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**Abstract:** To increase the ability of students to freely express their thoughts and improve their knowledge, and to improve the effectiveness of education through motivational methods. Improving students' intellectual knowledge. This article considers ways to achieve the most effective results through a psychological approach to student motivation.

**Key words:** Motive, motivation, intellect, knowledge, activity, education, ability.

In order to achieve great results in our developing society, we can first of all focus on the field of education. In the field of education, how should we lead students to have sufficient knowledge for the life of society? This question can be achieved by forming motives in them. In our society, it is the most effective and acceptable way to improve the knowledge of students through motivation in the field of education and upbringing, so that they grow up as mature people in our society.

One of the important issues in pedagogy and psychology is the formation of the student's interest in learning, development of motivation. The complexity of this issue and its dependence on many aspects are due to the fact that there are many approaches to the essence, nature and structure of the concept of motivation, as well as its study (V. Bospalko, A. Zimnyaya, I. Zakharova, A. Maslow, L. Stolyarenko, A. Rean, S. Rubinstein and others) is based on a large number of methods.

Some scientists have described this concept as a person's desire to express himself through various activities (V. Bospalko). This active and stable aspiration is expressed in the form of significant achievements only when suitable conditions are created for it. Otherwise, a person's desire to express himself may fade away during some uninteresting educational activity.

Nowadays, to study the behavior of students in order to get an education, to give sufficient motivation to the psyche of the students, to increase their interest and aspirations in studying. In the organization of educational activities, students are influenced by certain motives, and we can achieve the goal as a result of creating sufficient conditions and opportunities for the realization of these motives. The concepts of motive and motivation are used in psychology to explain the social behavior and behavior of a person in society, the position he occupies, the implementation of activities and the behavior of a person. In covering this topic, we must first have an understanding of motive and motivation.

In turn, the development of needs leads to the formation of more effective motivation. "Motives are related to a person's direction, and are an expression of a set of vital goals that a person has set for himself. In the emergence of motives, a person realizes the necessary needs for himself.

Motive (in psychology) is a factor that causes the fulfillment of a certain goal in human activity, i.e., a motive is an internal impulse that prompts a person to action and activity, appearing

as a high form of need. It includes need and instinct, inclination and emotion, ideal and other motives. In modern psychology, the term motive is used to describe various events and situations that activate the subject. A set of motives for behavior and activity is called motivation. Motive arises and forms on the basis of need. Stabilization of need ensures effective formation of motivation. Because movement is the composition of activity, it is driven by the goal and motivation of the activity. Sometimes the concept of "Motivation" is replaced by the terms "emotion", "goal", "setting". Sometimes it is characterized by the concepts of impulse, instigator, exhortation.[1]

Motivation is what causes humans and other animals to initiate, continue, or stop a behavior at a particular time. Motivational states are generally understood as forces acting within an agent that create a propensity for goal-directed behavior. Different mental states often compete with each other, and only the strongest state determines behavior.[2]

Motivation is formed in the entire system of pedagogical influence, but first of all, it is brought up directly in the activity of reading. Issues such as educational content, educational organization, and personal training play an important role in the formation of positive motivation. Until now, the theory of motivation, covering fundamental knowledge and practical problems, has not been expressed in detail. The motivation is as follows:

- this is a tendency towards activities related to satisfying the needs of the subject;
- is an object-oriented activity to a certain force;
- making a choice that arouses and determines the activity aimed at the object (material or ideal);
- there are tariffs as an expression of perceived reasons underlying personal actions and aspirations.

The concept of motivation is used to explain the behavior of a person in his work and is used as a process, method, and tool.

So, by motivating the students, we can create interest in the students and attract the team to deliver the topic perfectly. As a result of this, we can achieve effective results and encourage them to be able to express their knowledge, thinking, freely express their opinions, and show their abilities.

To develop student performance, we can guide them in the right direction and encourage them to express their motivations. Motivating students is of great importance in achieving the most effective results. We can say that the following results depend on the level of motivation:

- Setting goals for students, gives them direction and increases their motivation. It depends on their interest, family and others' abilities.
- Encourages students to approach creativity and thinking in a team based on discussions. This is important for opening the way to new creativity.
- Self-assessment and monitoring of their own development.
- Communicating with students through discussions and debates and helping them in their learning process can leave a gap in their learning. This gives them the opportunity to learn and grow from their mistakes.

There are several ways to motivate students, and each student should find the method that works best for them. It is necessary to determine the appropriate method of motivation based on the student's personality, interests and characteristics of the learning process.

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