

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.

INTRODUCTION

The effectiveness of training management at the stage of preserving achievements largely depends on taking into account all factors that have a significant impact on the effectiveness of sports improvement, among which the individual reserve capabilities of the body, health status, the ability to endure high training and competitive loads, psychological and social characteristics of life play a significant role athletes.

The interrelated study of all sides of readiness in the aspect of maintaining the achievements of athletes is associated with a systematic approach to the study of the problem of long-term sports improvement, which allows to identify the relationship between the key aspects of training, to determine the characteristic features for the final stage of sports improvement, to identify the conditions that determine its effectiveness [3, 2014; 5, 2015; 6, 2005; 8, 2016].

The purpose of this article is a detailed disclosure of the psychological characteristics of kayak rowers at the stage of maintaining sports achievements and the study of ways to maintain high sports results.

Among the problems of psychological support of sports training, maintaining the motive for good, productive, long-term work can be considered the number one problem. What is needed in order to maintain the highest possible activity, productivity, quality of the training process, how to induce an athlete to give up his strength, how to maintain this activity and interest in sports for many years - these are the questions of this problem [1, 2003; 2, 2008; 4, 2013].

RESEARCH RESULTS AND THEIR DISCUSSION

The analysis of the obtained data showed that the assessment of self-efficacy by rowers does not change in relation to gender and sporting rank (Table 1).

Correlation analysis showed a significant relationship between self-efficacy and a number of socio-psychological indicators (Fig. 1).

Figure 1. Correlation relationships between the indicator of self-efficacy and other socio-psychological characteristics of the personality of canoe rowers, (n = 53, p <0.05)

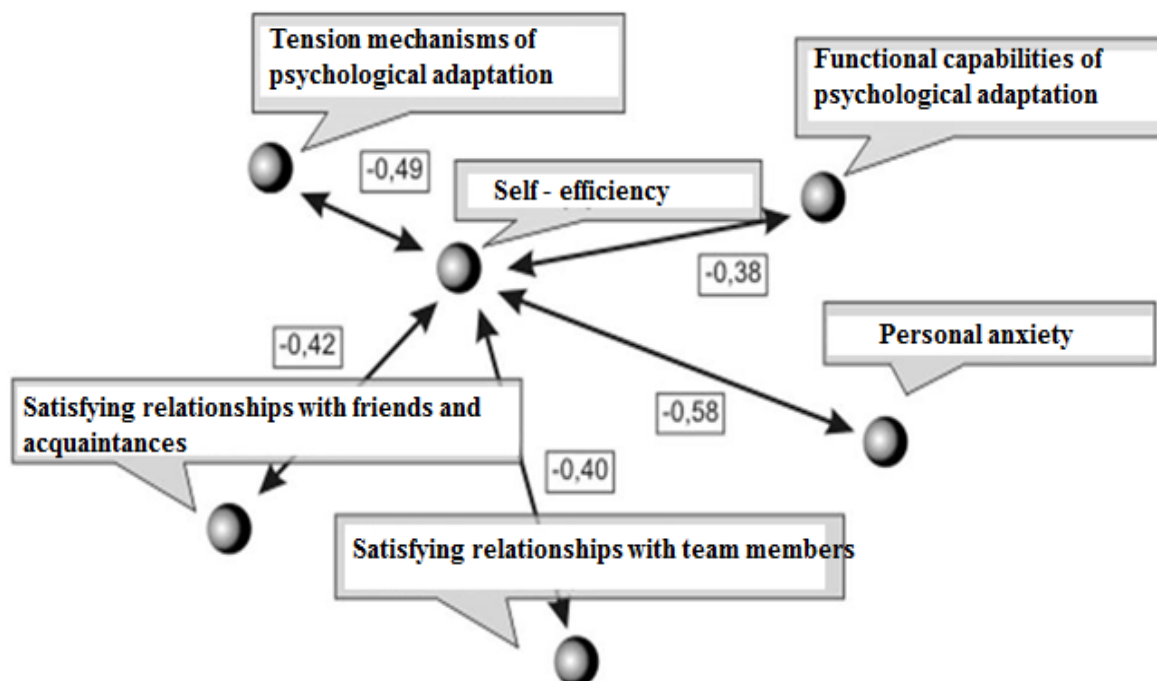


Figure 3. Correlation relationships of interest in going in for sports with other considered factors.

