

THE IMPORTANCE OF MOTIV AND MOTIVATION IN ACHIEVING GOALS

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Abstract. *In this article expresses an opinion about the role of motive and motivation, ways of striving for a goal, the importance of will in achieving the goal that a person has set for himself. The article also contains motivational aphorisms said by people who achieved great success in their lives.*

Keywords: *goal, motive, motivation, change, fear, intelligence, logic, imagination.*

MAQSADGA ERISHISH UCHUN MOTIV VA MOTIVATSIYANING AHAMIYATI

Annotatsiya. *Ushbu maqolada shaxsning o'z oldiga qo'ygan maqsadiga erishishda motiv va motivatsiyaning o'rni, maqsadga intilish yo'llari va irodaning ahamiyati haqida fikr bildirilgan. Shuningdek, maqolada o'z hayot yo'lida katta muvaffaqiyatlarga erishgan insonlar tomonidan aytilgan motivatsion aforizmlar ham bayon etilgan.*

Kalit so'zlar: *maqsad, motiv, motivatsiya, o'zgarish, qo'rquv, aql-zakovat, mantiq, tasavvur.*

ДОСТИЖЕНИЕ ЦЕЛИ: ЗНАЧЕНИЕ МОТИВА И МОТИВАЦИИ

Аннотация. *В данной статье высказывается мнение о роле мотива и мотивации, способах стремления к цели, значении воли в достижении цели, которую человек поставил перед собой. В статье также собраны мотивационные афоризмы, сказанные людьми, добившимися в своей жизни больших успехов.*

Ключевые слова: *цель, мотив, мотивация, изменение, страх, интеллект, логика, воображение.*

Logic can take you from point A to point B, but imagination
can take you anywhere you want.

Al'bert Eynshteyn

In today's rapidly developing world, one of the challenges faced by youth, and people in general, is the inability to set goals correctly and the lack of sufficient motivation to

achieve those goals. Motivation is crucial for a person as they move from point A to point B in pursuit of their objectives. Often time, we stop midway while striving toward our goals. When we reflect on why this happens, the answer is not always clear. The primary reasons for such interruptions in goal-oriented actions is the loss of motivation along the way. That is, the individual may fail to grasp how significant the outcome of their goal is to them or may not be able to experience the pleasant feelings associated with achieving it. In such cases, the role of motivation becomes invaluable. Here, it is worth providing some information about the concepts of “motive” and “motivation.”

In psychology, motive refers to a factor that drives a person to achieve a specific goal. Motivation is the internal drive that prompts a person to act and engage in activity, arising as a higher form of need. Motivation typically develops through needs, and when these needs stabilize, motivation forms effectively. Sometimes, the term “motivation” is mistakenly used interchangeably with “emotion” or “goal”. “However, motivation fundamentally involves encouragement, instilling hope, and urging someone toward a goal [8].

People often derive their motivation from close ones, particularly their family members, such as parents. The confidence instilled in us by our parents is one of the greatest sources of motivation. Personally, as the author, I find it important to share how the support and trust of my loved ones have played a significant role in my life through a real-life example :

During the time I was preparing to apply to a university, I was overwhelmed by the fear of failure – ‘What if I cannot pass?’ This fear even led me to consider applying to another university where I thought my chances of acceptance were higher, instead of the one I truly wanted. When I shared this thought with my mother, she said to me, ‘My dear, submit your documents to the university you truly love and have long aspired to attend. I firmly believe in you; you will definitely score high marks in the entrance exams because your knowledge is sufficient for this.’ Her confidence in me awakened my self-confidence, and I told myself, ‘I will definitely become a student. I will get accepted on a grant basis to the university of my dreams in my chosen field.’ Alhamdulillah, in the 2023-2024 academic year, I achieved my goal. I was admitted as a grant student to my dream university and am currently studying there. My personal experience demonstrates the immense significance of motivation in achieving one's goals."

Below, we present the advice and motivational sayings of famous individuals about achieving goals, which may serve as keys to your own success. We recommend carefully reading and applying these thoughts in your journey toward your goals.

