



## THE IMPORTANCE OF MOTIVATION IN FOOTBALL PLAYERS ACHIEVING SUCCESS

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### Abstract:

This article explores the role of motivation in the success of athletes, focusing on research findings that highlight how motivation influences performance, goal setting, and overall achievement in sports. It examines various factors that contribute to an athlete's drive to succeed, emphasizing the psychological and emotional elements that impact their determination and ability to overcome challenges. The research sheds light on the crucial role motivation plays in enhancing athletic performance and the long-term success of athletes in their respective sports.

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

### Introduction

In the process of studying motivation, we encounter several psychological questions, and the difficulty in answering these questions lies in the fact that neither modern general psychology nor sports psychology has yet found a definitive solution to the issue of human behavior motivation.

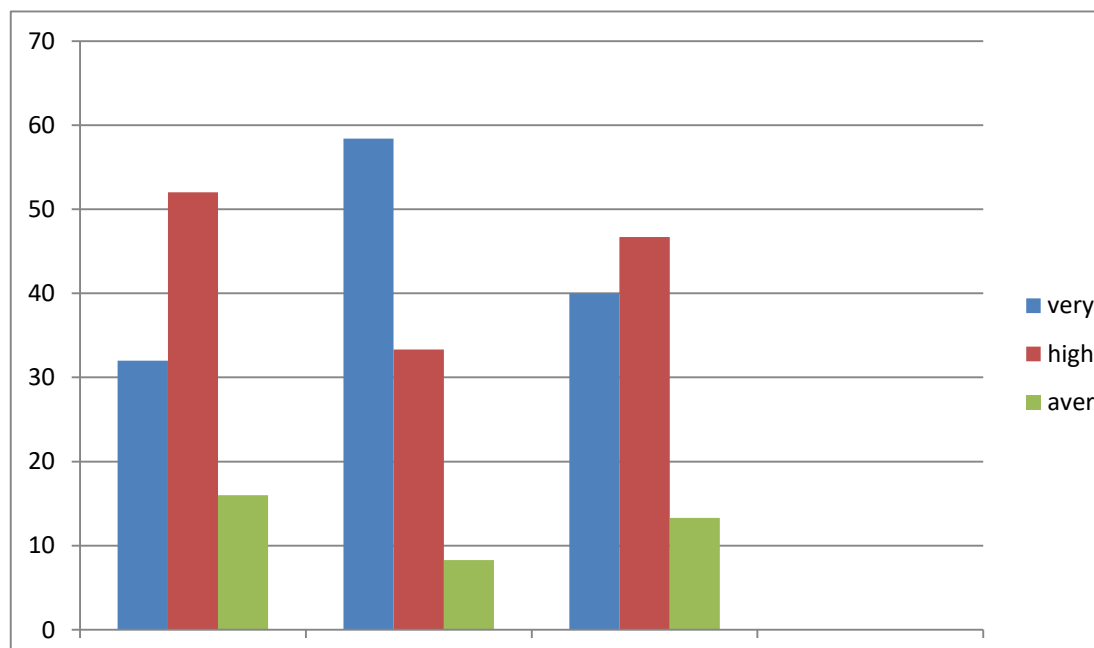
The most effective approach to studying motivation is Madsen's synthesis concept of motivation, in which twenty of the most significant modern motivation theories are compared and analyzed.

From this, it can be assumed that cognitive and dynamic processes are strongly related to an individual's attitude (set), a term that is highlighted in the works of D.N. Uznadze from the former Soviet psychology school and V.G. Norakidze from the field of sports psychology. The concept of attitude psychology is the second important theory and plays a significant role in defining motivation in sports activities.

The third concept is Atkins' theory of achievement motivation, which involves the use of specific questions to determine the role of success in human motivation.

In studying the role and importance of motivation in the success of young football players, we used T. Ellers' methodology for assessing an individual's motivation toward success. The research involved students from football academies in the Jizzakh, Kashkadarya, and Samarkand regions. The results of the conducted research are presented below. (Figure 1).





