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THE PROBLEM OF MOTIVATION OF SPORT ACTIVITY IN THE ANALYSIS

Abstract. this article cites studies on the problem of motives of sport activities, opinions and mulochases of scientists who worked on the problem.

Keywords: sport, activity, motive, motivation, psychological, activity, research, scientist, opinion, athlete, bloodthirsty, mechanism, sources, analysis.

Introduction

The literature related to the problem, based on the analysis, shows that motivation occupies a special place in the psychological support of sport activity, being one of the main factors that encourage a person to play sport.

The motives of sport activity have been widely studied by foreign psychologists. In particular, P. A. Rudik, A. S. Puni, T. T. Jamgarov, Y. M. Palaima, E. P. Ilyin, V. Goshek, V. K. Viljunas, S. S. Sagaidak, E. P. Shcherbakov, G. D. Babushkin, R. A. Piloyan, G. D. Gorbunov, V. A. Demin, L. P. Dmitrenkova, E. A. Kalinin, H. Heckhausen, V. I. Tropnikov, L. G. Ulyaeva and others conducted a wide range of studies. The research reveals the issues of the content of motives of sport activity, groups of motives for sport, the motivational circle of the athlete's personality, the dynamics of the sport motive, the relationship of motives of sport activity with other motives, the relationship of motives of sport activity with personality characteristics.

Indicates a psychological problem in the conditions of an individual's desire for socio-economic changes in social activity, kaisiki-a system of questions about motivation, with which there is a relationship, its patterns, mechanisms, in the conditions of manifestation, on the surface of change and formation. During this period, the study of the problem of mo-

tivation of activity and activity of the individual acts as one of the main directions of scientific research.

According to the analysis of research by foreign researchers (V. S. Merlin, V. G. Norakidze) introversion – extroversion is “self-orientation” in experiences or a tendency to their external expression. Analysis of the research results of foreign and domestic authors allows us to identify a number of introversion – extroversion specifications. They consist of; a) introverts perceive environmental phenomena somewhat subjectively in relation to extroverts, b) introverts' adaptation to the environment is more pronounced in the activation of intellectual activity. This is reflected in the activation of behavioral activity in extroverts. c) the level of self-control and the ability to control their condition through control, as it turned out, is higher in introverts than in extroverts.

These personality traits determine the characteristics of activity in various situations of wrestling. Conducted research with the participation of representatives of sport games Y. Y. Palaima quotes the following; While extroverts show strong volitional activity in critical and inarticulate situations of the game, introverts have such a situation in the process of defeat. N. Viro managed to obtain interesting data by investigating the activity of athletes in the conditions of sensorimotor exposure. Extroverts are known to dramatically reduce the effectiveness of

their actions after receiving information about their mistakes. According to the author, this is due to the low level of subjective trust in them.

It is known that sport activities affect the motivation of athletes. Every athlete perceives achievements and defeats in sport differently. Although some athletes are inspired by victory, we see the opposite effect on others. Defeat also does not have the same effect on athletes. During the conversation with the martial arts coach in order to clarify this issue, it turned out that they were not facing the problem of allocating gifted children, but the task of instilling in them a sense of devotion and love for this sport. Most coaches say that 3–4 weeks will be enough to determine the ability of children to fight, but often only a few gifted ones are selected who stand out among their peers. In his work with teenagers, the coach again faces peculiar paradoxes. The dynamics of sport results in this process is not always predictable. A capable budding teenager suddenly stops developing, yesterday's teenager suddenly moves to the foreground. Often, the influence of others on the explanation of these factors is also associated with a change in interests. In particular, the overestimation of advantages occurs during the transition of an athlete from one age category to another age period.

Materials and methods

Research by V.I. Lopunov, R.A. Piloyan and A.P. Gusakova, conducted in 1980, showed that, despite the sufficient value of the cumulative efficiency of youth and youth sport in freestyle wrestling, only 29.5% of the winners of the European and World Championships (among young people) insist that in the future winning the title of world champion among adults should become psychologically complete the purpose of his sport activities. At the same time, the original cocktail requires self-improvement and self-realization in the process, and in this he now feels that his desire to become a world champion has lost relevance among teenagers or adults.

