

Sports Motivation as Psychological Training of Young Volleyball Players

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ANNOTATION

High achievements in sports are closely related to the motivational sphere of athletes. Motivation is not only a core characteristic of the athlete's personality and leads him to the goal, but also influences the nature of all processes occurring in the body in the course of activity.

Introduction. Achieving high results in sports is largely due to the influence of a person's motivational sphere. Motivation is not only a core characteristic of an athlete's personality. It leads him to the purpose, influences the nature of all processes occurring in the body in the course of activity. The main feature of sports motivation is its influence on the performance of an athlete. In conditions of tough competitive confrontation, one can expect complete dedication and striving for victory only in an athlete who has the highest degree of motivation. Underestimation of the role of motivational factors, the dynamics of changes in motives leads to the fact that the athlete is not able to show their abilities, to realize the results of preparation for competitions [1, 3].

It is customary to define sports motivation as the psychological state of an athlete, due to his attitude to various aspects of a specific situation of sports activity: to the activity itself, to the goal, expected results, success and failures, his capabilities, to teammates, coach. Motivation occupies a leading place in the structure of personality, penetrating its structural formations: personality orientation, character, emotions, abilities, mental processes [2, 4, 5]. Motivation of behavior is impossible outside the emotional sphere [6, 7]. Emotions serve as guidelines for the participants in the activity, determining the significance of the circumstances and the degree of their importance for a particular situation. Emotions, as it were, determine the permissible level of material and functional-energy costs that are necessary for the implementation of the athlete's motives.

Some authors propose to distinguish between the concepts of motive and motivation. Motives

are understood as: a) subjective dynamic forces (tendencies) aimed at delivering the subject from depressing states of tension; b) subjective images of objects that satisfy the corresponding needs and give personal meaning to the activity directed at them; c) special fixed installations that determine the athlete's readiness for activity in appropriate conditions and in a certain direction; d) stable evaluative dispositions [8, 9].

The motivation of a person's behavior, on the one hand, is determined by motives, and on the other hand, it is determined by the mental reflection of the specific conditions of a person's life [10, 11, 12]. Unlike motives determined by sustainability, motivation is a dynamic component of the motivational sphere. It varies in direction (qualitative aspect) and severity (quantitative aspect). Motivation is also considered as a mental state that is formed as a result of a person's correlation of his needs and capabilities with the characteristics of a particular activity and serves as the basis for setting and implementing its purposes [14, 15].

The specificity of sports motivation is due to the qualitative originality of the subject of sports activity. Therefore, scientists define sports motivation as a special state of the athlete's personality. Motivation is formed as a result of the athlete's correlation of his abilities with the subject of sports activity. Motivation serves as the basis for setting and implementing goals aimed at achieving the maximum sports result [13, 16]. Sports activities are aimed at the maximum level of achievements and high emotional stress associated with the subjective significance of the results of activities, the severity of rivalry, and the publicity of performances in competitions. A significant role belongs to the motivational sphere of the individual also in the duration and effectiveness of sports [3, 17].

In the structure of sports motivation, researchers propose to single out training and competitive motivations. In turn, there are two components in competitive motivation: the motivation to achieve success and the motivation to avoid failure. Athletes with the dominance of the motivation to achieve success are distinguished by the desire to win, the ability to "fight to the end", positive emotions, a tendency to dominate, the desire for risk, insensitivity to threats, low anxiety, an attacking style of fighting, the ability to most fully realize the possibilities of psychophysiological mechanisms of regulation, high intensity of stress and efficiency of behavior in extreme situations.

It was revealed that the motivation to achieve success affects the purpose and content of the action, the intensity of the tension and behavior in extreme situations. V. I. Stepanyuk revealed that with the dominance of achievement motivation, the effectiveness of activity is determined by the current level of regulation of activity, i.e. its psychophysiological features. If the motivation to avoid failure prevails at any level of activity regulation, its effectiveness will be low. Researcher D. Yu. Turdimurodov, based on many years of conversations and observation of athletes, developed a classification of personality types of athletes that differ in the nature and content of the motivational sphere. The manifestation of sports motivation depends on the peculiarities of athletes' self-assessment of their personal qualities.

According to the results of the study, self-confidence, satisfaction with sports results, authority, health status are significant parameters of self-esteem, regardless of the type of sport and gender of athletes. In particular, it was revealed that self-confidence is closely related to sports achievements, the motive for achieving success and the emotionality of sports activities. The realistic and constructive attitude of an athlete to successes and failures, the explanation of its results by internal, controlled variable factors, to the greatest extent, contributes to maintaining sports motivation and maintaining stable self-esteem.

There is a relationship between motivation and the level of anxiety experienced by an athlete, which consists in the following: the greater the strength of the motive (whether it is setting to achieve a very high result, or fear of failure), the more anxious the athlete. In a number of works, the ratio of motives and goals of sports activity was considered. Ya. M. Abdullaev writes that the

process of subjective goal-setting and the motivational sphere of an athlete are closely related, and self-affirmation plays a decisive role in this. The development of such a motive must be considered in connection with the formation of an athlete's value system, which should be based on a critical assessment of personal behavior and achievements.

An athlete's critical attitude to his behavior is impossible without self-assessment and identification with generally accepted social and social norms. The personal values of an athlete determine his level of claims to himself and to his achievement. An important prerequisite for the implementation of the regulatory function of the goal is its subjective acceptance by the athlete. The more clearly the athlete realizes the tasks facing him, the deeper he understands and experiences the importance and social significance of solving these problems, the more intense the incentive to solve them. The more difficult and serious the goal, the more effort the athletes make. The difficulty of the goal chosen by the athlete characterizes the level of her claims in the field of sports activities.

The level of aspirations of an athlete should correspond to his abilities. A high level of aspiration leads to frustration. As stress increases, people with a strong nervous system overestimate the level of claims, with a weak nervous system - underestimate it. E. P. Ilyin gives signs of the behavior of athletes with high and low levels of claims. The former overestimate their capabilities, claim high marks from others and are very upset by failures. Athletes with a low level of ambition underestimate themselves, do not strive to rise above the achieved level, are reluctant to take on difficult tasks, and are afraid of failure. In general, the research results indicate a close relationship between motivational attitudes, the level of aspirations, self-esteem, and personality traits.

Conclusions. Summarizing the results of studies of domestic and foreign researchers, we can conclude that they identify the following motives associated with the process of sports activities: the need for physical activity; aesthetic enjoyment; desire for competition; active recreation and entertainment; the need for maximum physical effort; striving for a state of stress and its overcoming.

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