

3.) Instinct :- Instincts are complex behaviour patterns

which are inborn and inflexible. These are of value in adapting the animal to its environment. These differ from simple reflexes in their degree of complexity. The entire body participates in instinctive behavior and an elaborate series of actions may be involved. Instinctive behavior is probably the most important type of behavior in insects. Fishes, reptiles and birds also depends to a large degree on inborn, instinctive patterns of behavior.

4.) Motivation :-

- Motives are internal stimuli and may be either psychological or physiological or both.
- The motivational aspect of instinctive behavior is emphasized by many American psychologist who study behaviour.

→ According to this approach many patterns of instinctive behaviour can be interpreted in terms of drive toward a goal.

→ The attainment of the goal results in reduction of the drive and this phase is known as satiation.

→ A specific motivation is called a drive. For example, a dog deprived of food (goal) for a long period may exhibit a high feeding drive.

→ The dog moves about restlessly and is highly responsive to the smell or sight of food or even the sight of a food bowl.

→ Thus a thirsty animal will search for water and a sexually aroused animal will search for a mate.

→ So motivated behaviour is a drive that leads to goal-directed behaviour and satiation.

The neurophysiological aspect of motivated behaviour has been investigated by many workers on mammals.

→ In mammals it has been found that excitatory mechanisms are present in the hypothalamus contributing to the arousal of motivated behaviour.

→ Similarly there are inhibitory mechanisms which contribute to the reduction (satiation) of motivated behaviour.

→ The action of both these mechanisms is believed to be controlled by relevant sensory stimulation, changes in internal environment and influences from cerebral cortex.

→ Motivated behaviour is also regulated to a great extent by learning especially in higher primates and man.