

METHODS TO MOTIVATE A CHILD**A. RENUGADEVI**

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RESEARCH PAPER IN EDUCATION**ABSTRACT**

Motivation is usually defined as an internal state that arouses, directs and maintains behavior. Psychologists studying motivation have focused on five basic questions. What choices do people make about their behavior? Why do some students focus on their home work and others watch television? How long does it take to get started? Why do some student start their homework right away, while others procrastinate (postpone)? What is the intensity or level of involvement in the chosen activity? What causes a person to persist or to give up? What is the individual thinking and feeling while engaged in the activity? Absolute answers for all these questions are one simple answer, Motivation. Motivation is essential to the operation and organizations and class room activities. The behavior is caused by the certain causes which relates to the persons need and consequences that results from acts. The sources of motivation to learn curiosity learning task relevance, goal setting motive matching and self efficacy. Motives are expressions of a person's needs. Incentives on the other hand, are external to the person. In this paper we try to highlight some of the ways and methods to motivate children.

Keywords: Motivation, Characteristics of motivation, Types of motivation, Need for motivation, Role of parents and teachers in motivation, methods to motivate a child.

Introduction

Children start dreaming at an early age. They think about their future career, their wealth, their education, and so on. And their dreams can be huge. Unlike adults, their dreams have no ceiling. For kids, parents are inspiration, motivation, and leadership

Children dream big. As far as kids are concerned, anything is possible. If you deny children's dreams, or their right to dream, you are undermining their chances of achievement. Usually they make decisions based on probability rather than possibility. However, this is one case where we all need to think about possibility and throw probability completely out the window, when the children's dreams are denied then we

- control the children
- Don't teach the children life skills.
- Don't provide a quality education.
- Preach a negative view on life.

Dreams and Goals

As a parent the parental obligations is to provide a path toward success for children to follow. If it is cut off before children get started, it doesn't just crush them right now, it will negatively impact them in their adult life.

There is a saying that children "learn what they live and live out what they learn." Success and wealth are products of a process; anyone can achieve them. A child who grows up in a successful family will live around that process and adopt it in their own lives later on. It will be their standard. A child who grows up in an unsuccessful family will likely adopt that process in their own lives later on. Poor and unsuccessful will be their standard.

Definition of Motivation

According to B.F. Skinner, Motivation in school learning involves arousing, persisting, sustaining and directing desirable behavior.

According to Wordsworth, Motivation is the state of the individual which disposes him to certain behavior for seeking goal.

Meaning of Motivation

The word motivation comes from the word motive and describes motives. It is also a process that explains how a person responds to a need or a general will and starts a chain of effective actions in order to have his will. Besides, motivation is the desire to invest time and effort in a certain activity even if it is difficult, takes a high cost and failures.

Motivation is described as a state that energizes, directs and sustains behavior. Motivation involves goals and requires activity. Goals provide the impetus for and the direction of action. While action entails effort, persistence in order to sustain activity for a long period of time. Motivation has several effects on students' learning and behavior. First, motivation directs behavior toward particular goals. Motivation determines the specific goals toward which people strive; thus, it affects the choices students make. Motivation also leads to increased effort and energy. Motivation determines whether a student will pursue a task (even a difficult one) with enthusiasm or a lackluster attitude. Motivation increases the

initiation and persistence of activities. Motivation enhances cognitive processing.

Characteristics of Motivation

- Personal and internal feeling
- Art of stimulating someone.
- Produce goal.
- Motivation can be either positive or negative.
- It is system oriented.

Parents and Teachers Efficacy

In the research literature there is a wide agreement about the parents' importance and their contribution to their children motivation (Klein and Blain 2008). If in the past we could relate to the cooperation between teachers and parent as a desirable target, as an appropriate option, as the "cream" of education, today this cooperation is vital and essential and without it the teachers and the parents will not be able to function apart but only together to realize their educational responsibility to the students (Amit 1997). The socialist perception of education emphasizes the parent's duty to assist the continuation of the existence of the society in its relationship with education. The parents' right is to be involved in their children's education is fixed in the principals of the democratic regime (Friedman and Fisher 2004, 2006). Parents also play an important part in education.

Ashton and Webb (1986) defined teaching efficacy as the teacher's judgment about the potential influence of teaching on a child's learning. Personal teaching efficacy refers to the judgment of his or her own ability to motivate students. It is quite possible that teachers might believe, in general that teaching has potentially powerful effects on students motivation. Teachers with high personal efficacy tend to encourage students autonomy and responsibility, structure challenging, learning task and learners succeed to those tasks.

