

Vally Theory of Motivation-by-Disguise

Valiappan Raju

*Limkokwing University of Creative Technology, Malaysia***Article Info**

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Abstract

This paper revolves around a concept of making expectations as reality by conceiving it to happen undoubtedly. References from Napoleon Hill and Dale Carnegie's works are used to identify human behaviors towards an incident. Author has formulated a theory by constituting the model in practice at Kuala Lumpur in Malaysia with 278 samples. Data collection was done with certain assumptions (mentioned in assumption section) and the outcome has enabled the author to formulate this psychological theory. Purpose is get motivated by self or to eradicate the state of stress. The initial name of the theory was 'cheating boosting theory'; however it was changed after obtaining recommendation and opinions from my people.

Keywords: Motivation, Theory of Motivation, Self Confidence.

I. INTRODUCTION

Author borrows the foundation of Quantum Theory (or Quantum Physics as modern name) from physicist Max Planck (1900) who presented his quantum theory to the German Physical Society. Planck found that by making the assumption that energy existed in individual units in the same way that matter does, rather than just as a constant electromagnetic wave - as had been formerly assumed - and was therefore quantifiable, he could find the answer to his question. The existence of these units became the first assumption of quantum theory. Entire technological developments and industrial revolutions are based directly or indirectly to this theory undoubtedly. Psychological Crux of this theory is 'to assume' that energy existed in individual units in reality and that has led to vast development in our century so far.

A. Theory Lines

"A practice of belief to presume all things to happen in best favor of native for the purpose of self-motivation and survival will either lead to successful achievement of respective factor or overcome the state of destructive desperateness"

B. Meaning

Reality happens based on conceived thoughts, claims Dale Carnegie (1928). In layman terms, what we think is what happens persistently; so why not think meritorious

happenings always? This theory illustrates to boost the morale of an individual by making him/her visualize what he/she wants to happen. Power of our thought-processes is immense. It has the control over the circumstances. This eventually becomes a destiny, a pre-written facts of every happening.

II. FRAMEWORK OF THEORY

Following pictorial representation is the model of Vally Theory of Motivation-by-Disguise. This model is derived after performing the research testing, which is explained in later section viz. Research Methodology of this manuscript.

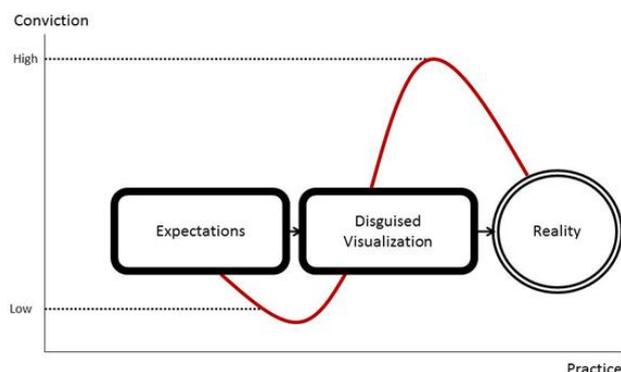


Fig 1.1. Vally Theory of Motivation-By-Disguise

III. PROOF OF EXISTENCE

Few argue that 'Money' could be a big motivator. But for most people money is not a motivator - despite what they

might think and say. Surveys and research studies repeatedly show that there are other factors that motivate more than money. For instance, a survey by Development Dimensions International published in the UK Times newspaper in 2004 interviewed 1,000 staff from companies employing more than 500 workers, and found many to be bored, lacking commitment and looking for a new job. Pay actually came fifth in the reasons people gave for leaving their jobs. However, it is a fact that deficiency of 'Money' is a sure demotivator. 'Fear of Poverty is a deadly state of mind' (Napoleon Hill: ThinkAndGrowRich).

Human's power of imagination is often diluted with fear, doubts, indecision, conspiracy, conflict etc. Motivational experts like Frederick Herzberg (1923-2000) claims 'what you think is a probable prediction of what is going to happen' whereas according to the Hindu religious scripture Bhagavath Gita quotes 'what you think is what is going to happen next'. There is a connection between these both ideologies. The connecting point reveals whatever we assume has greater prospect of happening in reality. That's the supremacy of 'thinking' or 'imagination' and its unaffordable to loose it towards temporary factors that demotivate. Thoughts are continuous process. Breaks in thoughts can be defined as a form of sleeping. When thoughts excel with richness, the native tends to see the world at large as compliment. Richness here doesn't mean only money, but also other factors, like mental richness, spiritual richness, social consciousness, service oriented, decision making, planning and in positive approaches. If thoughts are distorted, self-serving, unorganized then starts the game of depression