The analysis of the results obtained showed the heterogeneity of indicators of interest in sports among rowers-canoeists. The exception is interest in the period of the highest results.

The data obtained show that interest in sports increases with the growth of sports results. The high heterogeneity of indicators is explained by the fact that rowers-canoeists with various qualifications and training experience took part in the research. The analysis of the interest of athletes with the qualification Master of Sports of international class showed that the motivation of such athletes increases, reaching the maximum level during the period of the highest results and remains stable in the rest of the periods under consideration, while the homogeneity of the indicators is observed practically for all the periods under consideration (Table 2).

Table 2: Interest in sports of canoe rowers with the qualification of an International Master of Sports

Period of classes	Interest, y.e.		
	\bar{x}	σ	V
In the first year of classes	44	32,0	72,7
In adolescence (17 - 18 years old)	78,3	17,2	21,9
In junior age (19 - 21 years old)	78,4	20,4	26,0
During the period of the highest results	89,3	13,1	14,7
Currently	89,3	14,5	16,2
After 2 - 3 years (in the next Olympic cycle)	89,2	13,2	14,9

To study the significance of various needs and their influence on motivation for rowing in kayaks among qualified athletes, we proposed to assess the level of influence of certain needs on the continuation of sports (Table 3).

The analysis of the obtained results showed that the most important for a highly qualified athlete are moral needs. On average, these needs scored 87.6 points on a 100 point scale in relation to 73 points for material needs. The need for self-realization has the highest average score. However, the rank analysis showed that the most important need is "the ability to represent your country or city in competitions." The prospect of overseas travel is the least important need for high-end athletes. The least significant moral need is "Pleasure from training and exercise." The most important material need is Material Incentives. Needs that we did not classify as either moral or material - "Health" and "Others" - scored 73 points each. This may indicate that high-class athletes may neglect these needs to satisfy others [1, 2003].

Table 3: The Relevance of the Different Needs of Qualified Athletes to Continue Kayaking

Needs	average rank	sum of ranks	\bar{x}	Σ
The pleasure of training, physical activity	4,3	38,5	86,0	9,0
Communication with friends, acquaintances	6,3	56,5	81,7	31,9
Moral satisfaction from victories in competitions	6,8	61,0	90,2	18,9
Self-realization opportunity	6,0	54,0	91,9	6,6
The ability to represent your country, city at competitions	6,9	62,0	88,3	18,2
Opportunity or prospect of foreign travel	4,1	36,5	66,3	34,6
Material incentives	5,7	51,0	76,9	37,3
Gaining experience, acquaintances, etc.	5,3	48,0	75,8	34,6
Health status	4,9	44,5	73,2	32,4
Others	4,8	43,0	73,1	32,4

An analysis of the data characterizing the relationships of athletes with members of the training group showed that 44% of the subjects were normal, 42% were good, 10% were very good, and 4% were not very good. In men's teams, good relationships prevail, while women have normal relationships within the team. There was a significant difference in this indicator between men and women ($t = 3.2$). In our opinion, this tendency is explained by the higher competition in women's teams, associated with the peculiarities of the social relationships of women in women's teams.

In addition to individual psychological indicators, the process of training athletes in kayak rowing is influenced by the relationship between athletes in the team and between the coach and athletes [5, 2015].

