



Where is the Switch?

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From as far back as I can remember, I've been tidying my room almost every day. After starting elementary school, I also began walking the dog and cooking on some days. Even after starting to study for exams in the fifth grade, I continued with household chores. When I got a smartphone in junior high, I started to find everything around me to be a "hassle." In the third year of junior high, when I saw my academic performance quantified, I always thought: "I got low scores again." The biggest problem is that I lose focus quickly. The worst scenario occurs when tasks pile up and deadlines approach, resulting in submitting everything half-heartedly. At first, I deeply regretted not doing things earlier, but gradually I began to think that regret was a waste of time. It's true that I'm internally panicking, feeling like I might lose control if I continue feeling this way. With these feelings in mind, I've been thinking about my "motivation switch" recently. Looking back on my past "motivation switch," it was being praised by my mother. Now, I feel nothing even when praised, and I can't achieve things that deserve praise. Rarely, but sometimes for just a month, I can accelerate my concentration and study continuously. During this time, I think, "Why didn't I do this before?" However, as the month approaches its end, my concentration gradually wanes. Even if I try to turn on the "motivation switch" again, it's hard to truly get into it. I think those who can find their "motivation switch" are the strongest because they can manage their own moods. But, such people are rare. At present, no matter how much I persist, I can't seem to find my "motivation switch." I understand intellectually that it's not easy and that searching for it is "tough."

In neuroscience, the "pallidum" located at the bottom center of the brain is said to be the "motivation switch." When the pallidum is activated, it sends signals through the hypothalamus, which is connected to the pallidum, to various parts of the body to secrete hormones related to concentration, persistence, and excitement. While you can't press this switch with your fingers, it can supposedly be activated in four ways:

1. Move your body
2. Get enough sleep
3. Eat a balanced diet
4. Dangle a reward in front of you



"Hmmm, I see." That was my reaction. As I looked at another site, it provided more detailed information. First, psychologically:

1. Under pressure
2. No set goals or objectives
3. Not feeling value or attraction in what you are doing
4. The task has become monotonous
5. Feeling overwhelmed by too many tasks

These are said to be factors that hinder "motivation." Next, physically, the advice was the same as before: "lack of sleep," "poor nutrition," "excessive fatigue."

And then... It introduced 10 specific solutions at the end:

1. Change the place where you work
2. Change your environment
3. Work through tasks on a To-Do list
4. Maintain a healthy lifestyle rhythm
5. Refresh yourself through hobbies, etc.
6. Prepare rewards for achieving goals
7. Try massage or stretching
8. Incorporate exercise into work/study
9. Organize and tidy the place where you work
10. Challenge yourself in new fields to broaden your horizons

But, I'm left with a simple question: does the "motivation switch" even have a location? Or is it something you realize "the moment it turns on?" Or perhaps there isn't just one switch, but infinite ones? Lately, I've started to think: "My ultimate motivation switch is actually somewhere within me, and it might be my future self who discovers it through conversations with someone I happen to meet. Therefore, I should go out and meet that person." On 2024/7/28, I will be at the FORUM.