Ways to Achieve the Goals

As children grow and develop they'll begin to show interest in many different things. They'll start to give more attention to certain things that really interest them, some of which will turn into dreams. If your goal is to help your children achieve these dreams, you should show them how and help lead the way. But for goals that are so far off and often so magnificent, how do we even start to provide guidance?

Have Them Write Down their Dream. Writing down the dream allows them to see the idea in the first steps of fabrication and helps them stay accountable to their goal.

- **Develop a Plan of Action.**
- How do they plan on achieving goal?
- What steps are they going to take?

Focus, Intensity, and Perseverance. The first step is to get focused. We're going to bring intensity into the equation, but wild intensity will only get us running in circles. Focused intensity is the fuel that drives people to achieve. Perseverance is the extra push you need to be able to give yourself when things start to slow down (or seem like they're slowing down). A dream without perseverance is simply a "once was".

If they have any smaller dreams or goals that they want to accomplish sooner and use these things as teaching tools. If children can achieve on a small scale, they'll learn two important things:

1. Achieving on a large scale is possible.
2. The process of achieving (motivation, organization, intensity, and determination) works.

The importance of this process isn't really about the initial dream. It's about teaching children how to achieve **anything**. Achieving is a process of motivation, organization, intensity, and determination. We want them to learn the process so that even if their dreams change, their chances of success do not.

Intrinsic and Extrinsic Motivation

Children have their own internal motivation just as we all do. But internal motivation alone shouldn't be the only thing driving them. Not only is your motivation important to their success, it's important to them emotionally. They care what you think. You're mom. You're dad. You're Superman and Superwoman. If you're on their side, anything is possible. If you give the green light, they're stepping on the gas. And when times get tough they're going to come to you for support. Be a haven of positive thoughts and outlooks, provide support without offering unsolicited advice, and help them persevere when they're looking down.

Methods to Motivate Children or Be Whatever they Dream

- **Fine-tune the challenge** to learn when the task before is matched to their level of skill: not so easy as to be boring, and not so hard as to be frustrating. Deliberately fashion the learning exercise so that students are working at the very edge of their abilities, and keep upping the difficulty as they improve.
- **Start with the question and not the answer.** Memorizing information is boring. Discovering the solution to a puzzle is investigation. Present material to be learned not as a *fait accompli*, but as a live question being to be explored.
- **Encourage students to reach their personal best.** Some learning tasks, like memorizing the multiplication table or a list of names or facts, are simply not interesting in themselves. Generate motivation by encouraging them to compete against them: run through the material once to establish a baseline, and then keep track of how much they improve (in speed, in accuracy) each time.
- **Connect abstract learning to concrete situations.** Apply abstract theories and concepts to a real-world scenario, using these formulations to analyze and make sense of situations involving real people and real stakes.
- **Make it social.** Put together a learning group, or have students find learning partners with whom they can share their moments of discovery and points of confusion. Divide the learning task into parts, and take turns being teacher and pupil. The simple act of explaining what they're learning out loud will help them understand and remember it better.
- **Go deep** almost any subject is interesting once you get inside it. Assign the task of becoming the world's expert on one small aspect of the material they have to learn then extend their new expertise outward by exploring how the piece they know so well connects to all the other pieces they need to know about.
- **Fill your child's world with reading.** Take turns reading with your older child, or establish a family reading time when everyone

reads her own book. Demonstrate how important reading is to you by filling your home with printed materials.

- **Encourage them to express their opinion, talk about his feelings, and make choices.** They can pick out and select his own extracurricular activities.
- **Show enthusiasm. Interests and encourage exploring subjects that fascinate the students.**
- **Provide them with play opportunities that support different kinds of learning styles from listening and visual learning to sorting and sequencing.** Supplies that encourage open-ended play will develop the child's creative expression and problem-solving skills. They need lots of unstructured play time to explore them.
- **Ask about what they learn new in the school and ask them** to write on his own words which will help them retain what they learned.
- **Help them organize the school papers and assignments so that they feel in control of their work.** If the task seems too daunting they spend more time in worrying than learning. Check in regularly to make sure feelings are not overloaded.
- **Celebrate achievements, no matter how small.** Completing a book report calls for a special treat; finishing a book allows them an hour of games. You'll offer positive reinforcement that will inspire them to keep learning and challenging him.
- **Focus on strengths, encouraging developing talents.** Turn everyday events into learning opportunities. Encourage them to explore the world around, asking questions and making connections.

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