



## FORMATION OF MOTIVATION FOR PHYSICAL EXERCISE AND SPORTS FOR PEOPLE WITH DISABILITIES

N. E. Nazarova

Bukhara State University, Bukhara, Uzbekistan

D. E. Ergashev

Bukhara State University, 3<sup>rd</sup> Year Student

### Annotation

This article discusses the issues of motivation for physical exercises and sports for people with disabilities, the means and methods of forming sports motivation.

**Keywords:** sports motivation, adaptive sports, the personality of a disabled athlete, methods of motivation formation, means of motivation formation.

### Introduction

The problem of motivation and motives of behavior in sports is one of the main problems in the study of sports psychology. There is hardly an area of psychology that does not touch upon the motivational process.

Motivation plays one of the most important roles in the life of an athlete. Any activity always has a motive, i.e., a reason w-hy it is carried out. Motivation should be seen as the impulses that cause the activity of the organism and determine its direction.

Active interest in physical exercises and sports is formed as a result of intrinsic motivation, which occurs when external motives and goals correspond to the capabilities of the student [2].

Formation of motivation includes several blocks - work with motives, goals, emotions, training and sports activities of athletes with disabilities. Within each of the blocks the work on actualization and correction of the former motives, stimulation of new motives and emergence of new qualities is carried out.

The study of motivation in adaptive sports is the identification of its real level and possible prospects, the field of its closest development in each disabled athlete and sports team as a whole.

The results of the study become the basis for planning the process of formation of motivation. [2] The formation of motives for physical exercises and sports in persons with disabilities is the creation of conditions in a sports team (team, club, physical education team, etc.) for the emergence of internal motivations (motives, goals,



emotions) to the training process or competitive activity, awareness of them by the student.

The personality of a disabled athlete is individual and, to some extent, unique. One has a low level of motivation and good physical data; another has average ability, but great motivation to achieve results. Often an athlete with good physical data performs below average, and vice versa, an athlete whose preparation for certain starts was insufficient, achieves success.

A disabled athlete's success or failure in sport cannot be attributed to any of his or her individual qualities. On the contrary, only by analyzing these qualities in close correlation can we understand the true reasons for the success or failure of a particular athlete.

This raises several practical questions that need to be resolved: how to form sport motivation in athletes with disabilities? How to maintain it? What means and methods should be used for this purpose?

Encouragement and stimulation in the form of awards, certificates, material rewards, verbal gratitude are the means of formation of motivation of athletes with disabilities to engage in physical exercises and sports.

Coaches-teachers of adaptive sports also should constantly think over possible methods of improvement of work and motivation to do physical exercises and sports with people with disabilities. An important role here is played by the fact that sometimes just demonstrative competitions attract everyone's attention, motivating athletes to further sports activities.

Based on our own experience of the training process with the hearing impaired, participation in organizing and conducting training sessions with visually and locomotor apparatus disorders, we have identified the following methods of motivation formation for doing physical exercises and sports for athletes of these nosological groups. The method of increasing the diversity of skills.

The method of increasing the importance of the action performed. The athlete, knowing and understanding how and when exactly the results of his work will be used, begins to feel the importance of his own work, which motivates him to perform it as quickly as possible with good quality.

Our own observations of athletes with disabilities in the process of training sessions showed that the most effective is the formation of motivation at individual stages of training.

Whatever activity athletes perform, they must have an idea and understanding of the goal and objectives of specifically performed actions and techniques before implementing mechanisms of self-control and self-assessment.





Let us elaborate on the formation of motivation at individual stages of training [3].  
Formation of Initial Motivation Stage. At the initial stage of training, the trainer-teacher can take into account several types of motivations of disabled athletes: to actualize motives of previous achievements ("we did a good job at the previous training"), to cause motives of relative dissatisfaction ("but did not achieve the skill of performing another very important technical technique"), to strengthen motives of orientation for the work ahead ("and since it will be very important to use it at the competition, for example in such situations"), to strengthen involuntary motives of surprise and desire to acquire

In this case, verbal gratitude for the correctness of a specifically performed technical action can be a means of forming motivation. As a method, it should be used to increase the importance of performing this action with the indispensable indication of the place of its application in the competition.

As a means of forming motivation can act as mobile and sports games, because they contain combined skills in the performance of technical action, foster a sense of camaraderie and teamwork, cooperation with a partner. As a method should be used to increase the variety of skills. The athlete understands that at the competition he can apply a variety of abilities and skills in performing a technical action, acquired by means of application in the training process of mobile and sports games.[1]

Stage of maintaining motivation in the training process. A very important stage of the formation of motivation. Here it is necessary to accentuate by the trainer the attention of athletes on importance of performance of this or that technical device, thus underlining their importance in concrete situations at competitions.