IV. REVIVING LITERATURE

Fredrickson (2013) tested the impact of positive emotions on the brain by setting up a little experiment. During this experiment, she divided her research subjects into 5 groups and showed each group different film clips. The first two groups were shown clips that created positive emotions. Group 1 saw images that created feelings of joy. Group 2 saw images that created feelings of contentment. Group 3 was the control group. They saw images that were neutral and produced no significant emotion. The last two groups were shown clips that created negative emotions. Group 4 saw images that created feelings of fear. Group 5 saw images that created feelings of anger. Afterward, each participant was asked to imagine themselves in a situation

where similar feelings would arise and to write down what they would do. Each participant was handed a piece of paper with 20 blank lines that started with the phrase, "I would like to..." Participants who saw images of fear and anger wrote down the fewest responses. Meanwhile, the participants who saw images of joy and contentment wrote down a significantly higher number of actions that they would take, even when compared to the neutral group. In other words, when you are experiencing positive emotions like joy, contentment, and love, you will see more possibilities in your life. These findings were among the first that proved that positive emotions broaden your sense of possibility and open your mind up to more options. The benefits of positive thoughts don't stop after a few minutes of good feelings subside. In fact, the biggest benefit that positive thoughts provide is an enhanced ability to build skills and develop resources for use later in life.

In 1900, physicist Max Planck presented his quantum theory to the German Physical Society. Planck had sought to discover the reason that radiation from a glowing body changes in color from red, to orange, and, finally, to blue as its temperature rises. He found that by making the assumption that energy existed in individual units in the same way that matter does, rather than just as a constant electromagnetic wave - as had been formerly assumed - and was therefore quantifiable, he could find the answer to his question. The existence of these units became the first assumption of quantum theory.

V. RESEARCH METHODOLOGY

The theory has been quantified by picking 278 samples from families, business organizations, government bureaucrats, children aged above 12 years and transgender. Thus simple random technique was applied with cross-sectional research design. 278 was arrived through sample size calculator of Creative Research Systems by having 150000 population in the Kuala Lumpur area Batu-5 and confidence interval (margin of error) 5% along with 95% confidentiality. However, the same sample size can be arrived through krejcie & morgan 1970 too. Respondent profiles are diversified. Ranging from elderly people to children, families to business organizations, government staffs to general laborers were called for being part of the survey. The survey continued more than 58 days, as the researcher took efforts to describe the agenda to all respondents in detail. The collected data were

manually analyzed as there are no complications like variables or factors to be dealt. It was just expectations and reality overall. Out of 278 respondents 32 admitted that their expectations remain as dream since they are unable to feel that their expectation will materialize. The rest 266 respondents were amazed by this philosophy. They had an expectation and believed to core that this will happen, and surprisingly it happened for them.

For instance, Mr Seng Teong (pseudo name), Dy. Vice President – Marketing, Angakksa Motors at Kuala Lumpur visualized his promotion in organization with incremental benefits. For a period of 2-3 weeks he started his budgetary planning with incremental remuneration, even before he got it confirmed. In the due course he received a mail from his immediate reporting head praising him to be the next Vice President with 23% appraisal of take-home salary. Several such incidents can be quoted to justify the power of mind's capability. Sometime people undermine the value of human-mind. This human-mind can determine and foresee future, if properly practiced. This particular theory is devised as first attempt in the history of psychological research by the author to publicize the importance of thought-process. If positively thought, then there is a positive outcome and if negatively thought, then there is a negative outcome. What is been thought with conviction, has more probability to happen in reality

VI. RECOMMENDATIONS BY SCHOLARS

According to psychological scholars, they recommend the following to adapt a fruitful through process by pursuing the following measures,

- Meditation — recent research by Fredrickson and her colleagues has revealed that people who meditate daily display more positive emotions than those who do not. As expected, people who meditated also built valuable long-term skills. For example, three months after the experiment was over, the people who meditated daily continued to display increased mindfulness, purpose in life, social support, and decreased illness symptoms.
- Writing — this study, published in the Journal of Research in Personality, examined a group of 90 undergraduate students who were split into two groups. The first group wrote about an intensely positive experience each day for three consecutive days. The second group wrote about a control topic. Three months later, the students who wrote about positive experiences

had better mood levels, fewer visits to the health center, and experienced fewer illnesses. (This blew me away. Better health after just three days of writing about positive things!).

Play — schedule time to play into your life. We schedule meetings, conference calls, weekly events, and other responsibilities into our daily calendars ... why not schedule time to play? When was the last time you blocked out an hour on your calendar just to explore and experiment? When the last time was you intentionally carved out time to have fun? You can't tell me that being happy is less important than your Wednesday meeting, and yet, we act like it is because we never give it a time and space to live on our calendars. Give yourself permission to smile and enjoy the benefits of positive emotion. Schedule time for play and adventure so that you can experience contentment and joy, and explore and build new skills.

VII. SUMMARY

Through this research, the author submits a theory in the field of psychology. Merrier the scene if one's dream happens as it is. Generally, this is considered as rare-luck. Through this paper, the author gives a solid solution to make one's dream to happen with mere tuning of thought-process.

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