

MOTIVATIONAL PROFILES AND STUDY STRATEGIES AMONG MEDICAL STUDENTS

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ABSTRACT

Background: Medical profession requires a deep insight regarding its extensive curriculum for competency in field. Motivation is a contributing factor. **Objective:** To determine the types of motivational profiles and study strategies among medical students. **Methodology:** Study design: Cross Sectional study. Study Setting: Sheikh Zayed Medical College Rahim Yar Khan. Duration of Study: 1st July to 30th September 2017. Sample Size: A total of 120 subjects were included in the study. Sampling Technique: Two stage stratified systematic random sampling. Study Subject: Students of all classes. Inclusion Criteria: Students of MBBS classes from 1st Year to Final Year from either sex. Exclusion Criteria: People not willing to participate in study. Motivational profiles and study strategies, study hours, and learning methods to memorize were assessed. Data was entered and analyzed by using SPSS version 20. **Results:** Most common motivational profile was high intrinsic high controlled 52 (43%). Most common learning method was understanding and repetition 89 (74%). Daily study hours were non specific among 66 (55%) of students. **Conclusion:** High intrinsic high controlled was most common profile and understanding and repetition was most common way of learning.

Keywords: Motivational profile, Study strategy, Learning method, Self determination theory.

INTRODUCTION

The reason for actions, needs and desire is known as motivation.¹ Intrinsic motivation is the desire for the explorations of new things, tasks and evaluations of abilities.^{2,3} In other words it is the change of behavior that arises from within the individual, out of will and interest.⁴ The motivation that is labelled as intrinsic is mainly natural and it is the critical tendency that helps in development which ranges from cognitive to social level.^{4,5,6}

This is in contrast to extrinsic motivation which comes from factors presents outside the body, these are as under; money for better performance, grades in examination and punishments.

On the other hand extrinsic motivation that influence outside individual and includes, rewards or threats.^{5,6} These elements are governed by self determination theory is the degree to which persons behavior is motivated and self-determined. Optimal development needs actions in humans and it is followed that but they do not happen automatically. Medical student choose medical studies due to genuine interest, called as intrinsic motivation or due to desire for status in society that is enjoyed by a doctor or the pressure of parents which is labelled as controlled or extrinsic motivation.³ Most of the studies assessed intellectual factors while few also focussed on factors like motivation.^{5,6,7}

There are four types of motivational profiles. It is suggested that each individual has controlled motivation which is intrinsic in nature for every action. High intrinsic high controlled (HIHC) profile is labelled when a student has high level of intrinsic and controlled motivation. High intrinsic low controlled (HILC) profile is present like student studying medicine only because of interest in patients. Low intrinsic high controlled (LIHC) profile is described when a student follows study only for monetary reasons or parental stress. Low intrinsic low controlled (LILC) profile is found in a student who was neither interested nor under pressure to study medicine. Students enter the medical education for internally produced reasons to externally generated motives like parental pressure status. Self determination theory (SDT), mentions that students differ in their study performance due to the endorsement of intrinsic motivation versus controlled motivation. The objective of this study was to determine the motivational profiles and study strategies among students.

METHODOLOGY

Study design: Cross Sectional study. **Study Setting:** Sheikh Zayed Medical College, Rahim Yar Khan. **Duration of Study:** 1st July to 30th September 2017. **Sample Size:** A total of 120 subjects were included in the study. **Sampling Technique:** Two stages stratified systematic random sampling. **Study Subject:** Students of all classes. **Inclusion Criteria:** Students of

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MBBS classes from 1st Year to Final Year from either sex. Exclusion Criteria: Students not willing to participate in study. Motivational profiles and study strategies, study hours, and learning methods to memorize were assessed. Data was entered and analyzed by using SPSS version 20.

RESULTS

The frequency of different motivational profiles was; high intrinsic high controlled 52 (43.3%), high intrinsic low controlled 43 (35.8%), low intrinsic high controlled 16 (13.3%) and low intrinsic low controlled 9 (7.5%).