A means of forming motivation at the stage of its maintenance is verbal gratitude for the correctness of a specifically performed technical action. The method is to increase the importance of performing this action with the indispensable indication of the place of its application in the competition.

The stage of maintaining motivation at the end of active training in physical exercises and sports. It is important that each athlete leaves the activity with a positive personal experience and that at the end of the training there should be a positive attitude towards further improvement of technical skills. A verbal encouragement of athletes who have shown themselves best in training is an important means of forming motivation at this stage.

Formation of motivation for physical exercises and sports activities in athletes with disabilities who are lagging behind includes the following directions: first of all restoration of positive attitude to training and to individual technical and tactical activities for which we should start with these athletes performing technical skills that



they already know how to perform well, to maintain their confidence, reinforce even small successes, create conditions for positive experiences of success, ask often, listen patiently.

At the same time, it is important to strengthen retarded athletes' own desire to train: to teach athletes to perform actions in a clear sequence with the use of story and demonstration, with compulsory bringing each action to the stage of automation; to specially teach more complex actions.

In working with underachieving athletes with disabilities, it is necessary to implement all of the above, offering to begin with goal-setting exercises and stimulating motives, while reinforcing the ability to train.

To form and build up motivation to exercise and sport in persons with disabilities means not to put ready-made motives and goals in the athlete's head, but to achieve a situation where desirable motives and goals would form and develop taking into account past experience, individuality, and the internal aspirations of the athlete himself/herself.

### Literature Used

1. Makhov A.S. Theory and practice of management of development of adaptive sports in Russia: monograph / A.S. Makhov. - Shuya: Publishing house of Shuya branch of FGBOU VPO "Ivanovo State University, 2013. - 185 с.
2. Makhov A. S. Management of the development of sports clubs for persons with hearing impairment: socio-pedagogical aspects : a monograph / A. S. Makhov. - Saarbrücken : LAP LAMBERT Academic Publishing, 2012. - 123 с.
3. Makhov A. S. Actual issues of infrastructure of adaptive sports in the Ivanovo region / A. S. Makhov // Actual problems of regions and municipalities: interuniversity collection of scientific papers / Ed. by B. D. Babaev. - Shuya: Publishing house of State Educational Institution of Higher Professional Education "ShPU", 2010. - С. 67-76
4. <https://media.neliti.com/media/publications/344434-psychological-aspects-of-training-young-2ee64efd.pdf>
5. Alimovich F. U. AJMR //AJMR.
6. Farmonov U. TEACHING OF PHYSICS FOR STUDENTS OF NATURAL DIRECTION WITH INNOVATION TECHNOLOGIES //Физико-технологического образование. – 2020. – №. 1.
7. Farmonov U. A. BASIC CONCEPTS AND DEFINITIONS OF SPORTS TOURISM, ESPECIALLY ITS ORGANIZATION //Теория и практика современной науки. – 2019. – №. 5. – С. 21-24.7





