

# MOTIVATION MUSIC PROJECT

*Love Psychology? Love music? Now's your chance to combine the two!*

For this project, you and a partner (or you alone) will create a music playlist that reflects different aspects of motivation we've discussed so far this unit. Your job is to pick fifteen (15) of the terms, concepts, and ideas listed on the back of this sheet and search out song lyrics that represent or relate to them.

You will need to list the following information in a word document (see example below):

**(1) motivational term/concept/idea**

(2) song artist and title

(3) *lyrics from the song*

(4) a paragraph (2-3 sentences minimum) that explains how the lyrics relates to the concept you chose

**ALL SONG LYRICS MUST BE APPROPRIATE. ANY THAT ARE NOT WILL RESULT IN A "0" FOR THIS ASSIGNMENT.**

Paper Examples:

## **Media and Advertising Effects on Body Image**

Pink – Don't Let Me Get Me

*"L.A. told me, you'll be a pop star, all you have to change is everything you are, tired of being compared to damn Britney Spears, she's so pretty, that just ain't me..."*

This relates to the Media effects on body image because Pink was told she would never make it with the way that she currently looks and she's comparing herself to what the media says is pretty. We learned in class that many women develop a lower body image because of the unfair standards they are supposed to try to attain.

## **Approach-Approach Conflict**

Rebecca Black – "Friday"

*"Kickin' in the front seat, sittin' in the back seat; gotta make my mind up, what seat can I take?"*

This relates to the "Approach-Approach Conflict" because Rebecca has to choose from two positive choices—the front seat or the back seat. In the front she can see the road ahead better while in the back she can have more private conversation with her friends. It's a tough decision but she can't go wrong either way!



## CONCEPTS/TERMS/IDEAS FROM THE MOTIVATION UNIT

**Instinct Theory/Evolutionary Perspective**  
**Drive Reduction Theory**  
**Homeostasis**  
**Arousal Theory**  
**Yerkes-Dodson Law**  
**Maslow's Hierarchy of Needs**  
**Brain Basis for hunger**  
**Hypothalamus**  
**Set Point Theory**  
**Metabolism**  
**Culture and Hunger**  
**Obesity**  
**Bulimia**  
**Binging and Purging**  
**Anorexia**  
**Excessive exercise**  
**Causes of eating disorders**  
**Body Image/(dis)satisfaction**  
**Media and Advertising effects on body image**  
**Need for Achievement**  
**Need for Power**  
**Need for Intimacy**  
**Intrinsic Motivators**  
**Extrinsic Motivators**  
**Industrial/Organizational Psychology**  
**Flow**  
**Personnel Psychology**  
**Theory X Management Style**  
**Theory Y Management Style**  
**Approach-approach conflict**  
**Avoidance-avoidance conflict**  
**Approach-avoidance conflict**