Thus, it is important not only to find a talented athlete, but also to lead him to a high goal. In fact,

why young talented athletes, selected and trained by coaches, cannot meet their expectations. In explaining this phenomenon, according to the views of V. S. Dakhnovsky, supporters of the 3 main points of view interpret all the problems of choice as being at the initial stages. The latter leads to a sharp decrease in results with strong physical and mental stress in childhood and adolescence, weakening of the nervous and other systems of the wrestlers' body.

The third point of view is close to the second, whose supporters are S. V. Kalmykov, O.A. Markinyanov, V.Y. Fryer and others explain all this by an imperfect system of competitions in childhood and adolescence. Perhaps each of the above explanations brings us closer to reality to one degree or another, but in order to understand the essence of the phenomenon, it requires consideration of its multilateral connections and interrelations. It is advisable to approach the search for a solution to this problem from the point of view of the theory of activity.

According to the analysis of the above sources, activity is understood as a form of human activity in which motivation is based on the subject-information links of an object containing a socially significant object. The method of free-style wrestling distinguishes three stages of activity, i.e. the stage of achieving the highest goals related to work – the formation of activity. In the structure of any activity, three stages are important, but in sport activity, the stage of completion of activity is obvious. Sport activities are carried out within the limits of human capabilities, limited by mental and physiological functions, as a rule, this process is completed closer to the age of 30. In other types of activity, as a result of the transition to other leading forms of activity, so many appear that their influence is not strictly concentrated and may fall on different periods of a person's life. In particular, an example of this is the numerous cases of changing professions that are observed in most young people.

Thus, in a particular sport, simultaneously with the increase in the physical and mental qualities of an

athlete, the acquisition of skills and abilities, there is a process of formation of another, no less important activity. There is a gradual formation of motivation, including the subject of sport activity. Activity that allows you to be physically strong, awareness of the opportunity to show the highest result instead of interest and interest in this sport as a game, occurs. It is safe to say that only in this case the athlete will overcome all the difficulties of the preparatory period, as well as withstand the competition process, being psychologically and physically prepared. Only for an athlete can we expect victory from the realization that sport is an activity, predict the further development of his sport skills, and also hope for the future. However, the activity of an athlete is a dynamic process. A. N. Leontiev argues that achieving a close sport result leads to a violation of activity. This process takes place regardless of whether the athlete takes the championship of the republic or the country, if he is not focused on achieving somewhat higher athletic results. The process should be considered as the management of sport activities, one of the important foundations of which is the control of the orientation of motivation.

The founder of the Moscow school of Sport Psychology P. L. Rudik believes that activity (sport activity) is a set of human actions aimed at satisfying one's own needs and interests, and consists of the following scheme: needs, motives, purpose, action, result of activity. The specificity of the activity lies in its social nature, purposefulness, planning, consistency.

The motives of sport activity are characterized by a dynamic manifestation. After all, in a long-term sport process, one athlete regularly changes motives. The founder of the Leningrad school of Sport Psychology, A. S. Puni, on the basis of scientific and practical studies of the motives of sport activity, determined the dynamics of the development of the motives of sport stimulation. In his opinion, they manifest themselves in three stages:

The initial stage of sport. During this period, the first attempts are made to plunge into sport activities. A. S. Puni believes that the motives that prompt ac-

tion – an inexplicable interest in physical exercise – are of a natural nature, are associated with environmental conditions favorable for practicing this sport, and often include elements of duty [20].

The stage of specialization in the chosen sport. He believes that at this stage, the motives – the development of interest in a particular sport, the development of abilities found in a particular sport – manifest themselves in the desire to consolidate success, as well as expand special knowledge, master a high level of physical fitness.

In addition, sport activity becomes a necessity, i.e. against the background of getting used to physical exertion, the habit of feeling them.

The stage of sportmanship. Here the main motives are expressed in the desire to maintain a high level of sportmanship and achieve great success, serve the Motherland with sporting achievements, contribute to the development of this sport, transfer their experience to young athletes.

