

MOTIVATION FOR SPORT ACTIVITIES OF HIGHLY QUALIFIED ROWERS OF UZBEKISTAN AT THE STAGE OF PRESERVING SPORT ACHIEVEMENTS

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ABSTRACT

This article describes a comprehensive analysis of the most important psychological aspects of maintaining high sporting achievements at the final stages of long-term training of rowers in kayaks using specially designed questionnaires, questionnaires on methods for determining social frustration of Wasserman - Boyko, the scale of self-efficiency of R. Schwarzer and M. Yerusalem, self-reported level of anxiety of Spielberg-Hunting. We also used an expert assessment of the factors that are of priority importance at the final stage of sports improvement and the form of the methodology for determining the reasons for the end of a sports career, proposed by E.P. Ilyin.

Keywords: Psychological preparation, kayaking, motivation, the stage of preserving sports achievements, social frustration, the scale of self-efficiency, the level of anxiety.