



CONCEPTS "MOTIVE", "MOTIVATION", "NEED AND MOTIVATIONAL SPHERE" IN SPORTS ACTIVITY

Tojimamatov Jamshidbek Iqboljon O'g'li

Student of Fergana State University

Annotation

This article discusses such concepts as "motive", "motivation", "need -motivational sphere" in sports activities. The main approaches to its study are revealed. The features of activity in sports are considered.

Keywords: sport, psychology, motive, motivation, need -motivational sphere.

Introduction

A special place in the psychological support of sports activities is occupied by motivation that encourages a person to go in for sports. The motivation block is formed by the needs, motives and goals of sports activities.

Need, or a person's feeling of need for something, means an imbalance with the environment. Psychologically, this is always associated with the emergence of internal tension, more or less pronounced discomfort, which can be eliminated only by satisfying the corresponding need.

That is why any need awakens the so-called search activity, aimed at finding a way to satisfy it. A person can choose any method from those that he knows, but in reality the scope of his choice is limited by the specific conditions of life. Sometimes life circumstances themselves push you to choose a certain path. And then the choice occurs as if by itself, without a clear understanding of the process. Often this is exactly how, spontaneously, the choice of sports activity occurs as a way to satisfy first, perhaps only one, and then a whole complex of needs. G. D. Gorbunov includes the following needs in this complex: the need for activity, activity, the need for movement, the need in the realization of reflexes of purpose and freedom, the need for rivalry, competition, self-affirmation, the need to be in a group, communicate, the need for new experiences, etc. [12].

A motive is an impulse to a certain activity, to satisfy a need in a certain way. If need is a source of activity, then motives give this activity a certain direction and keep a person within the framework of this path. Motives make it possible to understand why certain goals are set, an inextinguishable desire to achieve them develops. Sports activities are characterized by a wide variety of motives. This is quite explicable by physical and mental stresses, and a person must know what he is exerting himself for [1]. Many authors have tried to streamline the various motives for going in for sports, to classify them on the basis of different criteria (see Table 1).



Table 1 Classification of sports activity motives

By focusing on the process or result of activity	According to the degree of stability	In connection with the goals of sports activities	By place in the "Others - Me" system	By dominant position
Procedural motives (interest, pleasure, etc.) Effective motives (expectation of a reward, positive social consequences of victory, etc.)	Situational (short-term, passing) Sustainable (long-term, often perennial)	Meaning-formers (directly related to the goal) Incentives (promoting activity, such as financial incentives)	Individual (motives of personal self-affirmation) Group (patriotism of all levels, motives for fair competition, etc.)	Motivation to achieve success (the predominance of motives for success, victory, even through risk) Motivation to avoid failure

Features of motivation at various stages of achievement sportsmanship .

Throughout a sports career, the role of specific motives in stimulating the activity of an athlete changes, and for Each stage of a sports career is characterized by its dominant motives.

E. P. Ilyin notes that at the initial stage, the reasons entry into sports (regardless of the type of activity, i.e. sports) can be:

- Desire for self-improvement;
- Desire for self-expression and self-affirmation;
- Social attitudes;
- Satisfaction of spiritual and material needs.

Each of these reasons has a specific athlete greater or lesser effectiveness due to his value orientations [17].

I. G. Kelishev highlights the motive of intragroup sympathy as the initial motive for playing sports. After interviewing about 900 athletes with great experience and a high level of skill, he revealed that at the initial stage of a sports career this motive occupied an important place among them. Its essence is expressed in the desire of children and adolescents to engage in any kind of sport. in order to constantly be in the midst of his comrades and peers. They are kept in the sports section not so much desire for high results and not even interest in this sport, how much sympathy for each other and their common need for communication [17].

The American psychologist B. J. Cretti among the motives for going in for sports highlights:

- striving for stress and its overcoming; he notes that fight to overcome obstacles, expose yourself to stress, change circumstances and succeed - this is one of the strongest motives for sports activities;
- The pursuit of excellence;
- Increase in social status;
- The need to be a member of a sports team, group, part of a team;
- Receiving financial incentives [21].

