

### Formation of Motivation for Physical Exercises and Sports of Persons with Disabilities

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#### ABSTRACT

*this article discusses the issues of motivation for physical exercises and sports of people with disabilities, means and methods of forming sports motivation.*

The problem of motivation and motives of behavior in sports is one of the main ones in the study of sports psychology. It is unlikely that there is such an area of psychology that would not affect the motivational process.

Motivation plays one of the most important roles in the life of an athlete. Any activity always has an incentive motive, i.e. reason for doing it. Motivation should be considered as impulses that cause the activity of the organism and determine its direction.

An active interest in physical exercises and sports is formed as a result of internal motivation, which occurs when external motives and goals correspond to the capabilities of the student [2] .

The formation of motivation includes several blocks - work with motives, goals, emotions, training and sports activities of disabled athletes. Within each of the blocks, work is carried out to update and correct the old motives, stimulate new motives and give them new qualities.

The study of motivation in adaptive sports is the identification of its real level and possible prospects, the field of its immediate development for each disabled athlete and the sports team as a whole.

The results of the study become the basis for planning the process of motivation formation.[2] The formation of motives for physical exercises and sports in persons with disabilities is the creation in a sports team (team, club, physical education team, etc.) of conditions for the

appearance of internal motives (motives, goals, emotions) for the training process or competitive activity, awareness of them by those involved.

The personality of an athlete with a disability is individual and, to some extent, unique. One has a low level of motivation and good physical data; the other has average abilities, but great motive forces in achieving results. Often an athlete, having good physical data, shows a result below the average, and, conversely, success is achieved by an athlete whose preparation for certain starts was insufficient.

The victory or failure of a disabled athlete in sports activities cannot be explained by any of his individual qualities. On the contrary, only by analyzing these qualities in close relationship, one can understand the true reasons for the success or failure of a particular athlete.

In this regard, several practical questions arise that require their resolution: how to form sports motivation among disabled athletes? How to save it? What means and methods should be used for this?

The means of forming the motivation of disabled athletes for physical exercises and sports are encouragement and stimulation in the form of awards, diplomas, material rewards, and verbal thanks.

Adaptive sports trainers should also constantly consider ways to improve performance and motivation for exercise and sports in people with disabilities. An important role here is played by the fact that sometimes just demonstration competitions attract everyone's attention, motivating athletes to further sports activities.

Based on our own experience in the implementation of the training process with the hearing impaired, participation in the organization and conduct of trainings with the visually impaired and the musculoskeletal system, we have determined for ourselves the following methods of forming motivation for physical exercises and sports among athletes of these nosological groups. A method of increasing the diversity of skills and abilities.

A method to increase the importance of an action performed. An athlete, knowing and understanding how and when exactly the results of his work will be used, begins to feel the importance of his own work, which motivates him to complete it as soon as possible with good quality.

Own observations of disabled athletes in the process of training sessions showed that the most effective is the formation of motivation at certain stages of training.

Whatever activity athletes perform, they must have an idea and understanding of the purpose and objectives of the specific actions and techniques performed before implementing the mechanisms of self-control and self-assessment.

Let us dwell in more detail on the formation of motivation at individual stages of training [3].

Stage of formation of initial motivation. At the initial stage of the lesson, the coach-teacher can take into account several types of motives of disabled athletes: actualize the motives of previous achievements (“we did a good job at the previous training session”), evoke motives of relative dissatisfaction (“but we did not achieve the skill of performing another very important technique”), to strengthen the motives for focusing on the upcoming work (“and since it will be very important to use it at competitions, for example, in such and such situations”), to strengthen the involuntary motives of surprise and the desire to acquire it.

The formation of motivation for physical exercises and sports in lagging behind disabled athletes includes the following areas: first of all, restoring a positive attitude to training and to individual technical and tactical classes, for which one should begin with the performance by these athletes of technical skills that they already know how to perform well, for maintaining their self-

confidence, reinforcing even small successes, creating conditions for positive experiences of success, asking often, listening patiently.

At the same time, it is important for lagging disabled athletes to strengthen their own desire to train: to teach athletes to perform actions in a clear sequence using a story and a demonstration, with the obligatory bringing each action to the stage of automation; specifically teach more complex actions.

In working with lagging athletes with disabilities, it is necessary to implement all of the above, suggesting starting with goal-setting exercises and stimulating motives, while strengthening the ability to train at the same time.

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