to do it, not to enjoy it.

4. Acknowledge your courage for stepping out of your comfort zone. As painful as it is, depression can become comfortable in a "devil you know" kind of way. You know what to expect, for the most part. You know the pain, you're in the pain, you can predict that tomorrow will be more of the same. The idea of stepping out of this comfort zone can be quite anxiety provoking. One psychologist said, "If you keep doing what you've always done, you're always going to get what you've always gotten." So, if you find you're able to do something (even very slightly) different, congratulate yourself. There's a good chance whatever you're experiencing will come with anxiety, because anxiety accompanies uncertainty. Anxiety may be telling you you're stepping out of the familiar routine of depression, so acknowledge your courage and try to bring such experiences forward in your journey.

So what is motivation? It is just a huge power that helps us not give up, bypass all obstacles and achieve our goals. If a person has this power, then 70% is already done. The rest will be given much more easily, and the work will be done qualitatively. Moreover, every small victory can give more enthusiasm, and it, in turn, will help to move on.

For everyone, motivation means something of their own. Someone is motivated by bad grades, some people by good ones. Someone is motivated to get more awards, praise, and someone just does not want to lose what he already has.

Motivation is difficult to find. It is also important not to lose it. After all, you can achieve everything and even more, if you know why you do it, and whether you want it.

References:

1. <https://jamesclear.com/motivation>