Table I: Basic motivational profile for medical students versus study strategies.

Motivational Profile	Study strategies				Total
	Complex	Moderate	Simple	None	
High Intrinsic Low Controlled	8 (18.6%)	20 (46.5%)	10 (23.2%)	5 (11.6%)	43 (100%)
High Intrinsic High Controlled	11 (21.1%)	32 (61.5%)	9 (17.3%)	0 (0%)	52 (100%)
Low Intrinsic High Controlled	2 (12.5%)	4 (25%)	5 (31.2%)	5 (31.2%)	16 (100%)
Low Intrinsic Low Controlled	1 (11.1%)	3 (33.3%)	2 (22.2%)	3 (33.3%)	9 (100%)

Table II: Motivational profile for medical students versus daily study hours.

Motivational Profile	Daily/weekly study hours				Total
	1-2 hrs daily	2-3 hrs daily	3-4 hrs daily	not specific	
High Intrinsic Low Controlled	6 (13.95%)	8 (18.6%)	9 (20.9%)	20 (46.5%)	43 (100%)
High Intrinsic High Controlled	3 (5.8%)	13 (25%)	10 (19.2%)	26 (50%)	52 (100%)
Low Intrinsic High Controlled	2 (12.5%)	1 (6.2%)	0 (0%)	13 (81.2%)	16 (100%)
Low Intrinsic Low Controlled	0 (0%)	1 (11.1%)	1 (11.1%)	7 (77.8%)	9 (100%)

Table III: Motivational profile for medical profession versus learning methods to memorize

Motivational Profile	Learning methods to memorize				Total
	Repetition	understanding plus repetition	understanding	none	
High Intrinsic low controlled	5 (11.6%)	33 (76.7%)	4 (9.3%)	1 (2.3%)	43 (100%)
High Intrinsic High controlled	1 (1.9%)	41 (78.8%)	9 (17.3%)	1 (1.9%)	52 (100%)
Low Intrinsic High controlled	3 (18.8%)	9 (56.2%)	4 (25.0%)	0 (0%)	16 (100%)
low Intrinsic low controlled	0 (0%)	6 (66.7%)	3 (33.3%)	0 (0%)	9 (100%)

Table I shows that most common motivational profile was high intrinsic high controlled 52 (43.3%) and in this profile moderate study strategy was most common 32 (61.5%).

Most of the students 66 (55%) reported that daily study hours were not specific. (Table II)

Table III shows that understanding and repetition was most common 89 (74%) method to memorize.

DISCUSSION

Motivation among students generally and medical students specifically plays a vital role in academic and career development. Motivation which can be intrinsic or extrinsic affects learning capacity and so the academic performance. Motivation styles can affect academic performance positively or negatively.¹⁰⁻¹² This study showed that all the four different motivational profiles were found in these students and study strategies which were mentioned by students ranged from complex to simple or no strategy at all.

In this study we have enlisted the motivations and learning strategies. Comparable to our study a previous study showed motivation has a positive effect on academics mediated by study effort and strategy.¹² Our study also showed that most of the students have no specific study duration daily, and under studying and repetition was most common method of memorization and learning. The present study provides an evidence of the motivational factors present in every students in relation to the efforts done during study. These different motivational factors are helpful for revising teaching modalities of different types of students.¹³⁻¹⁶

In the study done by Vansteenkiste et al¹⁰ which provides insight into different motivational types. They showed that motivations among students provides better performance and relieve test anxiety among them. Ratelle et al¹⁵ assessed intrinsic factors and motivation. However they were unable to find any relationship among them. They found that motivated student were more oriented in studies. Most common way of memorizing in this study was understanding and memorizing (74%). Motivated students have less drop out from schools as compared to low motivated profiles.¹⁶ The study showed that most common motivational profile was high intrinsic high controlled (61%).

CONCLUSION

High intrinsic high controlled was most common profile and understanding and repetition was most common way of learning among medical students.

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