

Conceptual Article

## **Intrinsic Motivation, Self- Efficacy and Teacher**

### **Evolved Method**

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#### **Abstract**

The teaching–learning process is greatly influenced by psychological factors that shape both teacher performance and student outcomes. This study examines the relationship between intrinsic motivation, self-efficacy, and teacher-evolved methods in classroom instruction. Intrinsic motivation, which drives teachers to engage in their profession for internal satisfaction and personal growth, enhances creativity and commitment in pedagogical practices. Self-efficacy strengthens teachers' belief in their ability to plan, organize, and execute effective teaching strategies. When combined, these factors encourage teachers to develop innovative, context-specific methods that cater to learners' needs. The paper explores how teacher-evolved methods emerge from reflective practice, autonomy, and continuous professional development. The findings highlight that highly motivated and self-efficacious teachers are more likely to adopt flexible, student-centred approaches, leading to improved engagement and academic achievement. Implications for professional development and institutional support are also discussed.

**Keywords:** Intrinsic Motivation, Self-Efficacy, Teaching Methods, Classroom Learning, Educational Psychology

#### **INTRODUCTION**

"The future of the nation is being shaped in its classroom" Kothari Commission (1962-64 ). Every education commission insists upon the kind of quality education that needs to provide to the students by the educational institutions. It is obvious to note that the successful leaders of our country, to name a few such as Dr. A. P. J. Abdul Kalam, Dr. Radhakrishnan and the leaders of the world; Dr. Nelson Mandela and Abraham Lincoln attribute that their successful life evolved from the classrooms where a strong foundation was laid by the respective teachers of the class. Classroom is a place where a teacher nurtures each individual

student with concern and care and provides conducive learning atmosphere for learners to create new knowledge exhibiting their inner abilities to the maximum. Therefore the seed of quest for new knowledge and the motivation to pursue the knowledge to be shown in the minds of the learners by the teachers in the class rooms and it has to be nurtured constantly.

Mahatma Gandhi states "By education, I mean an all-round drawing of the best in child and man in body, mind and spirit". According to Gandhi, education aims at the holistic development of every learner. Every educated person must bring out the best of himself or herself in whatever one does. In another word education must result in physical, mental, moral, spiritual, social. academic, emotional, spiritual and intellectual development. It is a combine effort of the teacher and the learners where together using their potentials explore and imbibe the qualities of education. Every teacher is a learner in the teaching learning process. The experiences gained by both the teacher and the learners at the end of the day could be richer, edifying and inspiring if the objectives of teaching and learning are spelt out and are actualized. This phenomenon demands learners' intrinsic motivation, self-efficacy and teacher's evolved method of teaching.

### **INTRINSIC MOTIVATION**

"The will to win, the desire to succeed, the urge to reach your full potential. .. these are the keys that will unlock the door to personal excellence", Confucius. When we do something for enjoyment or to improve one's abilities is known as intrinsic motivation. Intrinsic motivation occurs when one acts without any obvious external rewards. An individual simply enjoys an activity or sees it an opportunity to explore, learn and actualize the potentials. In order to excel and exhibit self-- efficacy one needs to develop the intrinsic motivation. Such individuals, be it they are students, teachers, parents, physicians, scientists, or in any field would excel in their profession in a meaningful and effective way. Hence it is very significant for the students and teachers to imbibe and develop intrinsic motivation.

The society that we live thrives in spending more time with smart phones often and gets engrossed with WhatsApp, face book; twitter etc. hence the human communication gets reduced; even parents don't have enough time to encourage their wards or spend sufficient time with them or tutor them while they study at home. Such phenomenon is a prevailing sight at most of the households in the Indian society. In such situation it's inevitable to grow along and imbibe intrinsic motivation to excel in studies and in the profession that is perused.

## **SELF EFFICACY**

Self-efficacy or effectiveness depends on the emotional intelligence one possesses. Self-efficacy could be scaled with the parameters of Emotional Intelligence (EI). It has become a popular topic in the academic and business world in recent years. According to Goleman (1996), "Emotional Intelligence (EI) includes self-awareness and impulse control, persistence, zeal and motivation, empathy and social deftness. These are the qualities that mark people who excel: whose relationship flourish, who are stars in the workplace". It's clear evidence that people who possess a high degree of emotional intelligence know themselves very well and able to sense the emotions in others. Needless to say the emotional intelligence of a teacher thus becomes an important tool and criterion in the teaching learning process and in the academic scenario, which in turn affects the well-being and quality of life of a teacher and of the learners. Emotional intelligence links strongly with the concepts of love, personality, commitment, quality of life and spirituality of every individual. A teacher in the real class room becomes an executive of love and affection, sets examples by life and takes care as she or he deals with every individual student.

