

Assessment of the motivation and stress of high school graduates

Ines Kozina

Faculty of Organization and Informatics

University of Zagreb

Pavlinska 2, 42000 Varaždin, Croatia

{ikozina@foi.hr}

Abstract

The educational process is an essential determinant of the future business activities of employees. Success in education is associated with various factors, which positively and negatively affect its outcome. The most important of these are actually related to the motivation and stress that are present in each educational process. The work is based on research and evaluation of the motivation and stress of graduates of one of the secondary schools in the vicinity of Varaždin. In fact, motivation represents a certain set of processes within each individual that can influence the easier and faster achievement of the goals set. Motivation is influenced by certain things that encourage an individual to act, and are called motivators. Motivation is a very important factor in each student's educational process and is largely responsible for his achievements and results. Given this, it is necessary to focus through the educational process on increasing the motivation of students, which will affect their work and make it easier to achieve school goals. In addition to motivation, almost every individual has a certain level of stress. Stress in itself can be both positive and negative, and thus affect the individual. Therefore, stress can be presented as a condition that can, with certain negative consequences, bring an individual an opportunity for some occasions. The first part of the paper will explain the theoretical concepts of motivation and stress and the results of the previous

research will be analyzed. The empirical section will be carried out with the aim of assessing the stress levels and motivation of secondary school students using digital tools. The results can be applied in a specific school environment with the aim of creating activities that encourage motivation and reduce stress levels.

Keywords: motivation, students, stress

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