

## THE IMPORTANCE OF MOTIVATION IN THE ACHIEVEMENTS OF YOUNG FOOTBALLERS

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This article discusses the results of a study on the role of motivation in the success of athletes.

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

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

In the process of studying motivation, we encounter a number of psychological questions, the difficulty of which is that no clear solution has yet been found to the problem of motivation of human actions in both modern general psychology and sports psychology.

The most effective approach to the study of motivation is Madsen's concept of motivation synthesis, which focuses on a comparative study of the twenty most important modern motivational theories and attempts to analyze them.

From this it can be assumed that cognitive and dynamic processes are strongly associated with the instruction (establishment) of the individual, a term that is reflected in the work of V.N.Norakidze, a representative of the D.N. Uznadze school and sports psychology in the former Soviet psychology. Instructional psychology is the second most important concept in which it is important in defining the motivation of sporting activity.

The third concept is Atkins theory of performance motivation, in which specific questions are used to determine the role of success in human motivation.

In studying the role and importance of motivation in the success of young footballers, we used T.Ellers' methodology of motivating an individual to succeed. Pupils of football academies of Jizzakh, Kashkadarya and Samarkand regions took part in the research. The results of the study are presented below. (Figure 1).

Based on the results of the research, it can be said that the motivation for success among the pupils of the football academy was expressed differently, which we can see from the results of the research.

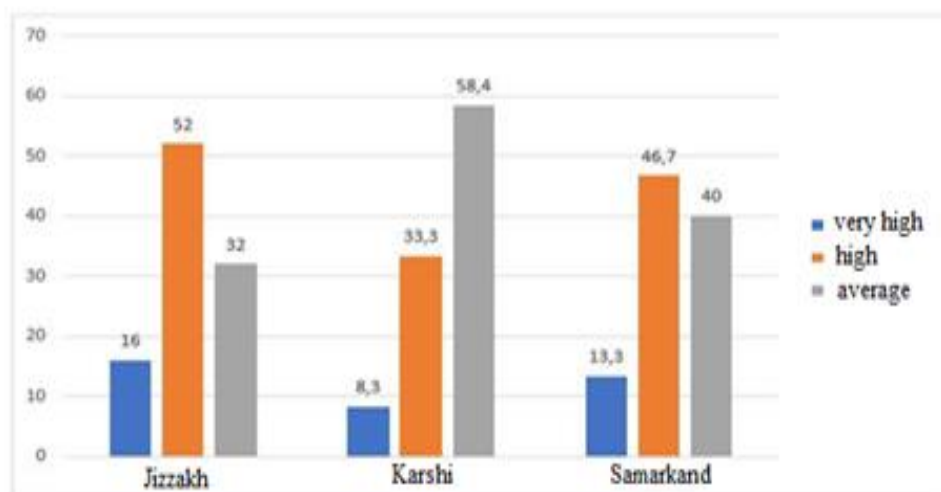


Figure-1. Results of a person's motivation for success

Based on the results of the survey, it should be noted that 16% of pupils of Jizzakh football academy, 8.3% of pupils of Karshi football academy and 13.3% of pupils of Samarkand football academy showed an average level of motivation for success. High level of motivation for success was 52% in Jizzakh football academy, 33% in Karshi football academy, 46.7% in Samarkand football academy, very high motivation for success was 32% in Jizzakh football academy, 58.4% in Karshi football academy Samarkand football the academy showed 40% results.

In interpreting the results, we focused on the following motives (factors) of the pupils who participated in the study, based on the content of T. Ellers' methodology of personal motivation for success:

- individual skills of pupils;
- Attitude of pupils to the lesson;
- pupils' self-confidence;
- Persistence in achieving success (goal) of pupils.

**Table 1: On the motivation of the person to succeed research results**

№	Motivational factors	Jizzax r-22			Karshi r-22			Samarqand r -23		
		on 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 skills of pupils	4,0	13,0	8,0	2,1	8,0	15,0	3,1	12,0	11,0
2	Pupils attitudes to the lesson	4,0	13,0	6,0	2,1	7,0	14,0	4,1	11,7	10,0
3	Pupils self-confidence	4,0	12,0	8,0	2,0	8,1	14,0	3,0	11,0	9,0
4	Persistence in pupils success	4,0	14,0	10,0	2,1	10,2	15,4	3,1	12,0	10,0

Based on the results of individual skills of pupils, it can be said that the average level of this scientist was 4% of pupils of Jizzakh football academy, 2.1% of pupils of Karshi football

academy and 3.1% of pupils of Samarkand football academy. The results show that pupils who show the above results do not pay much attention to this factor in achieving success. The high level of this factor of success was 13% among pupils of Jizzakh football academy, 8.0% among pupils of Karshi football academy, and 12% among pupils of Samarkand football academy. The results show that this factor is of great importance in pupils who show the above results. This shows that all three football academy trainees play an important role in improving their football skills. The highest level of this factor was 8.0% among pupils of Jizzakh football academy, 15% among pupils of Karshi football academy, and 11% among pupils of Samarkand football academy. These results are related to pupils motivation to succeed. This indicates that this factor is important to them as one of the leading factors (Table 1).

