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## PSYCHOPEPLOGICAL FEATURES OF FORMING A MOTIVATION FORMING OF A SPORTSMAN IN THE DEVELOPMENT OF PHYSICAL CULTURE AND SPORT

**Abstract:** In the article, the role of the trainer in the formation of psychological features, motivation of the athlete in development in physical culture and sports is considered. In the formation of the psychic abilities and qualities of the athlete, the analysis of the concept "Robot athlete" is made. And also the process of formation of spiritual values is illuminated.

**Key words:** motivation, needs, interests, goals, functional features of the sport.

**Language:** English

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### Introduction

Large-scale reforms in the field of physical education and sport are aimed at ensuring the protection and promotion of the health of the young generation and programs to improve the educational process in all areas. Therefore, an important basis has been created in educational institutions for attracting the younger generation to physical culture and sports since childhood and youth.

Qualitative changes are observed as a result of reforms implemented under the leadership of President of the Republic of Uzbekistan Shavkat Mirziyoyev in the field of physical culture and sports. In the period of the past 2017, athletes of our republic won 483 gold, 394 silver and 536 bronze medals with a total of 1,413 medals at national and international sports competitions. International competitions are successfully held in our country. In May, our athletes won gold medals in nine of 10 weight categories at the Asian Boxing Championship in Tashkent [1].

In accordance with the Decree of the President of the Republic of Uzbekistan “On measures to further improve the management system in the field of culture and sports” (February 15, 2017), the Committee on Physical Culture and Sports of the Republic of Uzbekistan was established.

Attracting large sections of the population to sports, raising a physically healthy generation, developing sports industry and infrastructure, conducting mass sports events and competitions in cities and regions, selecting, training and improving sports skills of talented athletes together with the National Olympic Committee, sports federations and associations, training, the introduction of modern technologies in this area and the expansion of international relations, identified as the main tasks [2].

In order to fulfill this decree and ensure the effective functioning of the State Committee for Physical Culture and Sports, the Joint Decree of the Ministry of Public Education and the Ministry of Higher and Secondary Specialized Education of the Republic of Uzbekistan also set out the most important tasks for organizing a Center for retraining and advanced training of employees of children’s and youth sports schools under the Ministry of public education of the Republic of Uzbekistan through its integration into the Center for Scientific and Methodological maintenance, retraining and advanced training of specialists in physical culture and sports under the Ministry of Physical Culture and Sports, as well as optimization of the number of staffs in these centers and the management of



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buildings, structures and other property attached to them and their use [3].

High results in sports are closely connected with the motivational sphere of a person. Motivation is not only the core characteristic of an athlete's personality and leads him to his goal, but also influences the nature of all the processes that take place in the body during an activity. The main feature of sports motivation is its direct impact on the performance of an athlete. In the conditions of a tough competitive confrontation, one can expect complete commitment and striving for victory only for a motivated athlete who has the maximum severity of motivation [4].

The problem of motivation and motives of behavior in human activity currently remains relevant. Opinions of sports psychologists are grouped around points of view on the motive as a need, intention, motivation, satisfaction with the activity, the possibility of achieving the goal, as well as personality traits and status. There are many points of view in defining the essence and structure of the concept "motivation", however, despite the large number of references to this problem, the problem of motivation has not been solved. Materials The article is devoted to the study of the motives that motivate children of 9-12 years old to engage in cyclic sports [5].

Stabilization of these relations leads to the formation of motivational sports, volitional qualities, ability for subjective control and self-government, which later become the personal basis of internally organized sports motivation. We have identified six pedagogical conditions that differ in focusing on the formation of favorable attitudes of athletes to various aspects of sports life, namely, the goal of sports, success, their abilities, training activities, the team and coach, and competitive activities [6].

Elements of creative activity in sports education help to reveal the humanistic orientation of the sport. Sporting action is seen as the result of personal effort, which can be fully possible in a social group that focuses on the development of personal and spiritual culture of the individual, which involves the formation of creative qualities, and not just narrowly focused interests. Before determining the content of the creative potential of sports activities, it is necessary to determine the interests of young athletes. A specific human activity can be judged only in the case when the need and motive are clearly defined [7].

Assistance in the implementation of integrated control should be provided by special research laboratories whose activities allow simulating specific exercises in a wide range of motor regimes and register informative biomechanical, physiological, biochemical, and psychological parameters of motor activity in various sports. First of all, the data obtained in the course of the research

will help the competent and searching coach to optimize the training process and help his pupil achieve high sports results [8].

### Discussion of results

No matter what kind of activity a person is engaged in, it is based on certain motives and goals. There are general and specific motives for playing sports. In the 21st century, physical education, a healthy lifestyle and sports activities have become widespread throughout the world and gained an advantage. Sport has become one of the most effective ways to demonstrate its modernity, especially for young people.

