



THE INFLUENCE OF MOTIVATION ON THE MENTAL STATES OF ATHLETES IN THE TRAINING AND COMPETITION PROCESS

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Abstract. Sports activities take place in difficult extreme conditions of competitions, characterized by training loads at the level of the ultimate capabilities of the human body. Physical and mental stress, unusual in intensity and duration, are caused by the characteristics of sports activities: the specifics of its subject, competitive focus, the need for constant improvement of sports achievements. The focus on achieving an ever better result in high-performance sports is always accompanied by serious psychophysical overloads.

Key words: Sport, training, mental stress, motivation, mental stress, physical stress, mental state.

Introduction. The paper will review existing theories of motivation, such as self-determination theory, expectancy theory and goal theory. Then, an analysis of empirical studies conducted in this area will be presented, with an emphasis on the relationship between motivation and athletes' mental states, such as anxiety levels, self-esteem, achievement motivation and satisfaction with results.

The results of the study may have practical implications for coaches, psychologists and athletes, allowing for a better understanding of how to optimize motivation to achieve maximum results in sports. It is assumed that high levels of motivation will be associated with more positive mental states of athletes, such as confidence, motivation and satisfaction, while low levels of motivation may lead to anxiety, doubts and low self-esteem. In conclusion, this paper represents an important contribution to understanding the impact of motivation on athletes' mental states. [1] The results of the study can be used to develop effective motivation strategies in sports training, as well as for further research in the field of sports psychology.

Motivation is one of the key factors influencing athletes' mental states. In search of success and achievement of high results, athletes experience not only physical stress, but also emotional trials. It is motivation that becomes a kind of fuel for the athlete, supporting his confidence in his abilities and helping to overcome difficulties.

Analysis of literature.

The study of human motivation in psychology began quite a long time ago, but as many authors note, this problem has many contradictions. One of the contradictions in the study of motivation is the difference in the definitions and concepts used in psychology for such terms as motive, motivation, needs.

Motivation should be considered as a source of activity, a system of factors that determine human behavior and activity.

Motivation is not only a core characteristic of an athlete's personality, but also a factor that influences the nature of the processes of sports activity and sports results.

Therefore, the study of motivation should become a necessary condition for managing the activities of athletes.



Motivation for sports activities is the starting point for sports activities; without it, sports activities cannot be carried out.

Throughout a sports career, both the role of specific motives of athletes and the dominance of these motives can change, and the motivation of athletes in general can also change.

F. Hoppe wrote about the desire to achieve success or the motive for achieving success, D. McClelland said that the desire to achieve success in various types of activities is a stable need of an individual. The consideration of mental states as an independent psychological category began in the works of N.D. Levitov. [2] Mental states are the subject of research by such domestic specialists as V.A. Ganzen, E.P. Ilyin, A.B. Leonova, V.I. Medvedev, A.O. Prokhorov and others. In domestic sports psychology, mental states were studied by G.M. Gageeva, F. Genov, Yu.Ya. Kiselev, Yu.Yu. Palima, A.Ts. Puni, P.A. Rudik, O.A. Chernikova and others. At the same time, in sports psychology, the greatest attention is paid to "negative emotional states", overcoming of which, according to many researchers, is a condition for effective and productive activity, mental reliability, a criterion for an athlete's "readiness" to achieve the maximum result for himself. Specifically "sports" mental states are also distinguished: "the state of mental readiness of an athlete for competitions", "combat readiness", "mobilization readiness", characterizing the optimal level of preparation of an athlete for the psychophysical loads of sports and competitive activities and achieving results in competitions. Complex methods for diagnosing mental states are proposed, methods for regulating and self-regulating states are developed.

Research methodology. The motive of striving for success is considered as a desire to experience pleasure and pride in achieving the desired result. The motive of avoiding failure is considered as a tendency to respond to the experienced failure with a feeling of shame and humiliation.

Authors consider the desire for success and avoidance of failure differently. D. Atkinson says that these are different poles of the achievement motive: when a person strives for success, he does not experience fear of failure, and if he strives to avoid failure, then he has a weakly expressed motive for achieving success.[3]

Others say that the desire for success can be combined with the fear of failure, especially if failure leads to serious consequences. There is evidence that there may be a positive relationship between the desire for success and the avoidance of failure. We are talking about the superiority of one subject's desire for success or avoidance of failure in the presence of both of these motives. Success-oriented individuals choose tasks of average difficulty, they are confident in the success of their plans, they are always searching for information, are decisive in situations of uncertainty, can take responsibility, are persistent in achieving the goal, the level of claims in accordance with the outcome of the situation. Tasks that seem very easy to them will not bring them a sense of satisfaction and success, and when choosing too difficult tasks, the probability of failure increases, so they choose neither. When choosing tasks of average difficulty, success or failure become equally probable, the outcome depends only on the efforts made by the person.