The motives of sport activity are characterized by a pronounced social orientation and pedagogical aspirations.

The phenomenon of motivation is of great importance in the development of sport. Motivation is not only a characteristic of an athlete's personality, but also leads him to his goal, and also affects various processes of sport activity. The specificity of motivation lies in the fact that its sphere of influence, in turn, has an impact on sport activities. In a competitive environment, you can expect an athlete with a high level of formed motivation, who will fully manifest himself and will have certain methods of achieving the goal. Without knowing the specific nature of motivation in an athlete's personality, it is impossible to prepare him to achieve high results. From this it can be concluded that the success and achievements of an athlete's personality in his activities largely depend on his motivation.

The problem of motivation is considered by many foreign psychologists J. Atkinson, H. Heckhausen, G. Murray, A. Maslow, L. Festinger, J. Caprara, etc.

and also Russian scientists S. L. Rubinstein, B. F. Lomov, A. N. Leontiev, V. G. Aseev, L. I. Bozhovich, A. G. Kovalev, E. P. Ilyin, V. G. Leontiev's research, etc. dedicated. In their opinion, the term «Motivation» is emphasized:

Motivation is a set of factors supporting and directing action, i.e. determining action (J. Godefroy).

Motivation is a set of motives (K. K. Platonov).

Motivation is the process of mental regulation of a specific activity (M. Sh Magomed-Eminov).

Motivation is a mechanism that determines the process of motive action and the emergence, direction and ways of implementing specific forms of activity (I. A. Dzhydaryan).

Motivation-as a general system of motivating and responsible processes (V. K. Vilnius).

Motivation is a dynamic process of motive formation as the basis of action (E. P. Ilyin)

Motivation is a need, motive and stimulating property of other initiators of human activity. The most mature, humane form of motivation is the motive (V. G. Leontiev).

An important aspect of the problem of motivation is the question of its causality, determination. According to scientists (S. L. Rubinstein, V. S. Merlin, A. G. Asmolov, P. M. Jacobson, V. G. Leontiev, D. A. Leontiev, Y. R. Natten, G. Caprara, A. Bandura, H. G. Martin, A. Tesser and etc.) motivational states are associated with age and ethnic characteristics, internal and emotional processes, strong-willed personality qualities, level of intelligence, moral control, self-perceptions, features of evaluating one's own actions in comparison with specific standards, typological characteristics of personality, goals of activity, processes of reflexive self-regulation, etc.

Social factors have a significant impact on personality and its motivation (S. L. Rubinstein, L. I. Antsiferova, B. F. Lomov, A. A. Bodalev, E. V. Shorokhova, A. N. Leontiev, A. G. Asmolov, A. V. Yurevich, V. G. Leontiev, A. Maslow, J. Godefroy, G. Murphy, F. Allport and etc.).

S. L. Rubinstein writes in his works that "A motive as a conscious motivator for a certain action is

formed as a result of the fact that an individual takes into account, evaluates the circumstances in himself, weighs the circumstances, realizes the goal facing him; from the attitude to them, a motive is born in its specific content, necessary for a real life action" [4].

In turn, B. F. Lomov argues that "The social conditions and relations of the social environment will determine which motives will be decisive in the motivational sphere of the individual" [5].

Human activity is aimed at achieving consciously set goals, which are associated not only with satisfying one's own needs, but also with meeting the requirements imposed by society. If we focus on the abstract aspects of human activity, then its components are movement (a process subordinate to the idea of the achieved result), attractions, methods of movement, psychophysiological functions and their blocks. However, this process, if we do not stop at the point of view of an individual's individual activity, is characterized as a set of social relations, both carrying out activities and by their nature. It is the totality of social relations that carry out such activities that is a conscious individual. He performs a specific social role, occupying a certain position in society. V. S. Merlin studied the structure of personality [13] identifies three hierarchical levels of individuality: metrodynamic, psychodynamic and personal. At the same time, he does not include in the personality structure the traits of temperament included in the psychodynamic level. A. G. Kovalev [14] includes the purpose, abilities, character and management structure in the personality structure. Among the components of the athlete's personality structure, according to the systematization of A. G. Kovalev, we distinguish the structures of orientation, temperament, character, abilities and self-control. These components-individual orientation or selective attitude of a person to vocals, as well as individual orientation in sport are more associated with motivation for higher achievements. An athlete at his last limit feels the need to compress physical movement, drown out the effort with the move-

