

Motivation Theory Cheat Sheet

by Natalie Moore (Natalie Moore) 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" perspe-

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

Motivators:

intrinsic factors such as sense of achievement, recognition, responsibility, and personal

growth.

Hygiene factors determine dissatisfaction

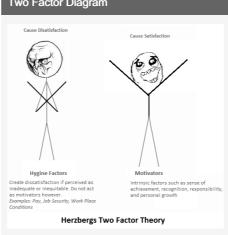
Motivators determine satisfaction



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Two Factor Diagram



Content: Maslow Hierarchy of Needs

According to this theory, individual strives to seek a higher need when lower needs are fulfilled.

1st Basic survival needs, such as physioair, water and food. logical needs

2nd personal security, health, wellsafety being and safety needs

3rd Sense of belonging and belonging acceptance. Relationships, families and friendship. Be respected / self respect 4th self-

esteem needs

5th self-actualization needs

Heirarchy of needs diagram



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Content: Alderfers ERG Theory

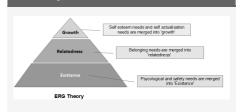
Physiological and Safety needs are merged in Existence Needs,

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 .

Seeks achievement and tries to Needs attain challenging goals. Strong for achiev need for feedback as to achievement and progress, and a need ement for a sense of accomplishment

Needs High need for affiliation needs for harmonious relationships affiliation

Needs Wants to direct and command for other people power:

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.

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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- belief that effort (E) will result in ancy: E attainment of desired perfor-> P mance (P) goals.

Instru- belief of reward (R) if perfor-

men- mance (P) expectation is met tality: P

Valence Value of the reward according to the person

Suggests human behaviour is directed by subjective probability.

Process: Goal Theory

-> R

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

The are linearly and positively goals connected to performance. The that are hard to person will work to reach it.



achieve

goals

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