

S-R Cognitive

Cognitive approaches to motivation focus on how a person's motivation is influenced by their cognitions or mental processes. Of particular interest is the role of cognitive dissonance on motivation. These contradictory cognitions may be attitudes, beliefs, or awareness of one's behaviour.

In motivation, cognitive motivation theory assumes that behaviour is directed as a result of the active processing and interpretation of information. Motivation is not seen as a mechanical or innate set of processes but as a purposive and persistent set of behaviours based on.

Cognitive theory is an approach to psychology that attempts to explain human behaviour by understanding your thought-processes. For example, a therapist is using principles of cognitive theory when they teach you how to identify maladaptive thought patterns and transform them into constructive ones. The three main cognitive theories are Piaget's cognitive developmental theory, Vygotsky's sociocultural theory, and information-processing theory. His theory is used widely in school systems throughout the world and in the development of curriculums for children. Educators use this knowledge from Piaget to shape their curriculums and activities in order to produce an environment where children can "learn" through experience".