One of the most significant mental aspects that also influences sports performance is the athlete's emotional state. It can play a role in both a positive and negative way. Positive emotions, such as joy and confidence, contribute to increased motivation and improved performance. In turn, negative emotions, such as fear and anxiety, can negatively affect an athlete's performance, impairing his concentration and performance.

An important aspect of the mental component of sports performance is also motivation. Motivation can be internal or external and determines the degree of persistence and desire of an athlete to achieve the set goals. Internal motivation is based on personal confidence, satisfaction from practicing a certain sport, as well as the desire to develop oneself and achieve a level of maximum performance. [4] External motivation is associated with external factors - for example, awards, recognition and praise, which can stimulate an athlete to achieve better results.



The research methods included: theoretical analysis of the problem, methods of collecting empirical material (testing, semantic differential method), methods of processing and analyzing statistical relationships and differences (descriptive statistics methods, method of comparing average values using Student's t-test for dependent and independent samples, correlation analysis, dispersion analysis, cluster analysis).

Analysis and results. Another important mental aspect is concentration. An athlete must be able to concentrate on the task at hand, ignoring all distractions. Often, concentration is hindered by negative thoughts, doubts, and physical or emotional fatigue. Mental training and practice help athletes develop concentration skills and improve their performance in sports. Mastering emotional regulation is also an important component of the mental component of sports performance. It is important for athletes to learn to control their emotions in order to prevent them from negatively affecting their concentration and performance. Tools and techniques such as breathing exercises, visualization, and meditation and relaxation practices can help athletes successfully manage their emotions and achieve higher results in sports.

Successful athletes understand the importance of these aspects and actively learn to manage their emotions, maintain high motivation and develop concentration skills. Psychological preparation usually becomes an integral part of the athlete's overall training process, carried out in conjunction with other elements of training. This is best achieved through the combined efforts of the coach, sports psychologist and athlete. [5] A knowledgeable and interested coach can master basic psychological skills and pass them on to the athlete, especially during real practice. Professional sports psychologists teach their clients the use of psychological techniques such as goal setting, energy management, relaxation skills to maximize results.

The aspect of sports psychology allows athletes not only to achieve physical improvement, but also to develop their mental potential, which directly affects their performance and results. Physical preparation of athletes is an important component of success, but without proper mental preparation, even the best athletes may not achieve the desired results. Mental preparation includes the development of various psychological skills and abilities, such as concentration, motivation, confidence, emotional control and stress resistance. The ability to manage your mental state during training and competitions allows athletes to achieve maximum potential and improve their results. Mental preparation is necessary not only for professional athletes, but also for amateurs who want to succeed in their sports activities. It helps to increase motivation and confidence in their abilities, develops the ability to work with stress and emotions. This allows athletes to remain calm and concentrated during training and competitions, which is a key factor for success in sports.

In sports, as in any physical activity, the importance of the mental component cannot be underestimated. Mental strength and motivation play an important role in achieving success. Physical preparation can be incomplete without proper psychological preparation.

In modern sports, where the level of competition is very high, mental strength becomes a key factor that decides the winner. It is important to have the ability to concentrate, control your emotions and trust your own abilities. This provides increased self-confidence and the ability to work in stressful situations.

Motivation is another fundamental aspect of psychological preparation in sports. Competitions and training can be tiring and require a lot of endurance. Motivation helps an athlete maintain enthusiasm and perseverance, even when the situation becomes difficult. It helps to set goals and strive to achieve them, regardless of the difficulties that the athlete may face.

Thus, psychological strength and motivation are an integral part of successful preparation in sports. They help an athlete withstand the physical and psychological challenges that arise during training and competitions. It is important to develop these aspects during training to ensure the harmonious development of the athlete and his success in sports activities.



Conclusions and suggestions. In sports, physical endurance plays an important role in achieving success. However, an equally important factor is the psychological preparation of the athlete. Motivation and emotional state are of great importance in improving physical endurance, as they affect the effectiveness of training and competitions.

Motivation is a source of energy that motivates an athlete to achieve their goals. It can be internal or external. Internal motivation comes from the athlete himself and is based on his personal values and goals. External motivation comes from external factors, such as rewards, recognition or support from others. Both types of motivation can be strong stimuli for achieving high physical endurance.

The emotional state of the athlete also affects his physical endurance. Positive emotions, such as joy, admiration and self-confidence, can increase the level of motivation and improve training results.[6] However, negative emotions, such as fear, stress or uncertainty, can lead to a decrease in the effectiveness of training and negatively affect the physical endurance of the athlete. Therefore, successful psychological preparation in sports includes the development of motivation and control over the emotional state. An athlete must find internal motivation that will help him overcome difficulties and achieve high results. In addition, it is important to be able to manage your emotions, find ways to relieve stress and maintain a positive emotional state during training and competitions.

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