ment of mental tension, overcome an opponent and show the highest results in the most asocial – sport. Achieving success in sport is of a social nature and is understood as fulfilling the tasks set by society. That is why an athlete has a need to work on himself, improve. From a philosophical point of view, there is a merger of the object and the subject of sport activity.

V. Goschek and E. A. Kalinin [19] indicate that boxers and killers with a high need for success prefer an offensive way of their activities. According to him, they found that the number of offensive actions they have is much higher. This is typical not only for boxing and infusoria. In sport games, you can often see how a well-prepared, but not ambitious archer always leads a counterattack, despite the fact that he has studied attack options well.

A number of studies have shown that there is a connection between motivation for success and such characteristics of an athlete's personality as excitement. Shortness of breath refers to a person's persistent tendency to situations that pose danger, or emotional states of fear. The system of striving for the effective completion of a certain activity is determined by the state of ventilation. Having gained a foothold in various conditions, this condition contributes to the development of flatulence. As the strength of the motive becomes stronger, it helps to increase the ventilation of the athlete. The desire to master the achievement of the predominance of motivation is more weakly expressed in athletes who are characterized by shortness of breath, the predominance of bad luck, bias is characteristic of athletes who have a strongly pronounced state of shortness of breath [1; 2; 3].

A special place is occupied by the theory of functional autonomy of motives in the works of the famous American scientist G. Allport. In this theory, transformation, the systemic development of motives is interpreted as a process. G. V. Allport in his concept widely used the ideas of the general theory of systems, especially the idea of open systems. The scientist believes that there are such motives that correspond to the nature of semi-closed systems in which monandas

functions and develops, that is, it has functional autonomy. The motives included in the system G. Allport calls reactive motives that obey the laws of necessity of external motivation. But G. Allport argues that the idea that personality is characterized by variable and evolving motives, such as open systems, is closer to the truth. If the previous system was called the perseverative functional autonomy of motives, then the next system is G. Allport calls this proprietary functional autonomy. Speaking about open, closed and semi-open systems, he argued that the closed system model does not support a person and his motivation. An open functional system sets the stage for progress that cannot be explained within the framework of a motivating need. The analysis of personality motives as open systems makes it possible to assert that the development of personality and personality motives is a limitless process [6].

Result and discussion

Developing the problem of motives and needs of behavior, the founder of the doctrine of the unconscious Z. Freyd recognizes that the source of motivation is instinct, it is a condition for the preservation of the species and the individual. The author interprets this state as the energy potential of an individual. The main question is what is the meaning of Z. Freyd wants to give the concept of "he" as a regulator of motivation and a hereditary source of motivation energy. In his opinion, the content of the concept of "he" is innate and unchangeable. Therefore, the laws of logic and the levels of intelligence, whose indicators do not attach importance to it, it is not surprising if Z. Freyd meant absolutized triggers of an affective, impulsive form. It is an absolutization of the dynamic characteristics of these triggers (motives), such as impulsivity, the effective essence of the assumption, uncriticism, difficulty in submitting to conscious and volitional control, which are based on triggers of a lower genetic and structural level. In the essence of the dynamic properties and properties that Z. Freyd insists on, he sees a deep primary source of motivation. In his concept, the engine of

human behavior and actions is the sexual instinct, as well as its transformation [7].

The famous Russian psychologist S. L. Rubinstein in his works tries to explain motivation by associating it with volitional actions. He interprets the motive in terms of obvious activity. Rubinstein considered the motive to be the socio-historical development of a person, inextricably linked with the social nature of his activity. He approaches the motive from the point of view of need. He believed that need and instinct should be among the opposite, fundamental concepts. Then the doctrine of the motivation of human behavior, based on the concept of need, will have a completely different interpretation than the comparison of the doctrine of instincts and inclinations. Accordingly, the author analyzes the activity of a person based on the point of its purpose and motive. Attaches great importance to the correspondence between the direction and motivation of the individual. His personal views on motivation and motivation have become important for the development and training of motivation [4].