1. "Don't stop! It's painful now, but you'll live the rest of your life as a champion!" – (**Muhammad Ali**) [11] .

Analyzing this, one can conclude that achieving something often requires sacrifices (such as foregoing sweet sleep, chats with friends, etc.). Students, for example, might need to work late nights or skip gatherings with friends to prepare for projects or exams like IELTS. While difficult, this effort secures your future. The harder you strive today, the brighter your tomorrow will be.

2. "The only way to do great work is to love what you do. If you haven't found it yet, keep looking!" – (**Steve Jobs**) [10].

According to Jobs, a person must love what they set out to do. Passion for work provides immense energy. Never pursue something you don't like under someone else's influence, as such efforts will lack genuine dedication. Only by pursuing what you truly enjoy can you achieve remarkable results.

3. "Changes are always scary. But no one will change your life for you. You understand the path to take, and despite fear, you move forward. This is the fundamental rule of success." – (**Paulo Coelho**) [10].

4. "If you want to succeed in any field and become a true master of it, you must dedicate at least 10,000 hours to practicing and working in that area." – (**Malcolm Gladwell**) , "**Outliers: The Story of Success**" [7.4].

Among our compatriots, Mukhammadali Eshonkulov is a significant source of motivation. His advice on goal-setting is invaluable:

"Set goals that are connected to humanity, as such goals do not fade easily. If a goal is only personal, it is more likely to lose its significance over time" [11.5]

From this, we understand that it is essential to set goals whose outcomes benefit others as well. Goals that are purely self-serving are more prone to failure.

The human intellect and mindset, shaped by daily life and professional activities, hold a significant place in motivation. Modern psychology has uncovered numerous laws governing the impact of motivation on efficiency and productivity. Motivation is one of the critical factors in determining the effectiveness of personal activities.

One of the situations people often witness in life is when someone sets a specific goal for themselves, but another person discourages them by saying things like, "You can't do it" or "It's too hard to achieve." Such negative comments can dishearten the individual. However, a person with strong willpower never gives up and finds motivation within themselves. Conversely, there are times when someone else motivates you when you feel hopeless, saying, "You can do it," which inspires hope and pushes you to take action. This demonstrates that motivation and willpower are directly interconnected.

Individuals with strong willpower can self-motivate, while those lacking willpower often rely on external support or encouragement to get motivated. On the other hand, if a goal is clear and one sincerely desires to achieve it, they can overcome any obstacle. It should also be noted that if a person's activities towards their goal are not aligned with specific motivational foundations, achieving the desired results may not be possible. The effectiveness of one's efforts towards a goal depends on the strength and structure of their motivation, as well as their leading activities or educational motivations.

Here are some tips to make achieving your goals easier:

Classify your goals as short-term or long-term. For instance, if your short-term goal is to enroll in a foreign language institute, your next goal might be to become a skilled teacher or pursue academic research. In the future, you might aim to become an excellent teacher and undergo advanced training in developed countries.

Ensure your goals are interconnected. For example, achieving a long-term goal depends on the completion of short-term goals. Another crucial point is to consider your personal attributes when setting goals. In other words, set your goals based on your abilities and resources.

If you fail to achieve your goal, impose a self-punishment to motivate yourself to work harder towards it. On the other hand, if your goal is achieved as planned, be sure to reward yourself as a form of self-encouragement [10].

It is essential to develop a positive motivational mindset, leading to a desire for self-development and self-improvement. In conclusion, the primary task for any individual is to set goals correctly and build a solid motivational bridge towards achieving them.

To conclude, nearly everything in our lives revolves around our goals, which lead us toward the future. However, distractions, such as social media or video games, often hinder progress. To avoid this, it is essential to create a strict plan and stick to it. Although monitoring such plans without supervision can be challenging, true dedication makes it achievable. Ultimately, achieving a goal is about overcoming oneself. Moreover, waking up early significantly contributes to reaching your objectives, as it boosts productivity.

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