



Topic : A Study of Self-Motivation in Students Learning through Insight Learning and Trial-and-Error Approaches

Vidhya Rana

Principal, English Medium (Non-Granted Section)

1. **Introduction:** Education in the 21st century emphasizes not only knowledge acquisition but also the development of self-regulated and motivated learners. Motivation plays a vital role in determining how students engage with learning, persist through challenges, and achieve academic success. Among all forms of motivation, **self-motivation** stands out as the intrinsic drive that sustains learning even without external reinforcement.

Learning theories suggest that students adopt different strategies to solve problems—primarily **Insight Learning** and **Trial-and-Error Learning**.

- **Insight Learning (Köhler, Gestalt Psychology):** Sudden realization or “aha” experience resulting from recognizing relationships between problem elements. Wolfgang Köhler’s chimpanzee experiment demonstrated this process through creative problem-solving.
- **Trial-and-Error Learning (Edward L. Thorndike):** Involves repeated attempts until success, as seen in Thorndike’s cat experiment, forming stimulus–response connections through gradual correction of mistakes.
- **Self-Motivation:** Refers to the internal drive, discipline, and willingness to engage in tasks without external pressure. It fuels persistence, exploration, and flexibility in both learning approaches.

2. Objectives

1. To explore the relationship between self-motivation and students’ performance in insight learning tasks.
2. To examine the role of self-motivation in persistence during trial-and-error learning.
3. To compare the effectiveness of self-motivation in both learning modes.
4. To recommend teaching strategies for fostering self-motivation.

3. Methodology

Sample:

36 students (Std. 9–10) from Narayan Vidyalay, selected through stratified random sampling.

Tools and Procedure:

1. **Survey:** Questionnaire to measure self-motivation.
2. **Experimental Activities :** Three stories and five games were used to differentiate **insight**, **trial-and-error**, and **low motivation** learners.

Stories :

1. *The Thirsty Crow* – demonstrates insight.
2. *The Hat Seller and Monkeys* – trial-and-error approach.
3. *The Astronaut Interview* – demonstrates insight thinking under pressure.

Games (20 min total):

- Lock & Key
- Nail Lock
- Box Lock
- Magnetic Puzzle

**If you can motivate yourself,
you can achieve anything**