Polish and Russian scientist, author of the psychological theory of law L. I. Petrazhitsky put forward the idea of creating a scientific theory of motivation. He believes that it would be a mistake not to take into account motivation in the most accurate assessment of human behavior. Accordingly, he emphasizes that for lawyers, the study of the question of motives is a serious necessity. However, L. I. Petrazhitsky himself analyzes personality and its motivation only from the position of a psychologist [8].

A. F. Lazursky, the author of the method of natural experiment, also draws attention to the question of motives in the study of mental processes, as well as personality traits. In his research, the author tries to express his point of view through such contexts as "strength and weakness of tendencies and desires", "tendency to struggle of motives", "involvement in the discussion of motives", "value and certainty of desire». At the same time, A. F. Lazursky concludes that the degree of effectiveness of aspiration depends

on conscious volitional coercion. Accordingly, he paid great attention to the system of relationships in his personality research program. In his research, he tried to apply a social approach to personality [9].

It is worth noting that the Russian physiologist A. A. Ukhtomsky discovered his dominant beginning in the study of the problem of determinants of functional states of the body. He tries to substantiate the dominant principle discovered by him as a behavioral action and its vector. The question of motives is analyzed from a physiological, psychological point of view, gaining importance for him. Due to behavioral integrity, the organism is explained as a whole. It is emphasized that one of the psychological and physiological states is inseparable from the other. The author interprets the motive as a trigger formed as a result of human violence, and emphasizes its variability in the course of life [10].

In V. M. Borovsky's views on the motive, it is concluded that for a scientific explanation of the emergence of a motive from the basis of a need, it is necessary to find various properties, solutions to problems. In his opinion, the motive is to be able to predict a person's behavior and direct it in the right direction. Borovsky's approach to motivation allows him to give scientifically sound instructions to researchers looking for a solution [11].

The Georgian scientist D. N. Uznadze, the author of the installation theory, who tried to explain it based on the installation theory, was also engaged in the study of the motive problem. He evaluates the motive as a source of subjective activity, associating it with the need of the individual. In his opinion, motivation is a stage leading to volitional action. The author, developing a theory concerning the essence and content of motivation, believes that it consists in finding and finding an action that is fixed in the structure of human life, becoming its basis. The state of D. N. Uznadze's original explanation of the need, the casting of the question of the functions of the motive in real behavior and their relationship with the attitude led to the enrichment of the theory of motivation. However, the

interpretation of the installation as an incomprehensible mental state leads to the fact that it is considered as a controversial phenomenon in motivation [12].

V. M. Myasyshev deals with motives from the perspective of the attitude of the individual [16]. Consequently, the motive, in his opinion, arises in the manner of a person's attitude. According to the author, the motive is nothing but an expression of attitude to the object of action. V. I. Kovalev [17], On the other hand, approaches the motive from the point of view of its compliance with human needs.

P. M. Jacobson is one of the scientists who have extensively investigated the problem of motive [15]. The author's research of the problem of motives in post-Soviet psychology and abroad, reflections on various views on it, summarizes in his monograph. At the same time, he analyzes the question of the motives of educational and labor activity for the connection of the

motivational framework with the main characteristics of the individual. The analysis of scientific resources on aspects of activity and personality is important for expanding the scope of research in this area.

The monograph of S. M. Moskvichev [18] is also devoted to the interpretation of the problem of motives in psychological research, which examines the views of psychologists from abroad on motivation, analyzes some aspects of the motives of labor activity. Abroad, he analyzes the concepts of self-expression (activation), self-affirmation (self-realization, restoration of one's authority and authority), "inadequacy of affect", the level of exactingness.

Based on the above, it is worth noting that the study of the motives of sport and activities in general has always aroused great interest among scientists. Our study was also aimed at studying the psychological characteristics of sport activity in adolescent athletes.

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