**Figure 1. Results of the individual's motivation for success.**

Based on the results of the conducted research, it can be said that the motivation for success among football academy students was expressed in various ways, which we can also observe from the research findings.

According to the obtained results, 16% of the students from the Jizzakh football academy, 8.3% of the students from the Karshi football academy, and 13.3% of the students from the Samarkand football academy showed an average level of motivation for success. The high level of achievement motivation was 52% in the Jizzakh football academy, 33% in the Karshi football academy, and 46.7% in the Samarkand football academy. The very high level of motivation for success was 32% in the Jizzakh football academy, 58.4% in the Karshi football academy, and 40% in the Samarkand football academy.

In interpreting the obtained results, we focused on the following factors (motivations) based on the essence of T. Ellers' methodology for assessing an individual's motivation for success, and these factors include:

- The individual ability of the students;
- The students' attitude towards training;
- The students' self-confidence;
- The students' perseverance in achieving success (goals).



**Table 1 Research Results on an Individual's Motivation for Success.**

№	Motivation factors	Jizzakh n-22			Karshi n-25			Samarkand n-23		
		Average 16%	High 52%	Very high 32%	Average 8.3%	High 33.3%	Very high 58.4%	Average 13.3%	High 46.7%	Very high 40%
1	Individual teacher assessment	4,0	13,0	8,0	2,1	8,0	15,0	3,1	12,0	11,0
2	Student attitudes towards children	4,0	13,0	6,0	2,1	7,0	14,0	4,1	11,7	10,0
3	Student self-confidence	4,0	12,0	8,0	2,0	8,1	14,0	3,0	11,0	9,0
4	Barriers to achieving student participation	4,0	14,0	10,0	2,1	10,2	15,4	3,1	12,0	10,0

Based on the results obtained regarding the students' individual abilities, it can be said that this indicator was at an average level of 4% among the students of the Jizzakh football academy, 2.1% among the students of the Karshi football academy, and 3.1% among the students of the Samarkand football academy. The results indicate that the students who showed these results do not give much importance to this factor in achieving success. The high level of achievement motivation related to this factor was 13% among the students of the Jizzakh football academy, 8.0% among the students of the Karshi football academy, and 12% among the students of the Samarkand football academy. These results suggest that the students showing the higher results place significant importance on this factor. This highlights the importance of this factor in improving football skills among the students of all three football academies. Regarding this factor, the very high level was 8.0% among the students of the Jizzakh football academy, 15% among the students of the Karshi football academy, and 11% among the students of the Samarkand football academy. These results are related to the students' motivation for success and indicate that this factor is one of the leading ones for them (Table 1).

Based on the results related to the students' attitude toward training, the following observations can be made. In the motivation for success of young football players, this factor showed an average level of 4% among the students of the Jizzakh football academy, a high level of 13%, and a very high level of 6.0%.

Based on these results, it can be said that the students' attitude towards football training shows a high level overall. This indicates that the students have a strong



interest in training and approach it with responsibility, as their individual abilities depend on their positive attitude toward training.

This factor was also observed in the students of the Karshi football academy, where the average level was 2.1%, the high level was 7.0%, and the very high level was 14%. Based on the results obtained, it is worth noting that the students of the Karshi football academy have a very positive attitude toward training. This, in turn, indicates that football training at the Karshi football academy is organized at a high level and that the coaches are experienced. Moreover, the results demonstrated by the students of the Karshi football academy in the research process are not accidental, as this academy is considered the leading football academy in the country.

The factor of students' attitude towards training was also studied for the students of the Samarkand football academy. The research results showed the following indicators for the students of the Samarkand football academy: the average level was 4.1%, the high level was 11.7%, and the very high level was 10%. Based on the results obtained during the research process, it can be said that the students of the Samarkand football academy demonstrated a positive attitude toward training, indicating that they are satisfied with the organization of football training and that this is crucial for improving their individual skills (see Table 1).

