Biology and Motivation

Biology can impact motivation in many ways. Think about some of the ways that these have impacted your motivation.

- **Addiction**
  - Individuals are motivated by seeking the pleasure that drug use provides.
  - They are motivated by the need to avoid pain and seek pleasure.

- **Evolution**
  - A combination of an individual's nature (DNA) and environment (nurture) provides him or her with motives to act.
  - For example, an individual eats when he or she is hungry.

- **Homeostasis**
  - Homeostasis is the motivation for the body to stay in a regulated, balanced state.
  - For example, an individual eats when he or she is hungry.

- **Arousal**
  - Arousal can refer to an increased pulse (physiological) or to anxiety (psychological).
  - Only the correct amount of arousal is beneficial to motivation.

- **Stress**
  - An increase in the amount of stress from positive or negative changes can impact an individual's motivation.