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THE INFLUENCE OF SELF-ESTEEM AND THE LEVEL OF CLAIMS ON A PERSON'S MOTIVATION

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This topic is important, because a person's whole life consists of any actions, and motivation is the main motivator for this. A person's motivation depends on many factors, including the level of claims and how a person evaluates himself. The level of claims plays an important role in the development of self-esteem, which further leads to the development of abilities and the achievement of goals. The level of claims seems to give direction to what a person wants to accomplish, that is, it will be something grandiose or, conversely, too insignificant a goal for a person [2]. Self-esteem affects motivation no less: the way a person believes in his strength, how much he is able to improve and various personal qualities – all this affects his desire to work and achieve goals [1].

The aim: to study the influence of self-esteem and the level of claims on motivation.

Methods: In this study, such a questionnaire was used, which consisted of five questions with multiple answer options, as well as a variant of a detailed answer. Methods of mathematical statistics were used to process the results.

Results: The subjects were offered a survey in which they had to choose an answer option, and to answer one in detail. The survey was conducted to determine the impact of self-esteem on the level of claims.

It follows from the survey results: 1) 56 % of the subjects aim to achieve success in achieving the goal; 2) the motivation of more than half of the respondents depends on the situation; 3) 47 % of the subjects replied that initially they react negatively to failures, and then try to solve the problem; 4) 51 % of the subjects answered that they set goals for themselves based on their capabilities.

Conclusions. Based on the results of this survey, it can be concluded that motivation is really influenced by many factors, which also include motivation and the level of claims. In addition, I think that if a person has low self-esteem or a level of pretensions, then you can always work on it in order to be successful in the future.

References

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