The factor of self-confidence among students is important in their motivation to achieve success. Based on the research results for this factor, the following observations can be made. Among the students of the Jizzakh football academy, self-confidence was at an average level of 4.0%, a high level of 12.0%, and a very high level of 8.0%. Regarding this factor, the research results for the students of the Karshi football academy showed the following: the average level of self-confidence was 2.0%, the high level was 8.1%, and the very high level was 14.0%.

The self-confidence factor indicators for the students of the Samarkand football academy showed an average level of 3.0%, a high level of 11.0%, and a very high level of 9.0%. Based on the results obtained, it can be said that the young football players' self-confidence is at a high level, and this is not only important for football players but also for students engaged in other sports. This is because, without high self-confidence, it is difficult for athletes to achieve success. Young football players prepare themselves for future competitions through technical and tactical training, and these trainings help develop self-confidence, which is one of the key psychological traits for athletes. During the research process, we observed that this factor, namely the students' self-confidence, was highly developed.

It is also worth noting that there was some variation in the self-confidence factor results. In the Karshi football academy, this result was very high (14.0%), while the





results for the Jizzakh and Samarkand football academies were almost identical (8.0% and 9.0%, respectively). It can be said that the overall self-confidence indicator for the students of the academies was almost the same (Jizzakh - 24%, Karshi - 24.1%, Samarkand - 23.0%). Based on this, it is worth noting that in the Jizzakh and Samarkand football academies, more attention should be given to individual psychological preparation for young football players. In this regard, we believe that the training at the Karshi football academy is organized at a higher level (see Table 1). In motivation for success, the perseverance factor plays an important role in students' achievements. The ability to withstand various difficulties and challenges on the way to achieving success requires great physical effort and willpower during the training process. In this situation, the individual needs to show perseverance.

During the process of studying motivation for success, we analyzed to what extent the perseverance trait is demonstrated. The results obtained in the research showed that in the Jizzakh football academy, the average level of perseverance was 4.0%, the high level was 14.0%, and the very high level was 10.0%. In the Karshi football academy, the average level of perseverance was 2.1%, the high level was 10.2%, and the very high level was 15.4%. For the Samarkand football academy students, the results were as follows: the average level was 3.1%, the high level was 12.0%, and the very high level was 10.0%.

The analysis of the research results shows that there were slight differences in the perseverance factor indicators for the students of the football academies in their success achievement. The very high level of this factor was higher for the Karshi football academy students (15.4%) compared to the Jizzakh (10.0%) and Samarkand (10.0%) football academy students (see Table 1). We can also observe a difference in the high level of perseverance for the Jizzakh (14.0%) and Samarkand (12.0%) football academy students, compared to the Karshi football academy students (10.2%). Overall, the generalized level of results for this factor showed that there was almost no difference between the students of the Jizzakh (28.0%) and Karshi (27.7%) football academies, while the Samarkand football academy students showed a relatively lower result (25.1%). However, these results indicate that young football players are forming positive perseverance traits that help them achieve success.

It is worth mentioning that football, often referred to as the game of millions, has its own unique characteristics, where the technical and tactical aspects of the game play a critical role. However, mastering football techniques and implementing the tactical system at a high level requires players to be persistent during training and practice sessions, demonstrating strong willpower. From this perspective, the perseverance factor is crucial in the success of young football players.



Based on the results of the research conducted above, the following conclusions can be drawn regarding the role of motivation in achieving success in sports:

1. It is crucial to further develop the positive attitude towards football training in students of football academies to improve their individual skills.
2. Special attention should be given to the psychological preparation of young football players to develop high levels of self-confidence motivation.
3. The perseverance trait is an important factor in achieving success in sports. Therefore, the higher the development of the perseverance factor, the more significant it becomes in helping young football players achieve success.

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