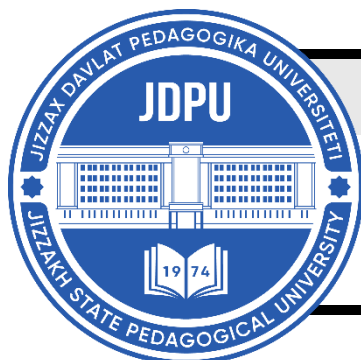


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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THE INFLUENCE OF MOTIVATION ON THE FORMATION OF  
PERSONAL ASPECTS OF AN ATHLETE***Otabek T. Baxromov**PhD**Jizzakh State Pedagogical University**Jizzakh, Uzbekistan***ABOUT ARTICLE**

**Key words:** Sport, motivation, coach, method, speech, competence, success, skill, determination.

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**Abstract:** Motivation is one of the leading factors in professional sports. The main part of the coach's activity is physical and tactical training, while motivational speech is the second main activity. This article discusses the importance of motivation given by a coach to highly skilled players. In order to improve the individual skills of the students of the football academy, it is necessary to pay special attention to their psychological preparation in order to further develop their positive attitude towards football training and to form a high level of self-confidence in young players. The determination of athletes is an important factor in achieving success in sports. That is why the formation of the factor of motivation and determination is important for the success of young players.

**INTRODUCTION**

Based on the analysis of the psychological characteristics of sports activities, it is worth saying that many researchers answer that the structure of sports activities corresponds to the structure of activities, but it is related to specific goals, motivation, content and results, including:

- the goal is to improve the skills of the subjects of sports activities and, as a result, to achieve the highest and planned result;
- motivation - to be healthy, to acquire special skills, knowledge and qualifications, to create social and household conditions of activity and to realize one's own opportunities and personal potential

-result - to have physical, technical, tactical and psychological preparation during the training phase and to show the number and quality level of the athlete in the competition.

The researchers highlight the psychological-pedagogical problems of sports, the tasks aimed at studying and analyzing various mental states of athletes during training and competition. However, sports activities take place in unique extreme conditions, which cause many difficulties for a person, and the will to overcome them, directing all his strength, and being able to control his position and movement are effective in overcoming these difficulties. will give.

In general, the subject's performance in sports is influenced by psychological factors, which can be divided into two groups:

- intro-individual (neurodynamic, emotional-motivational and cognitive sphere of the person - motives, personality traits and attitude);
- extro-individual (behavioral and communicative sphere of the person - the ability to work in a team, to use a pleasant psychological environment, to feel the collective state of mind, etc.).

Motivation is considered to be a spring of a wide level of activity, it motivates a sportsman to endure all the difficulties to achieve high results by playing a sport for many years. According to I.A. Dzhydaryan, "Any activity of a person is determined as a result of a clear reflection of the necessary requirements that he sets for himself in order to perform any action in the changing conditions of the internal environment, and as a subject of activity, a person is defined by his internal aspirations and psychological changes as a result of opportunities. Motivation is a complex mechanism of interrelationship of internal and external factors of a person's behavior, it emerges as the birth, direction of activity and specific forms and methods of its implementation.

Based on the above ideas, we aimed to study the influence of motivation in the formation of specific aspects of the athlete's personality in our research. For this, we used B. Bassan's method of "Determining the direction of the person". This methodology is used to study the main life direction of a person as an indicator of a person's direction. The methodology explores three basic types of personality orientation:

- self-direction;
- communication orientation;
- orientation to activity.

In the research work, we tried to study the influence of motivation on the formation of the unique aspects of the personality of young football players engaged in football training. In order to study this, we carried out research taking into account the views of A.G. Kovalev on the structure of personality. According to A.G. Kovalev, the personality structure consists of its direction, ability, character and self-control components. In his opinion, the orientation of the person or the component of the person's attitude to reality is often determined by the motivation to achieve high achievements

in sports. Exercising too much physical force in sports, experiencing a state of strong mental tension creates the need to defeat the opponent, and most importantly, tries to satisfy the desire to show a high sports result. That is why athletes have a strong need to work on themselves and improve their skills. This shows the philosophical unity of subject and object in sports.

Pupils of Jizzakh, Samarkand and Karshi football academies participated in our research work. The results of the research are as follows

Table 1

B. Bassa's research results on the method of determining the orientation of a person

t/r	Features of personality orientation	Respondents		
		Jizzakh n=22	Samarkand n=28	Karshkadarya n=23
1	To himself	15,7	13,7	12,5
2	To the dialogue	14,0	10,2	18,9
3	To the activity	18,1	15,3	14,6

Table 1

shows the research results of formation of 3 basic types of personality orientation of young football players.

Based on the results of the research on the orientation of the person to himself, we can express the following opinions.