8. Farmonov U. A. RESEARCH PARK. – 2021.
9. Farmonov U. A. BASIC CONCEPTS AND DEFINITIONS OF SPORTS TOURISM, ESPECIALLY ITS ORGANIZATION //Теория и практика современной науки. – 2019. – №. 5. – С. 21-24.
10. Alimovichn F. U. The system of training young basketball players at the initial stage of training at school //Asian Journal of Multidimensional Research (AJMR). – 2020. – Т. 9. – №. 11. – С. 93-98.
11. Abdullayev M. J., Berdiyev O. I., Omonova N. R. Methodology Of Organization Of" Physical Education And Sports" Lessons In Higher Educational Institutions //The American journal of social science and education innovations (TAJSSEI) SJIF-5.857 DOI-10.37547/TAJSSEI. – 2021. – Т. 3. – №. 02. – С. 312-320.
12. Junaydulloyevich A. M., Haydarqulovich Q. H. THE DEVELOPMENT OF EFFECTIVE WAYS TO IMPROVE REPRODUCTIVE HEALTH OF MARRIED STUDENT GIRLS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 249-258.
13. Nurullaev A. R. Methods of developing endurance in students through the use of folk games in physical education classes //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 520-524.
14. Ruzimbaevich N. A., Ruzimbaev M. A. RESEARCH PARK. – 2021.
15. Нуруллаев А. Р. РЕАБИЛИТАЦИЯ СПОРТСМЕНА //Рекомендовано к изданию Советом по качеству УралГУФК Протокол № 8 от 14 мая 2018 г. – 2018. – С. 213.
16. Ruzimbaevich N. A., Ruzimbaev M. A. METHODOLOGICAL METHODS OF TEACHING CHILDREN FOR MOVEMENT ACTIVITIES IN THE PROCESS OF PHYSICAL EDUCATION CLASSES //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 313-322.
17. Нуруллаев А. Р., Гафурова М. Ю., Мансуров Ш. Ш. Деление спортивных занятий на периоды //Педагогическое образование и наука. – 2019. – №. 6. – С. 153-155.
18. Нуруллаев А. Р. Основные формы и сущности экономической демократии //Молодежь XXI века: образование, наука, инновации. – 2017. – С. 227-228
19. A.K.Ibragimov, F.I.Mo'minov. Methodology of optimization of training for young players // International Journal For Innovative Engineering and Management Research Vol 10 Issue 02, Feb 2021 ISSN 2456 – 5083 Page 43-48.
20. Rasulovich R. R. EFFECTIVENESS OF IMPROVING THE TECHNICAL AND TACTICAL MOVEMENTS OF MIDDLE-DISTANCE RUNNERS //E-Conference Globe. – 2021. – С. 309-314.



21. Рахмонов Р. ЎРТА МАСОФАЛАРГА ЮГУРИШДА МУСОБАҚАОЛДИ ТАЙЁРГАРЛИГИНИНГ ТУЗИЛИШИ ВА АСОСИЙ ЖИХАТЛАРИ //ЦЕНТР НАУЧНЫХ ПУБЛИКАЦИЙ (buxdu. uz). – 2020. – Т. 1. – №. 1.
22. Салимов, Г. М., Дустов, Б. А., Фарманов, У. А., & Рахмонов, Р. Р. (2020). Показатели констатирующего этапа экспериментальной работы по физическому развитию учеников 7-10 лет общеобразовательных организаций Узбекистана. Педагогическое образование и наука, (1), 91-97.
23. Рахмонов Р. Р. О „quvchi-yoshlarning jismoniy tayyorgarligini rivojlantirishda o„rta masofaga yugurish dinamikasini tahlil qilish ahamiyati. O`zbekiston Respublikasi xalq na`limi vazirligining ilmiy metodik jurnali. Toshkent. 2020 3-son may-iyun. 78-81-bet. 22.
24. Nematovich K. S. Abduyeva Sitorabonu Savriddin kizi, Fatullayeva Muazzam Azimovna, Kurbanov Shukhrat Kuldoshevich. Using of innovation terms in physical education and sport lessons and their social and educational features //Journal of Critical Reviews. doi. – Т. 10. – С. 470-471.
25. Abdueva S. S. Q. Determining the speed and strength of 14-15 year old handball players in jumping //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 1212-1220.
26. Abdueva S. S., Khurbonov S., Sabirova N. Evolution of physical performance and techniques of handball girls aged 11-12 //International Journal of Advanced Research in Science, Engineering and Technology (IJARSET). – 2019.
27. Abdueva S. S. Activities that increase children's interest in the sport of handball //Innovatsionnoerazvitienauki I obrozovaniemejdunarodnayanauchno-prakticheskayakonferensiya. – 2020.
28. Abdueva S. S. The pedagogical significance of physical culture and sports in the upbringing of a harmoniously developed generation //Integration into the world and connection of sciences| Интеграция в мир и связь наук| Dünyaya inteqrasiya va elmlarin əlaqəsi ISBN. – С. 978-9952.
29. <https://wos.academiascience.org/index.php/wos/article/view/120>
30. Mansurov S. S. Structure of special and competitive training stages of judoists //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 515-519.
31. Sh M. S., Ruzimbaev M. A. EDUCATIONAL UNION AND PUPIL DEVELOPMENT IN PHYSICAL EDUCATION //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 212-220.