A. Ts. Puni, on the basis of special studies, established the following dynamics of the development of motives for sports activities.

1. The initial stage of playing sports . During this period, the first attempts to get involved in sports activities take place. The motives for this are characterized by:



- Diffuse interest in physical exercise (teenagers usually begin to engage in not one, but several sports, and often not at all those in which they in the future they can show their sportsmanship), • spontaneity ("I do it because I love physical education")
- Associated with environmental conditions conducive to occupation this sport ("I live in Feodosia, how could I not swim?"; "I went skiing from an early age, because I lived on the outskirts of the city"), • often include elements of obligation ("I should have attended physical education classes").

Common to the motives of the initial stage are such features as insufficient awareness of the needs underlying them, their instability, uncertainty and interchangeability of various methods of satisfaction.

2. Stage of specialization in the chosen sport.

At this stage, the motives for sports activities are:

- Awakening and development of a special interest in a particular sport;
- Manifestation of abilities for this kind of sport and aspiration for their development;
- Emotionally intense experience of sports success and the desire to consolidate it;
- Expansion Of special knowledge, improvement sports equipment, the acquisition of a higher degree of fitness.

These motifs, new in their quality, are characterized by a number of features. They are associated with sports specialization (an athlete becomes a gymnast, boxer, skier, swimmer, etc.) and with the acquisition of a sports qualification 3rd, 2nd, 1st grades. At the same time, they become more indirect, transferred from the sports activity itself to its result is expressed in the desire for a certain sporting success, a record.

3. Stage of sportsmanship. Upon reaching athlete of this stage, the old motives seem to recede in the background, the leaders are:

- Achievement of success (defining motive);
- Social motivation;
- Material motivation.

Dominating, determining the behavior of an athlete becomes a motive for success. The athlete experiences need for extreme physical effort states of maximum mental tension, in a sense overcoming an opponent, oneself, and most importantly, the need achieve high sports results. In modern sports, high sports achievements are impossible without high social motivation [2].

Activity in elite sports is associated with high psychological stress, generated by the discrepancy between the requirements of sports activities and the capabilities of the athlete and aimed at eliminating this discrepancy [2].

Compared to other activities in sports, high mental stress is fundamentally unavoidable, without it it is impossible to exceed previous records. Therefore, athletes at the stage of higher sportsmanship form not only motives for achieving success, but also motives for avoiding failures. Any situation that actualizes the athlete the motive for achieving success, at the same time gives rise to fears failures. Which motive arises depends on subjective estimates of the probability of achieving the goal, which add



up influenced by competitive and life experience. Thus, a stably dominant type of motivation is formed. activities [32].

Yu. Yu. Palaima singled out two groups of athletes that differ in the dominant motive. In the first group conventionally called "collectivists", dominating are social, moral motives. In the second group - "individualists" - the leading role is played by motives self-affirmation, self-expression of personality. First is better perform in teams, and the second - in individual competitions.

Public motive is characterized by awareness social significance of sports activities; athletes with the dominance of this motive, they set themselves high promising goals, they are passionate about sports. motive self-affirmation is characterized by excessive orientation athletes to evaluate their sports results [17].

With the psychological support of sports activities It is important to consider both motives. Successful upbringing sportsmen and their achievement of high sports results possible only with the right balance of social and individual motives. Practice analysis shows that neglect of one of them, ignoring one or another motive equally leads to negative results.

If motives determine the choice of path, direction movement, then goals - how far a person intends walk along this path. In psychology , a goal is defined as image of the expected result of the activity, what the person wants to come to the end of an activity or a particular her stage. Therefore, goals are a kind of milestones that a person mentally builds on his path, throughout sports career. The difficulty of achieving these goals is closely associated with the level of claims of the individual, i.e., her inclination generally choose easy or difficult goals.