#### MATERIALS AND METHODS

According to the results of the research, according to the indicators of self-direction of young football players, the students of the Jizzakh football academy had 15.7 points, the students of the Samarkand football academy had 13.7 points, and the students of the Karshi football academy had 12.5 points. Based on the results of the research, it can be said that Samarkand and Karshi football are among the trainees of Jizzakh football academy compared to the students of the academy, their indicators are slightly higher. This indicates that Jizzakh football academy youth players have a self-directed trait, that is, direct motivation and gratification, independent of work and cooperation. characteristics such as directionality, aggressiveness in achieving a certain status, dominance, tendency to competition, shyness, anxiety, and introversion showed a relatively high level of these characteristics in the young players of the Samarkand and Karshi football academy. The high level of these qualities is characterized by a negative effect on their mutual cooperation and relationship during training and sports competitions. This, in turn, is a team of young players it cannot be hoped that it will have a positive effect on their success, these qualities showed an average and below-average result in the young players of Samarkand and Karshi football academy (Samarkand 13.7 points; Karshi 12.5 points), In this case, the self-direction of the young players of Samarkand and Karshi Football Academy was not positive, as the obtained results show. From this it can be concluded that the formation of self-directed qualities in young football players educated in Samarkand and

Karshi football academies is proportionally formed in connection with their motivation, which indicates that their training is being organized positively.

The results of the research on communication orientation characteristics of young football players showed a higher result in students of Karshi football academy (18.9 points) compared to the results of students of Samarkand (10.2 points) and Jizzakh (14.0 points) football academy. Based on the results of the research, it can be said that the students of the Karshi football academy are oriented towards communication - that is, to communicate with the people around them, teammates in any situation, strive for cooperation, fulfill the tasks set before them, and sincerely help others, teammates. social support in exchange for giving, group attachment, emotional relationships with people, and staying connected to them showed that the characteristics of direction were formed at a relatively higher level than the young players of the Samarkand and Jizzakh football academies. Such a result indicates that the Karshi football academy has a positive effect on the young players achieving good results in training and sports competitions. The above ideas were confirmed during the interview with the coaches of the Karshi football academy. The fact that the players of the age groups of the Karshi football academy have been showing high results in the national competitions for several years in their age groups is a clear proof of our opinion.

The pupils of the Samarkand football academy showed a low result (10.2 points) in terms of personality traits. This situation shows that the effectiveness of the activities conducted in this regard is low, and it is necessary to carry out spiritual and educational work with young football players at a sufficient level. This was also confirmed by the interview process with the coaches.

The results of the research on the direction of activity of the young players of the football academy showed a high result compared to the indicators of the students of the Jizzakh football academy (18.1 points), the students of the Samarkand football academy (15.3 points), and the students of the Karshi football academy (14.6 points).

is showing. Based on the result of the research on the nature of activity orientation, it can be said that the students of Jizzakh football academy are more activity oriented than the students of Samarkand and Karshi football academies, that is, they are interested in solving problems (technical and tactical) that arise in the field of activity, and their activities are as possible as possible. it can be seen that such characteristics as good performance, striving for cooperation in the process of activity, and the ability to protect one's opinion in achieving a common goal were clearly absent. We can explain this situation as follows. In the process of preparing for football training and competitions, students of the Jizzakh football academy learn more about the technical and tactical aspects of football training.

it can be seen that they try to master the methods well, and try to achieve good results in competitions. However, their high score of self-orientation (15.7 points), i.e., each student's "I" and

their low score of interaction-orientation (14.0 points) we can see that the higher the activity orientation trait (18.1 points), the less positive effect it has on achieving success. We can see such a situation in the results of students of Samarkand football academy. Although the performance of students of Karshi football academy on this quality (14.6 points) is lower than the performance of students of Jizzakh and Samarkand football academies, they show high results and achieve success in football competitions. we can explain it by the fact that they pay more attention to the qualities of team orientation, mutual communication, mutual cooperation, and the harmony of their technical and tactical actions during training and competition.

This situation was also confirmed during the additional interview with the coaches during the research. At the end of the interview, the coaches of Jizzakh and Samarkand Football Academy were given the necessary advice on psychological preparation, team cooperation and team goals.

Based on the results of the research, it can be said that the difference between the general indicators of young players does not show a big difference (see Table 2). Under the influence of the motivation of young players in the process of engaging in football training, their self-focus, self-respect, superiority over others, aggressiveness in achieving a position, anxiousness, the desire for communication, mutual cooperation, combined with characteristics such as social support, helping others, and the need for emotional closeness with people, having a positive effect on oneself and communication.

## RESULT AND DISCUSSION

Table 2

### General indicators of the method of determining the personality orientation of young football players

t/r	The orientation of the person	x (n=71)	$\sigma$ (n=71)	t (n=71)
1	To himself	13,98	1,99	-0,724
	To the dialogue	14,38	4,13	
2	To himself	13,98	1,99	-8,030**
	To the activity	16,01	2,27	
3	To the dialogue	14,38	4,13	-2,912*
	To the activity	16,01	2,27	

Note: \* $r < 0.05$ , \*\* $p < 0.01$

The results of the research show that the difference between the indicators of self-orientation and activity orientation of young football players is that the more they are oriented towards the activity, the more they are able to solve the problems that arise in the team activity, to perform the exercises well during training, mutual cooperation, giving up one's own interests to achieve a common goal.

