THE IMPACT OF MOTIVATION ON STUDENTS' LEARNING

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Abstract: *Motivation plays a key role in how effectively students learn and perform in academic settings. This study explores the impact of both intrinsic and extrinsic motivation on students' learning outcomes. Drawing on Self-Determination Theory, the research examines how internal factors such as interest and self-confidence, as well as external factors like rewards and academic pressure, influence students' engagement and achievement. The findings suggest that students who are internally motivated tend to show deeper understanding and better learning progress. At the same time, external motivation can also support performance when used appropriately. The study highlights that a balanced approach to motivation is important in education. It also emphasizes the role of teachers in creating a supportive and engaging learning environment. Encouraging autonomy and interest can help students improve their learning experience and academic success.*

Key words: *motivation, student learning, intrinsic motivation, extrinsic motivation, academic performance.*

Аннотация: *Мотивация играет ключевую роль в том, насколько эффективно студенты учатся и достигают академических результатов. В данном исследовании рассматривается влияние как внутренней, так и внешней мотивации на процесс обучения. Опираясь на Self-Determination Theory, анализируется, как внутренние факторы, такие как интерес и уверенность в себе, а также внешние факторы, включая поощрения и академическое давление, влияют на вовлечённость*

и успеваемость студентов. Результаты показывают, что студенты с высокой внутренней мотивацией демонстрируют более глубокое понимание материала и лучшие учебные результаты. В то же время внешняя мотивация также может быть эффективной при правильном использовании. Исследование подчеркивает важность сбалансированного подхода к мотивации в образовании. Также отмечается роль преподавателей в создании поддерживающей и стимулирующей учебной среды. Развитие автономии и интереса способствует улучшению учебного процесса и академической успешности студентов.

Ключевые слова: *мотивация, обучение студентов, внутренняя мотивация, внешняя мотивация, академическая успеваемость.*

Annotatsiya: *Motivatsiya talabalarning qanchalik samarali o‘rganishi va akademik natijalarga erishishida muhim rol o‘ynaydi. Ushbu tadqiqotda ichki va tashqi motivatsiyaning o‘quv jarayoniga ta’siri ko‘rib chiqiladi. Self-Determination Theory asosida ichki omillar, masalan qiziqish va o‘ziga ishonch, hamda tashqi omillar, jumladan rag‘batlantirish va akademik bosim talabalarning faolligi va natijalariga qanday ta’sir qilishi tahlil qilinadi. Natijalar shuni ko‘rsatadiki, ichki motivatsiyaga ega talabalar mavzuni chuqurroq tushunadi va yaxshiroq natijalarga erishadi. Shu bilan birga, tashqi motivatsiya ham to‘g‘ri qo‘llanganda samarali bo‘lishi mumkin. Tadqiqot ta’lim jarayonida muvozanatli motivatsiya yondashuvining muhimligini ta’kidlaydi. Shuningdek, o‘qituvchilarning qo‘llab-quvvatlovchi va qiziqarli muhit yaratishdagi roli alohida qayd etiladi. Talabalarda mustaqillik va qiziqishni rivojlantirish o‘quv samaradorligini oshirishga yordam beradi.*

Kalit so‘zlar: *motivatsiya, talabalar o‘qishi, ichki motivatsiya, tashqi motivatsiya, akademik natijalar.*

Introduction

Motivation is one of the most important factors in student learning. It strongly influences how students engage with their studies and how well they perform academically. Students who are motivated usually show higher interest, put more effort into learning, and achieve better results. Learning motivation can come from inside the student or from external factors. Internal motivation is based on interest, curiosity, and personal satisfaction. External motivation is related to rewards, grades, or pressure from others. Both types can affect learning, but their impact may differ depending on the situation.

In recent years, education has changed a lot due to new teaching methods and digital learning. Online education has become more common, especially after global events that forced students to study from home. This shift has changed how students learn and interact with teachers. Many students faced difficulties adjusting to this new system.

