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Incentive Theory of Motivation

The incentive theory suggests that an individual is encouraged to do things for extra rewards. Nowadays, people will not volunteer for work especially if there is nothing in return. The primary reason that an individual is working is to be able to sustain and provide for his personal needs as well as others.

Drive Theory of Motivation

The drive theory motivation is necessary in every individual because everyone has limitation; people will be encouraged to take actions to reduce tension that may be brought about by unmet needs. This theory is useful in explaining behaviors that have a strong biological component, such as hunger or thirst.

Arousal Theory of Motivation

According to this theory of motivation an individual will take certain actions to either decrease or increase levels of arousal. People will be encouraged to maintain an ideal level of stimulation, while this level can differ based on the individual or the condition.

Humanistic Theory of Motivation

This motivation approach is according to the perception that an individual has strong cognitive reasons to perform several activities. It is best illustrated in Abraham Maslow's hierarchy of needs that in different levels. Firstly, people are inspired to accomplish basic biological needs for food and shelter, as well as those of safety, love, and esteem. Once the minor level desires have been met, the main motivator develops the need for self-actualization, or the aspiration to achieve one's individual potential.

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