The results of the research showed that the features of communication and activity orientation of young football players help in the formation of personal qualities such as mutual cooperation, social support, helping others, emotional closeness with teammates, acting under one goal.

In our study, we studied the indicators of correlation between personality orientation scales of young football players. The table below shows its results (Table 3).

**Table 3****Indicators of correlations between personality orientation scales of young football players**

Scales	To himself	To the dialogue	To the activity
To himself	1	-0,174	0,441**
To the dialogue		1	-0,165
To the dialogue			1

As can be seen from Table 3, a negative correlation was found between self-orientation and communication orientation in young players of the football academy. ( $t = -0.174$ ;  $P < 0.001$ ). The correlations between self and activity orientation characteristics showed a positive result ( $t = -0.441^{**}$ ;  $P < 0.01$ ). There was a negative relationship between communication orientation and activity orientation ( $t = -0.165$ ;  $P < 0.001$ ). These are the results of football training

As it affects the formation of unique aspects of personality in young football players, as well as their motivation to play football, we have already emphasized this situation.

As can be seen from Table 4 below, there is a clear difference between the indicators of young football players in terms of personality orientation when compared regionally. Differences in self-oriented characteristics of young football players were found between Jizzakh and Karshi regions, in communication-oriented characteristics in Jizzakh and Karshi, Samarkand and Karshi regions, and in activity-oriented characteristics between Jizzakh and Samarkand, Jizzakh and Karshi regions. These identified differences once again confirm our opinions expressed above about the results of the research, that is, in the manifestation of specific aspects of the person's orientation (to himself, communication and activity), the regional environment, educational activities and indicates that there is an effect of motivation on competitions.

**Table 4****Indicators of personal orientation of young players (territorial characteristics)**

Scales		x	$\sigma$	t
To himself	Jizzakh	15,66	1,35	4,715**
	Samarkand	13,77	1,73	
	Jizzakh	15,66	1,35	9,026***
	Karshkadarya	12,51	1,45	
	Samarkand	13,77	1,73	
	Karshkadarya	12,51	1,45	3,954***
	Jizzakh	14,00	1,70	7,848***
	Samarkand	10,22	2,27	
	Jizzakh	14,00	1,70	-11,543***

To the dialogue	Karshkadarya	18,92	2,20	-14,423***
	Samarkand	10,22	2,27	
	Qarshi	18,92	2,20	
To the activity	Jizzakh	18,07	1,68	5,906***
	Samarkand	15,33	2,00	9,584***
	Jizzakh	18,07	1,68	
	Karshkadarya	14,62	1,49	1,677
	Samarkand	15,33	2,00	
	Karshkadarya	14,62	1,49	

Note:  $r < 0.05$ ; \*\* -  $p < 0.01$ ; \*\*\* -  $p < 0.001$ .

In the research, we also studied the territorial characteristics of the orientation of the person. Its results are reflected in Table 9 below.

Also, in the research, we separately analyzed the correlation indicators of the results of the regions involved in the research, the specific aspects of the personality orientation. Tables 10, 11, and 12 below show their analysis.

Table 5

**Indicators of correlations between personality orientation scales of young football players (Djizzakh)**

Scales	To himself	To the dialogue	To the activity
To himself	1	-0,182	0,095
To the dialogue		1	-0,013
To the dialogue			1

Table 10 does not reveal correlational relations between the scales of personal orientation of students of the Jizzakh football academy. Only a slight negative correlation can be seen between the scales of orientation to communication and activity, which is not significant, indicating that the motivation to achieve success has a positive effect on the orientation of young football players.

Table 6

**Indicators of correlations between personality orientation scales of young football players (Samarkand)**

Scales	To himself	To the dialogue	To the activity
To himself	1	0,431*	-0,022
To the dialogue		1	-0,008
To the dialogue			1

Note:  $p < 0.05$

We can see a correlation between the personality orientation scales of the young players of the Samarkand football academy. In young football players, a positive correlation was found between self-orientation scale and communication orientation scale ( $t=0.431$ ;  $P<0.05$ ), and negative correlation with activity orientation scale ( $t= -0.022$ ). In this case, it is possible to see the problem of communication and mutual relations of students of the football academy in the process of mutual football training and competitions.

Table 7

**Indicators of correlations between personality orientation scales of young football players (Karshi)**

Scales	To himself	To the dialogue	To the activity
To himself	1	0,049	0,074
To the dialogue		1	-0,090
To the activity			1

### CONCLUSION

Correlative relations were not determined between the scales of personal orientation of young football players of Karshi football academy. This situation means that the educational, spiritual and educational work carried out with the students in the activities of the Karshi football academy, and the psychological preparation of young players are being organized positively.

To sum up, the results of the research show that the personality of young football players of Jizzakh, Samarkand and Karshi football academies

it was shown that the influence of the motivation to achieve success has a positive effect on the formation of the orientation.

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