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## Mental Fatigue and Motivation

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Propositions accompanying the thesis

# **Mental Fatigue and Motivation**

## **Effects and Mechanisms**

By

Mega Bagus Herlambang

1. Motivation, both extrinsic and intrinsic, is an essential factor in mental fatigue. (This thesis)
2. Even though mental fatigue is a common phenomenon that affects productivity, high motivation is the way to counteract its effects. (This thesis)
3. When individuals are intrinsically or extrinsically motivated to do a particular task, they will maintain performance levels by investing more mental effort into the task, even though they are mentally fatigued. (This thesis)
4. Goal competition is a mechanism that can explain how motivation affects task performance while one is in a mentally fatigued condition. (This thesis)
5. The decrease in task performance in mental fatigue is the result of a reduction in task motivation, and the decrease in motivation is reflected in a reduction in the activation of the task goal over time. (This thesis)
6. Cognitive modeling can illustrate the mechanism of goal competition in mental fatigue studies. (This thesis)
7. Other things may change us, but we start and end with the family. (Anthony Brandt)