Abstract

Does Mood Induction Alter Motivational Structure?

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Motivational structure affects the way people approach various situations they encounter in their everyday lives. Adaptive motivational structure promotes successful goal attainment, whereas maladaptive motivation hinders people from effective goal seeking. Evidence from the model also shows the vital importance of motivational structure in emotional regulation. Motivational structure (MS) affects the way people approach various situations they encounter in their everyday lives. Elements to improve Motivational Structure: Choice, Knowledge, Feedback, and Goal setting in the previous study. The mood inductions would influence participants’ responses on the Task Specific Personal Concern Inventory after participants completed the experimental tasks but in the absence of the motivational restructuring techniques. The measurements were: (a) the TSPCI and (b) the Positive Affect and Negative Affect Scale (PANAS). These tests were given at baseline (pre-test) and again postexperimentally (post-test). Two Tasks (i.e., anagrams and concept-identification tasks were used. To manipulating participants: (a) musical mood induction (b) progressive imaginary technique called Bos’ method. The current study (N = 138, 50% males) assigned to one of three groups: No-Intervention Group, Happy Mood Group, and Sad Mood Group randomly assigned. We found the effects of the manipulations were effective in inducing happy or sad mood states, but that they did not affect participants’ task-specific adaptive motivation.