**Intrinsic Motivation**



[By Carol Bainbridge](http://giftedkids.about.com/bio/Carol-Bainbridge-19284.htm)



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**Definition:**Intrinsic motivation refers to motivation that comes from inside an individual rather than from any external or outside rewards, such as money or grades.

The intrinsic [motivation](http://psychology.about.com/od/mindex/g/motivation-definition.htm) comes from the pleasure one gets from the task itself or from the sense of satisfaction in completing or even working on a task.

An intrinsically motivated person will work on a math equation, for example, because it is enjoyable.

Or an intrinsically motivated person will work on a solution to a problem because the challenge of finding a solution provides a sense of pleasure. In neither case does the person work on the task because there is some reward involved, such as a prize, a payment, or in the case of students, a grade.

[Intrinsic motivation](http://k6educators.about.com/od/educationglossary/g/gintrinsic.htm) does not mean, however, that a person will not seek rewards. It just means that such external rewards are not enough to keep a person motivated. An [intrinsically motivated student](http://teaching.about.com/od/classroommanagement/a/Motivating-Students.htm), for example, may want to get a good grade on an assignment, but if the assignment does not interest that student, the possibility of a [good grade](http://712educators.about.com/od/gradingsystems/a/Grades-And-Grading-Policies.htm) is not enough to maintain that student's motivation to put any effort into the project.

http://giftedkids.about.com/od/glossary/g/intrinsic.htm