

**National Institute of Open Schooling**  
**Secondary**  
**Lesson 8 – Motivation and Emotion**  
**Worksheet-8**

1. Motivation plays an important role in directing human behavior. Elaborate upon the nature of motivation.
2. There is some motivation behind all our activities. Identify any five daily activities from your schedule and identify the motives behind them.
3. In the following question, identify the intrinsic and extrinsic motivation:
  - a. Mayank believes in his work and stays till late in office to complete his work.  
\_\_\_\_\_
  - b. Ahmed cleaned his room, because he did not want his mother to be angry.  
\_\_\_\_\_
  - c. Sanjeev says that he loves to play cards because whenever he wins, he gets money.  
\_\_\_\_\_
4. Abraham Maslow proposed that our needs exist at several levels. His theory is referred to as 'hierarchy of needs'. Explain Maslow's need theory and depict it through a diagram.
5. Our body has certain primary needs and it tries to maintain homeostasis for these primary needs at all times. Why? Explain.
6. Secondary needs are also called social motives. Why? List different social motives and give examples for each.
7. Emotions are experienced by all of us in our everyday life. Discuss the nature of emotions.
8. Any emotion, may it be - happiness, sadness, disgust etc., consists of different components. Explain the three different components of emotion with examples.
9. Research indicates that emotions are expressed similarly universally. Express your opinion about the given research finding.
10. "Your motivation is also accompanied by emotions". Discuss the given statement.