Based on the results obtained on the factor of pupils' attitude to the lesson, the following comments can be made. In motivating young footballers to succeed, this factor showed the average level of pupils of Jizzakh football academy - 4%, high level - 13%, and very high level - 6.0%.

Based on these results, it can be said that the attitude of pupils to football training shows a high level in general. This indicates that pupils have a high level of interest in the lessons and a responsible approach to the lessons, because the development of their individual skills depends on a positive attitude to the lessons.

This factor was 2.1% on average, 7.0% on high and 14% on Karshi football academy. Based on the results obtained, it should be noted that the attitude of pupils of the Karshi Football Academy to training is very high. This, in turn, testifies to the high level of football training at the Karshi football academy and the experience of the coaches. At the same time, the results of the pupils of the Karshi football academy in the research process are not in vain, as this academy is the leading football academy in the Republic.

The factor of pupils attitude to training was also studied among pupils of Samarkand football academy. The results of the study were reflected in the pupils of the Samarkand football academy in the following indicators: the average level of this factor was 4.1%, the highest level was 11.7%, the highest level was 10%. Based on the results of the study, it can be said that the attitude of pupils of the Samarkand football academy to training is positive, which indicates the importance of pupils satisfaction with the organization of the football training process, improving their individual skills (see Table 1).

The self-confidence factor of pupils is important in motivating pupils to succeed. Based on the results of research on this factor, the following comments can be made. The self-confidence of the pupils of Jizzakh football academy was 4.0% on average, 12.0% at the highest level, and 8.0% at the very highest level. The results of the study on this factor among pupils of Karshi football academy were as follows. The average level of self-confidence of pupils was 2.0%, the high level was 8.1%, and the very high level was 14.0%.

The self-confidence of pupils at the Samarkand football academy was 3.0% on average, 11.0% at high level and 9.0% at very high level. Based on the results of the study, it can be said that young footballers have a high level of self-confidence, which should be the case not only among players, but also among pupils involved in other sports. Because unless an athlete's self-confidence is formed at a high level, it will be difficult for them to succeed. During the training sessions, young footballers prepare themselves for future competitions on the basis of technical and tactical training, which builds self-confidence, which is one of the characteristics

of psychological training. In the research process, we can see that this factor, i.e., pupils self-confidence, is formed at a high level.

At the same time, it should be noted that there was a slight difference in the results of the self-confidence factor of pupils. We can see that this result is very high (14.0%) among the pupils of the Karshi football academy, which showed almost the same result among the pupils of Jizzakh and Samarkand football academy (8.0% and 9.0%). It should be noted that the general indicators of self-confidence of pupils showed almost equal results (Jizzakh -24%, Karshi -24.1%, Samarkand -23.0%). On this basis, it should be noted that in the trainings of Jizzakh and Samarkand football academies should pay more attention to individual work with young players on psychological training. In this regard, it should be noted that in our opinion, the trainings at the Karshi football academy are organized at a high level (see Table 1).

Persistence is also an important factor in pupils' success in motivating an individual to succeed. The various challenges a person faces in the pursuit of a goal of success, the ability to cope with situations, and the exercise in the process of training require great strength and willpower. It should show the character of perseverance in the situation.

In the process of studying an individual's motivation to succeed, we analyzed the extent to which the character of perseverance manifests itself. The results of the study showed that the average level of pupils of Jizzakh football academy was 4.0%, the highest level was 14.0%, the highest level was 10.0%, and the average level of pupils of Karshi football academy was 2.1%, the highest level was 10.2%, a very high level of 15.4%. Among the pupils of the Samarkand Football Academy, this factor averaged 3.1%, a high level of 12.0% and a very high level of 10.0%.

An analysis of the results of the study shows that there was a slight difference in the indicators of the persistence factor in the success of football academy pupils. The very high level of this factor showed a slightly higher level in Karshi (15.4) football academy than in Jizzakh (10.0), Samarkand (10.0) football academy (Table 1). We can also see the difference in the high level of persistence in the success of pupils of Jizzakh (14.0) and Samarkand (12.0) football academies. The highest level of this factor was 10.2% among pupils of Karshi football academy. In general, the generalized level of research on this factor showed almost no difference between pupils of Jizzakh (28.0), Karshi (27.7) football academies, and relatively low among pupils of Samarkand (25.1) and football academies. But these performances of young players are a positive sign that they are developing the qualities of perseverance they show in achieving success.

It should be noted that millions of games are specific aspects of football, in which the technical and tactical aspects of the game of football are more important. However, mastering the technique of football, to implement the tactical system of the game at a high level requires the player to be persistent in training and practice, to show his willpower. In this regard, perseverance is an important factor in the success of young footballers.

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

1. The football academy plays an important role in further developing the positive attitude of pupils to football lessons in improving their individual skills.
2. Special attention should be paid to the psychological preparation of young footballers for the formation of a high level of self-confidence.

3. Perseverance is an important factor in success in sports. Therefore, how well the persistence factor is formed is important in the success of young footballers.

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