Many researchers of sports motivation: B. D. Kretti, Yu. Yu. Palaima, A. Piloyan, A. Ts. Puni and others - note different degrees of awareness of its three terms. Needs and motives can be unconscious, semi-conscious or conscious. Goals are always conscious and are the result of mental work, in the process of which a person tries to ideally resolve the contradiction between requirements of sports activity, its specific conditions, on the one hand, and their own capabilities, ability to adapt to these conditions and requirements - with another. Therefore, the goal acts as a regulator activity, influencing the choice of specific means of achieving the desired result.

Consequently, the motivation block performs the following functions in the structure of sports activities:

- Is a trigger mechanism of activity;
- Maintains the required level of activity in the process training and competitive activities;
- Regulates the content of activity, the use of various means of activity to achieve the desired results [21].

Literature

1. Алешков И. А. Опыт психологического анализа спортивной деятельности. — В сб.: Психология спортивной деятельности. М., изд. ВНИИФК, 1978.
2. Акимова Л.Н. Психология спорта. Курс лекций. — Одесса: Студия «Негоциант», 2004.
3. Гогунов Е.Н., Мартыянов Б.И. Психология физического воспитания и спорта: Учеб. пособие



для студ. высш. пед. учеб. заведений. – М.: Издательский центр «Академия», 2000.

4. Демин В.А. Методологические вопросы исследования спорта в аспекте теории деятельности; М; 1975.
5. Ильин Е. П. Психология физического воспитания. – М.: Просвещение, 1987.
6. Леонтьев А.Н. Деятельность. Сознание. Личность. - М., 1975.
7. Ломов Б.Ф., Коссов Б.Б., Конопкин О.А. «Теоретические проблемы самоконтроля и управления спортивной деятельностью //Познавательные процессы у спортсменов». Том 2. Самоконтроль в спорте; М; 1976.
8. Методики психодиагностики в спорте/ В.Л. Марищук, Ю.М. Блудов, В.А. Плахиенко, Л.К. Серова. – М., 1990.
9. Маклаков А. Г. «Общая психология»; Питер; 2007.
10. Психология: Учебник для студентов институтов физической культуры / Под ред. П.А. Рудика. – М. : ФиС, 1974.
11. Психология спорта высших достижений / Под ред. А.В. Родионова. – М. : ФиС, 1979.
12. Психология физического воспитания и спорта / Под ред. Т. Т. Джамгарова и А. Ц. Пунин. – М. : ФиС, 1979.
13. Психология « Учебник для студентов институтов физической культуры» П.А. Рудика; М; ФиС, 1974.
14. Пуни А.Ц. «Проблема личности в психологии спорта» М.,1980.
15. Родионов А.В. «Психология спортивного поединка» М; ФиС;1968.
16. Ханин Ю.Л. Психология общения в спорте. – М., ФиС, 1980.
17. Чикова О.М. Психологические особенности спортивной деятельности и личности спортсмена: Учебное пособие для училищ Олимпийского резерва. – Мн.: ИПП Госэкономплана РБ. 1993.
18. Чиж В. Ф. Психология спорта; СПб; 1910
19. Шадриков «Психология деятельности и способности человека»; Логос; М; 1996.
20. Mukhtoraliyevna, Z. S. (2022). INFORMATION TECHNOLOGIES IN EDUCATION. БАРҚАРОРЛИК ВА ЕТАКЧИ ТАДҚИҚОТЛАР ОНЛАЙН ИЛМИЙ ЖУРНАЛИ, 162-165.
21. Mukhtoraliyevna, Z. S., & G'aniyevna, M. (2022). TYPES OF SPEECH AND ITS CHARACTERISTICS. БАРҚАРОРЛИК ВА ЕТАКЧИ ТАДҚИҚОТЛАР ОНЛАЙН ИЛМИЙ ЖУРНАЛИ, 184-189.
22. Valijonovna, K. I., Rakhmatjonovich, T. D., & Mukhtoraliyevna, Z. S. (2022). Informational Technology at Education. Spanish Journal of Innovation and Integrity, 6, 262-266.
23. Tojimamatovich, J. V., & Alimdjanovna, X. M. (2022). Basic Concepts of the Smart Home System. International Journal of Culture and Modernity, 17, 7-13.