29. Gafurova M. Y. The importance of educational methods in the organization of physical education //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 505-509.
32. Gafurova M. Y. U., Ruzimbaev M. A. METHODS OF TEACHING PUPIL PHYSICAL ACTIVITY IN PHYSICAL EDUCATION CLASSES //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 296-305.
33. Ibragimov A. K. Catalog of training tasks for training special endurance of young girl handball players //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 486-492.
34. Karomatovich I. A., Shokhrub U. Dynamics of jumping development of volleyballers in different ages //Middle European Scientific Bulletin. – 2021. – Т. 11.
35. Ibragimov A. K., Muxiddinovich L. A. INDIVIDUALIZATION OF PSYCHOLOGICAL TRAINING OF QUALIFIED HANDBALL PLAYERS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 234-241.
36. Ибрагимов А. К. Основа физкультурного образования школьников – знания по физической культуре //Рекомендовано к изданию Советом по качеству УралГУФК Протокол. – 2018. – №. 8. – С. 128.
37. Ibragimov S. E. RESEARCH PARK. – 2021.
38. Ibragimov A. K. DEVELOPING THE PROFESSIONAL COMPETENCE OF TEACHERS AS A PEDAGOGICAL PROBLEM //E-Conference Globe. – 2021. – С. 333-338.
39. Karomatovich I. A., Utkirjonovich E. F. CHARACTERISTICS OF TECHNICAL AND TACTICAL TRAINING METHODOLOGY OF BOXERS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 05. – С. 27-40.
40. Azimovna, Fatullaeva Muazzam. "RESEARCH PARK." (2021).
41. Azimovna F. M. THE QUALITY ASSESSMENT TECHNOLOGY AND DEVELOPMENT TECHNIQUES IN VOLLEYBALL PLAYERS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 242-248.
42. Azimovna F. M. Formation of spiritual and moral values of pupils in physical education lessons //Asian Journal of Multidimensional Research (AJMR). – 2020. – Т. 9. – №. 11. – С. 99-103.
43. Muazzam A. F., Farrux A. N. Motivation of students to do sports as part of physical education classes. Academicia. An international multidisciplinary Research Journal. Year: 2020, Volume: 10, Issue: 5. P: 1446-1450 //Online ISSN. – Т. 22497137.



44. Azimovna F. M., Ashrapovich N. F. Motivation of students to do sports as part of physical education classes //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 5. – С. 1446-1450.
45. Fatullayeva M. A. The pedagogical significance of the stages and methods of teaching volleyball //International journal on economics, finance and sustainable development. issn (electronic). – С. 2620-6269.
40. Azimovna F. M. Jismoniy tarbiya va sport mashg 'ulotlari jarayonida aqliy tarbiya va uning ahamiyati. Integration into the world and connection of sciences. – 2020.
46. Ergashovich S. A., Nasullaevich F. A. Professional training of future teachers of physical education //ACADEMICIA: An International Multidisciplinary Research Journal. – 2020. – Т. 10. – №. 11. – С. 510-514.
47. Sattorov A. E. Possibilities of Professional Culture Future Physical Training Teachers //Eastern European Scientific Journal. – 2018. – №. 2.
48. Sattorov A. E., Saidov G. K. IMPROVING THE TRAINING ELEMENTS IN PRIMARY TRAINING GROUPS OF SPORTS SCHOOLS //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 05. – С. 737-746.
49. Алламуродов Б. Н., Сатторов А. Э. об использовании компьютерных технологий при решении задач технического характера //Современные Web-технологии в цифровом образовании: значение, возможности, реализация. – 2019. – С. 172-175.
50. Сатторов А. Э., Махмадалиев Э. Ш. о роли информационно-технологических дисциплин в подготовке будущих специалистов //Поведенческие теории и практика российской науки. – 2021. – С. 87-88.
51. Muxitdinova Nigora Mexrididinovna Covering physical education issues in the first step Curriculum International Engineering Journal for Research & Development 2022.05.01 с 1-7
52. N.M. Muxitdinova Physical educational activities with children educational methods and organizations used in organization general description of them Middle European scientific bulletin 498 с 2021 12 май
53. Jalolovich S. J. Physical training and sports are the main tool in the formation of a healthy lifestyle //Web of Scientist: International Scientific Research Journal. – 2021. – Т. 2. – №. 04. – С. 267-272.
54. Jalolovich S. J. Aspects of the formation of a healthy lifestyle among students by means of physical culture //Asian Journal of Multidimensional Research (AJMR). – 2020. – Т. 9. – №. 11. – С. 108-111.
55. Шохимов Ж. Ж. Дистанционное образование-новый этап обучения //Проблемы педагогики. – 2021. – №. 3 (54). – С. 13-14.







56. Jonibek S. SWOT ANALYSIS IN THE STRUCTURE OF INFORMATION TECHNOLOGIES OF PHYSICAL EDUCATION //Web of Scientist: International Scientific Research Journal. – 2021. – T. 2. – №. 05. – C. 131-139.