## **TEACHER EVOLVED METHOD**

According to Nayak (2010), "Without good teachers even the best system of education is bound to fail". Good teachers are the ones, who would walk extra miles beyond to enhance the inner abilities of the learners, tap their potentials through creative and innovative methods. The learners hail from various social, economic, academic and multilingual backgrounds which results in individual differences of the learners. A teacher needs to cater to the needs of every individual learner in the teaching learning process, ensuring the physical, mental, social, psychological, ethical, moral, intellectual and spiritual development of the learner. It demands the teachers' commitment to actualize the core of education: to bring out or draw out the best in every learner.

Today's modern world thrives in Information and Communication Technology (ICT). ICT is looked up as boom and ban. The learner's attention and motivation is arrested by face book, whatsapp, online chat and smart mobile phones. These gadgets provide ample effective relevant information and knowledge. But in the present scenario one can witness the learners specially the school going children under fourteen seem to be engrossed with e games which

in the long run results in stress, arrogance, withdrawal, loneliness, lack of sleep, lack of motivation and in the end the learners feel hopelessness.

This is the prevailing reality in which a teacher executes her / his noble commitment of teaching the learners who are entrusted to his or her care. Therefore a teacher needs to exercise in the classrooms the following noble qualities. A teacher should exhibit the qualities such as he or she needs to be **Caring, Committed, Compassionate, Creative and Conscience**. "With their full commitment to the great mission of teaching, the teacher transforms himself or herself as a great teacher only when he or she is capable of elevating the average student to high performance" (Kalam, 2007). Dr. Kalam's vision could be actualized and possible with teacher's evolved method, as the quote goes if a learner does not learn the way you teach then teach him the way he learns. According to the needs, demands and abilities of the students the teacher needs to plan diligently well to make the learning process a joyful one where she is capable of elevating the average student to high performance.

Michelle (2005) questions, "When students enter the classroom, what kind of experience will be in store for them?" This is a very important and relevant question that every teacher needs to ask oneself on every day as he or she encounters learners in the classroom day in day out. A teacher touches the heart of every individual learner under her or his care by enriching their knowledge, facilitating in solving problem faced in their learning process. The teacher must plan her teaching methods according to the needs of the students, such a peer group learning, group learning, cooperative learning, collaborative learning and task based methods. For instance the task based method could be organized in the following way;

I am Ravi, study in a government high school. Every day I wake up at 5.30 am. My mother gets up at 4.30 am. She prepares food for us. My father wakes up at 5. 00 am. I study from 6 to 7.00 am. I have my breakfast at 7. 30 am. I leave for school at 8. Am. My father reads his newspaper from 6 to 6.30 am. He leaves for the office by 8.30 am. I go to school on foot.

My class gets over at 3.30 am.

What time does Ravi wake up every day?

How long does he study in the morning?

When does Ravi's father read the newspaper?

How does Ravi go to school?

When does Ravi's mother have her breakfast?

The teacher must discuss an activity with the students which is called pre task and gives a similar task to the students to read and discuss the answer in small groups. This exercise enables every learner to take part in the activity with enthusiasm. At the end of the discussion a student from each group presents the answer. Such practice enables the learners to develop listening skill, communicative / speaking skill reading skill and writing skill. It doesn't require much time for a teacher to prepare the task. If a teacher could organize her teaching in an effective and creative way it would definitely result in meaning learning outcome.

### CONCLUSION

A teacher who is commitment to her profession is looked at guru. A teacher who follows the principles of 5Cs, Caring, Committed, Compassionate, Creative and Conscience in her teaching learning process and interaction with students would definitely enable even the below average learners to the high level. It would guarantee learners' intrinsic motivation, positive thinking and meaning learning outcome. It's a challenge for the teaching community to adhere to the various methods, techniques, strategies and approaches to ensure all round development of the learners, where every individual learner develops positive outlook to life, imbibes physical, mental, social, psychological, ethical, moral, intellectual and spiritual development. Hence the fulfilment of education could be achieved.

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