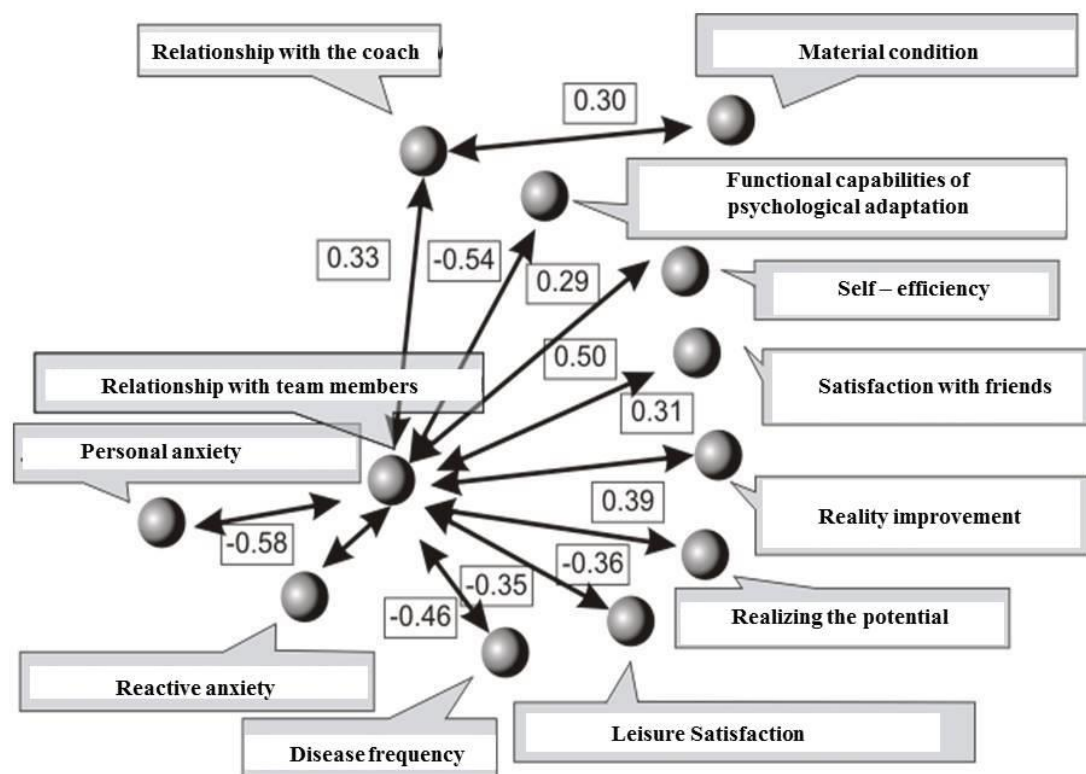


Fig 4. Correlation relationships between the indicator "Relationship with the coach" and the indicator "Relationship with the members of the training group (crew)" with other factors under consideration.

Correlation analysis revealed significant relationships of this indicator with the possibility of improving the result ($\rho = 0.31$, $p < 0.05$), the realization of potential ($\rho = 0.39$, $p < 0.05$), self-efficacy ($\rho = 0.29$, $p < 0.05$), incidence of diseases ($\rho = -0.35$, $p < 0.05$), relationship with a trainer ($\rho = 0.33$, $p < 0.05$).

The analysis of this issue about the relationship between athletes and a coach showed that 46% of the subjects had normal relations with the coach. 40% rated their relationship with the coach as good, 8% as very good, 5% as not very good and 3% as bad.

The indicator "Relationship between an athlete and a coach" correlates with the indicators "Relationship with members of the training group" ($\rho = 0.33$, $p < 0.05$) and the indicator "Financial standing" ($\rho = 0.30$, $p < 0.05$) (Fig. 4).

CONCLUSIONS

Based on the study, the following conclusions can be drawn:

- the performance of rowers is associated with a high level of self-efficacy ($\rho = 0.58$, $p < 0.01$), which allows us to state the reorientation of the athlete's entire lifestyle to the tasks of high-performance sports.
- a decrease in the assessment of the effectiveness of the own actions of qualified rowers-canoeists is associated with an increased level of stress in the mechanisms of psychological adaptation and a decrease in the level of functional capabilities of psychological

adaptation. Self-esteem among rowers is associated with indicators of personal anxiety, relationships with team members, others.

- rowers-canoeists are characterized by a moderate level of anxiety: personal (52%), reactive (64%), which indicates resistance to stressful situations, adequacy of response to situations.

- motivation to maintain achievements in rowing in kayaks is associated with the satisfaction of two main groups of needs: moral (the possibility of self-realization, satisfaction from victories in competitions, etc.) and material (reward, acquiring connections and acquaintances, etc.). It has been established that among highly qualified athletes, motivation to continue going in for sports is mainly determined by moral needs.

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