



## THE INFLUENCE OF MOTIVATION ON THE FORMATION OF PERSONAL CHARACTERISTICS OF ATHLETES

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### Abstract

The role of motivation in the pursuit of success of these young players, the influence of motivation in the formation of individual characteristics, the results of organizing young players to engage in football training are highlighted.

**Keywords:** athlete, motivation, role, motive, success.

### Introduction

In the process of studying motivation, we encounter a number of psychological questions, the difficulty of answering these questions is that neither in modern general psychology nor in sports psychology, a clear solution to the problem of motivation of human actions has not yet been found.

The most effective approach to the study of motivation is Madsen's motivation synthesis concept, which aims to compare and analyze twenty of the most important modern motivation theories.

In the process of studying the influence of motivation on young football players' pursuit of success, we used the questionnaire developed by A. Mehrabian based on D.J. Atkinson's theory of achievement motivation. This methodology has been popularized in many countries and is used to differentially evaluate two interrelated, but opposite directions of motivational pursuit, i.e., the motivation to try to achieve success and the motivation to avoid failure. The reflection of the connection of these two directions of motivational striving in a person determines the type of person and, on this basis, determines his behavior. The results of the survey conducted on this issue are presented in the table below.

Table 4 Findings from the Achievement Motivation Questionnaire

t/r	Respondent	Motivation	
		Trying to achieve success	Avoiding bad luck
1	Jizzakh n = 22	184.0	92.1
2	Samarkand n=28	174.3	89.7
3	Karsi n=23	176.5	90.5



Students of Jizzakh, Samarkand, Karshi football academies participated in the research work. The study examined the influence of motivation on the pursuit of success in young football players. The results of the research identified two conflicting directions of motivation, i.e. levels of motivation to strive for achievement and motivation to avoid failure.

We can see that the motivation to try to achieve success showed an indicator of 184.0 points in students of Jizakh football academy, 174.3 points in students of Samarkand football academy, and 176.5 points in students of Karshi football academy. (See Table 4). Based on the results of the research, we can say that, although there is a small difference in their average scores, this motive is manifested as a leading direction in all three football academies (Jizzakh, Samarkand, Karshi). Commenting on the results of the motivation to try to achieve success, it is related to the qualities of young players, such as improving their individual skills, creative approach to training, realizing their potential, self-confidence, and determination. It is permissible to emphasize that based on the results of the motive of avoiding bad luck (students of Jizzakh football academy had 92.1 points, students of Samarkand football academy had 89.7 points, and students of Karshi football academy had 90.5 points), it can be said that the results of the research show that there is no big difference between the indicators, which indicates that the football training process conducted in the Jizakh, Samarkand, Karshi football academies shows the personality traits that lead young players to failure, i.e. cold-hearted, fearless, indecisive. It should be noted that they pay special attention not to reveal their qualities such as submissiveness and haste, and to be able to manage them. Results obtained in the study 2.1. in the paragraph corresponds to the research results obtained on the basis of T. Ellers' methodology of personal motivation to avoid failure. In the course of the research, it was shown that the factor of training personal qualities of young football players in their chosen activities is important for their success.

In our study, we aimed to study the influence of motivation in the formation of specific aspects of the athlete's personality. For this, we used B. Bassan's method of "Determining the direction of the person". This methodology is used to study the main life direction of a person as an indicator of a person's orientation.

In the research work, we tried to study the influence of motivation on the formation of the unique aspects of the personality of young players engaged in football training. In order to study this, we conducted research taking into account A.G. Kovalev's views on personality structure. According to A.G. Kovalev, the personality structure consists of its direction, ability, character and self-control components. According to him, the orientation of the individual or the component of a person's attitude to reality is often





determined by the motivation to achieve high achievement in sports. Exercising too much physical power in sports, experiencing a state of strong mental tension creates the need to defeat the opponent, and most importantly, tries to satisfy the urge to show a high sports result. That is why athletes have a strong need to work on themselves and improve their skills. This shows the philosophical unity of subject and object in sport.

Students of Jizzakh, Samarkand and Karshi football academies participated in our research work. The results of the research are presented in the table below.

Table 5 B. Bassa's research results on the method of determining the orientation of a person

t/r	Characteristics of personality orientation	Respondents		
		Jizzakh n=22	Samarkand n=28	Karshi n=23
1	To himself	15.7	13.7	12.5
2	To the dialogue	14.0	10.2	18.9
3	To the activity	18.1	15.3	14.6

Table 5 shows the research results of formation of 3 basic types of personality orientation of young football players.

Based on the results of research on self-orientation, we can express the following points.