In online learning, students often depend on technology such as smartphones and internet platforms. This can reduce interaction and make learning less engaging. As a result, some students lose interest and motivation, especially in subjects that require practice and explanation. Because of these challenges, understanding student motivation has become very important. Teachers need to create supportive learning environments that encourage interest and active participation. Improving motivation can help students learn better and achieve higher academic success.

Problems

When students lack motivation, they often stop actively participating in learning activities. They do not ask questions, avoid discussions, and show little interest in lessons. This leads to weak understanding of the subject and poor

academic progress. A student sits in class but does not listen carefully or take notes. Over time, the student cannot understand the topic and performs badly in tests. Unmotivated students usually do not have a consistent study routine. They delay assignments, avoid revision, and only study before exams. This habit reduces the quality of learning and increases stress before deadlines. A student keeps postponing homework for several days. In the end, the work is rushed the night before submission, resulting in low-quality answers and low marks. Lack of motivation can make students feel that they are not capable of learning. When they repeatedly struggle, they start to lose confidence and stop trying to improve. This creates a negative cycle where poor performance leads to even lower motivation. A student fails a math test and believes they are "bad at math." After that, they stop practicing and avoid math tasks completely, which leads to even worse results in the next exams.

RESEARCH AND DISCOVERY

Zhou and Ahmad (2025) conducted research on the impact of technology integration in education and how it influences student motivation and learning behavior. Their study showed that when digital tools such as computers, online platforms, and interactive learning systems are used in classrooms, students become more active and engaged in the learning process. Instead of passively receiving information, students take an active role by exploring content, solving problems, and completing tasks independently. For example, students working with interactive quizzes and online activities demonstrated higher interest and spent more time on tasks compared to traditional paper-based learning. The researchers concluded that technology improves motivation by making learning more interactive, flexible, and student-centered, which ultimately enhances academic participation and understanding.

Sumaira Khaliq (2023) focused on the role of media resources, particularly video-based platforms like YouTube, in improving student motivation and engagement. The study found that students learn more effectively when lessons are delivered through visual and audio content rather than only written materials. Video explanations help simplify complex topics and make learning more understandable. For instance, students studying difficult subjects such as science or mathematics were able to grasp concepts faster when they watched step-by-step video demonstrations. The research also highlighted that students feel more comfortable and motivated because they are already familiar with these platforms in their daily lives. As a result, learning becomes less stressful and more connected to real-life digital experiences, increasing attention, understanding, and willingness to revise material.

Hamdani et al. (2023) from the State University of Makassar investigated the effects of game-based learning on student interaction and motivation. Their research showed that incorporating educational games into learning activities significantly increases student participation and enthusiasm. In game-based environments, students are more willing to answer questions, collaborate with peers, and engage in healthy competition. For example, during quiz-based learning games, even quieter students became more active and confident in contributing answers. The study also found that emotional involvement, such as excitement and enjoyment, helps students retain information more effectively. The researchers concluded that game-based learning improves motivation, interaction, and knowledge retention by transforming traditional lessons into engaging and enjoyable experiences.

Solutions

Teachers should make lessons more interactive and interesting. When students are actively involved, their attention and motivation increase. Using

discussions, group work, and real-life examples can help students understand topics better and stay focused. Instead of only explaining theory, a teacher uses group activities where students solve problems together. This makes the lesson more engaging and easier to understand. Students need to develop a clear study routine. Setting daily study goals and breaking tasks into smaller parts can reduce procrastination. Time management helps students stay consistent and avoid last-minute stress. A student creates a schedule to study one hour every evening. By following it regularly, assignments are completed on time and exam preparation becomes easier. Students should be encouraged to believe in their abilities. Teachers and parents can support them by giving feedback, recognizing small progress, and avoiding negative labeling. A positive mindset helps students stay motivated even after failure. A student who fails a test receives guidance and encouragement instead of criticism. After reviewing mistakes and practicing more, the student improves in the next test and regains confidence.

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