# Cheatography

# Motivation Theory Cheat Sheet by Natalie Moore (NatalieMoore) via cheatography.com/19119/cs/2249/

#### Content vs. Process

#### Content

Maslow, Alderfer, Herzberg and McCelland studied motivation from a "content" perspective.

Content Theories deal with "what" motivates people and it is concerned with individual needs and goals.

#### Process

Vroom, Porter & Lawler, Adams and Locke studied motivation from a "process" perspective.

Process Theories deal with the "process" of motivation and is concerned with "how" motivation occurs.

#### **Content: Incentive Theory**

Employee will increase effort to obtain a reward

Based on principle of reinforcement

Outcome is usually money

Based on theory that man is rational, based on 'economic man'

## Content: Herzbergs Two Factor Theory

Hygine	create dissatisfaction if indivi-
Factors	duals perceive them as
	inadequate or inequitable, yet
	individuals will not be significantly
	motivated if these factors are
	viewed as adequate or good.
	Salery, job security, working
	conditions
Motiva-	intrinsic factors such as sense of
tors:	achievement, recognition,
	responsibility, and personal

Hygiene factors determine dissatisfaction

Motivators determine satisfaction

growth.



By Natalie Moore (NatalieMoore)

cheatography.com/nataliemoore/ www.jchmedia.com/

#### Two Factor Diagram



Herzbergs Two Factor Theory

#### Content: Maslow Hierarchy of Needs

0	o this theory, individual strives to er need when lower needs are
1st physio- logical needs	Basic survival needs, such as air, water and food.
2nd safety needs	personal security, health, well- being and safety
3rd belonging	Sense of belonging and acceptance. Relationships, families and friendship.
4th self- esteem needs	Be respected / self respect
5th self-act	ualization needs



Published 18th June, 2014. Last updated 9th May, 2016. Page 1 of 2. Content: Alderfers ERG Theory

Physiological and Safety needs are merged in Existence Needs,

Belonging needs is named as Relatedness Needs,

Self-esteem and Self-actualization needs are merged in Growth Needs

Growth, Relatedness, Existence

#### ERG diagram



### Content: McClellands Achievement Need Theory

Three basic needs that people develop and acquire from their life experiences .

Needs for achiev	Seeks achievement and tries to attain challenging goals. Strong need for feedback as to achiev-
ement	ement and progress, and a need for a sense of accomplishment
Needs for affili- ation	High need for affiliation needs harmonious relationships
Needs for power:	Wants to direct and command other people

Although these categories of needs are not exlusive, generally individuals develop a dominant bias or emphasis towards one of the three needs. Entrepreneurs usually have high degree of achivement needs.

Sponsored by CrosswordCheats.com Learn to solve cryptic crosswords! http://crosswordcheats.com

# Cheatography

### Process: Adams Equity Theory

If individual feels rewards are fair then they feel satisfied.

Adams says employees seek to maintain equity between the inputs that they bring to a job and the outcomes recieved.

Measure against the perceived inputs and outcomes of others.

#### Process: Expectancy Theory

Expect- ancy: E -> P	belief that effort (E) will result in attainment of desired perfor- mance (P) goals.
Instru- men- tality: P -> R	belief of reward (R) if perfor- mance (P) expectation is met
Valence	Value of the reward according to

the person

Suggests human behaviour is directed by subjective probability.

#### Process: Goal Theory

Proposes motivation and performance high if goals are challenging, but accepted, and feedback is given.

Two important findings:

Setting	= higher performance than
specific	general goals
goals	
The	are linearly and positively
goals	connected to performance. The
that are	harder the goal, the more a
that are hard to	harder the goal, the more a person will work to reach it.



By Natalie Moore (NatalieMoore) Published 18th June, 2014. Last updated 9th May, 2016. Page 2 of 2. Sponsored by CrosswordCheats.com Learn to solve cryptic crosswords! http://crosswordcheats.com

cheatography.com/nataliemoore/ www.jchmedia.com/