According to the results of the research, according to the indicators of self-direction of young football players, the students of the Jizzakh football academy had 15.7 points, the students of the Samarkand football academy had 13.7 points, and the students of the Karshi football academy had 12.5 points. organized. Based on the results of the research, it can be said that the students of the Jizzakh football academy have slightly higher scores than the students of the Samarkand and Karshi football academies. This indicates that Jizzakh football academy youth players have a self-directed trait, that is, direct motivation and gratification, independent of work and cooperation. characteristics such as conditionality, aggressiveness in achieving a certain status, dominance, tendency to competition, shyness, anxiety, and introversion showed a relatively high level of these characteristics in the young players of the Samarkand and Karshi football academy. The high level of these qualities is characterized by a negative effect on their mutual cooperation and relationship during training and sports competitions. And this, in turn, cannot be expected to have a positive effect on the success of young players as a team, these qualities showed an average and below



average result in the young players of Samarkand and Karshi football academy (Samarkand 13, 7; Karshi 12.5 points), this situation showed self-direction in the young players of Samarkand and Karshi football academy in a positive way, as the obtained results show. From this it can be concluded that the formation of self-directed qualities in young football players trained in Samarkand and Karshi football academies is proportionally formed in connection with their motivation, which indicates that their training is being organized positively.

The results of the research on communication orientation characteristics of young football players showed a higher result in the students of the Karshi football academy (18.9 points) than the results of the students of the Samarkand (10.2 points) and Jizzakh (14.0 points) football academy. . Based on the results of the research, it can be said that the students of the Karshi football academy are oriented towards communication - that is, to communicate with the people around them, teammates in any situation, strive for cooperation, fulfill the tasks set before them, and sincerely help others, teammates. It was shown that the characteristics of social support in exchange for giving, attachment to the group, emotional relations with people and staying connected with them were formed at a relatively higher level than the young players of the Samarkand and Jizzakh football academy. Such a result indicates that the Karshi football academy has a positive effect on the young players' achievement of good results in training and sports competitions. During the conversation with the coaches of Karshi football academy, the above ideas were confirmed. The fact that the players of the age groups of the Karshi football academy have been showing high results in the national competitions for several years in their age groups is a clear proof of our opinion.

The pupils of the Samarkand football academy showed a low result (10.2 points) in terms of communication orientation of the person. This situation shows that the effectiveness of the activities conducted in this regard is low, and it is necessary to carry out spiritual and educational work with young players at a sufficient level. The interview process with the coaches also substantiated this.

The results of the research on the direction of activity of the young players of the football academy compared to the indicators of the students of the Jizzakh football academy (18.1 points), the students of the Samarkand football academy (15.3 points), the students of the Karshi football academy (14.6 points) shows a high result. Based on the result of the research on the nature of activity orientation, it can be said that the pupils of the Jizzakh football academy are more activity oriented than the pupils of the Samarkand and Karshi football academies, that is, they are interested in solving problems (technical and tactical) that arise in the field of activity, their activities it can







be seen that such characteristics as performing well as possible, striving for cooperation in the process of activity, and being able to protect one's opinion in achieving a common goal are clearly manifested. We can explain this situation as follows. It can be seen that the trainees of Jizzakh football academy try to master the technical and tactical methods of football training better in the process of preparing for football training and competitions, and try to achieve good results in competitions. However, the high index of their self-oriented traits (15.7 points), that is, the "I" of each student and the low index of their interpersonal oriented trait (14.0 points) we can see that the higher the activity orientation trait (18.1 points), the less positive effect it has on achieving success. We can see this situation in the results of students of Samarkand football academy. Although the performance of students of Karshi football academy on this quality (14.6 points) is lower than the performance of students of Jizzakh and Samarkand football academies, they show high results and achieve success in football competitions. we can explain it by the fact that they pay more attention to the qualities of team orientation, mutual communication, mutual cooperation, and the harmony of their technical and tactical actions during training and competition.

In our study, we studied the correlation coefficients between personality orientation scales of young football players. The table below shows its results (Table 6).

As can be seen from Table 6, a negative correlation was found between self-orientation and communication orientation in young football academy players. ( $t=-0.174$ ;  $P<0.001$ ).

Table 6 Indicators of correlations between young soccer players' personality orientation scales

	To himself	To the dialogue	To the activity
To himself	1	-0.174	0.441**
To the dialogue		1	-0.165
To the activity			1

The correlations between self and activity orientation characteristics showed a positive result ( $t=-0.441^{**}$ ;  $P<0.01$ ). There was a negative relationship between communication orientation and activity orientation ( $t=-0.165$ ;  $P<0.001$ ). As these results have an impact on the formation of the unique aspects of the personality of young players during football training, and their motivation to play football, we have already emphasized this situation above. .



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