Sport is not only for sport, but it has certain practical functions. Those who play sports and develop their abilities, strengths, and speed facilitate participation in other activities. Modern aesthetic features of sports show that watching many kinds of sports is aesthetically pleasing to a person, and sport and achievement of success brings young people. At the same time, sport also contributes to the development of social relations, recreation and communication.

Sport forms and develops the psychological abilities and qualities of young people. Therefore, in many countries the sport is called "School of the Will", "Emotional School", "School of Character". The provision of such titles to sports is associated with high demands on its capabilities, skills and skills of self-government. It is a statement that an athlete has great potential for a complex humanitarian impact.

At the beginning and the middle of the twentieth century there was the concept of "Robot-athlete" [9]. According to this concept, an athlete should without discussion and strictly follow all instructions of mentors and coaches. Only then did he consider himself successful, achieving victories and records. At the end of the 20th and the beginning of the 21st centuries, the concept of sport and sportsmen emerged as the concept of "Creative Athlete" [10].

According to this concept, athletes should create their own records and victories based on the knowledge of modern science and the instructions of coaches. This concept is fully consistent with the concept that self-actualization of a person is the creator of his life and work in every subject of psychology and pedagogy. The difference between an athlete and other people is that he has higher goals than others, and has additional physical and mental abilities to achieve these high goals.

The activity of an athlete is associated with the activity of the muscles in the process of performing various physical exercises. At the same time, the athlete seeks to acquire excellent physical equipment in his chosen sport. To achieve this, the athlete must consistently perform a special training system.



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During this exercise, the athlete improves his mobility skills and develops qualities such as strength, speed, sensitivity, flexibility, strength necessary for this sport.

These exercises also develop spiritual qualities, such as determination, enthusiasm, courage, and will. In order to succeed in the sport that he chooses, athletes need to develop the skills and skills necessary for this sport.

Modern sports results are relatively high compared to what was achieved over the past 2 centuries ago. In this regard, in order to achieve success in modern sports competitions, an athlete must have the ability to maximize his physical strength, the ability to express strong and deep emotional feelings and will. These requirements for modern athletes require the greatest possible development of physical and spiritual abilities, special training and skills. In this regard, the activities of modern sports has a very complex structure.

To succeed in modern sports, an athlete must be aware of the achievements of modern science in addition to regular exercise. In this regard, it is appropriate to cite the following views of the American athlete Phelps, who won most of the victories and records at the Olympic Games: a quarter of the triumphs in modern sports are exercises, and three quarters are familiar with the achievements of science [11].

To succeed in modern sports, you must have a high sense of responsibility in addition to physical and psychological exercises. In addition, modern sports require the latest information. At the same time, the memory and attention of an athlete is important.

Exercise and spiritual qualities are necessary for a modern athlete. But there is another quality, and its value is not less than physical and spiritual qualities. This quality is sporting spirit. Spiritual values are one of the most powerful components of the human body. That is why many psychologists and teachers work around the world.

Spiritual and moral values are a sphere at the level of state policy in Uzbekistan. It is easy to say that no country in the world cares about the spiritual and spiritual education of great and systematic significance in Uzbekistan. This can be expressed by the example of decrees, resolutions of the Cabinet of Ministers and other regulatory acts adopted in the years of independence. It is safe to say that one of the main reasons for the success and achievements of Uzbekistan's athletes on the world stage in recent years has been a great deal of attention paid to the issues of spirituality and spiritual education in the country.

Spiritual and moral education plays an important role in the lives of people and society, and many scholars deal with these issues. The

involvement of many scientists in matters of spirituality, on the one hand, provides coverage of many aspects of this problem, and on the other hand, it creates various approaches to a number of problems [12]. In general, there are various approaches to the issues of spirituality. Because it is important, it attracts the attention of many scientists.

The spiritual values of an athlete is a complex process. An athlete must first accept his social value in order to accept the spiritual value that exists in society. But understanding the value of value is not enough for a person to accept it. Now, a person must also understand this value for himself. Only then can this value be included in the human value system.

Values in the system of values can be divided into two groups: values recognized as a person in society. The existence of these values is recognized, but it cannot be fully recognized as a person. Values recognized as valuable for their own social value are considered to be values inherited by an individual.

Deep and reliable moral values become one of the most important indicators of personal activity. For example, when an Uzbek athlete, who won international tournaments, took the podium, and when playing the national anthem, he felt deep and strong feelings. In most cases, in the eyes of an athlete can see tears. This situation can be explained not only by the fact that the athlete himself won, but also made a small contribution to the honor and authority of the motherland.

Targeting is one of the highest positions in an athlete's personality system. These values are governed by the needs behavior and regulation of the athlete. Spiritual values play a central role in the personality of a person, submitting to the will of an athlete, the emotional aspirations of an athlete in order to compel an athlete to overcome all obstacles and become the main motivation for his work. Value orientation is the essence of an athlete's life. These values give meaning to the goals pursued by the athlete.

The value of an athlete is understood as an event that serves to satisfy his material, spiritual and social needs, performs the function of a star and realizes his motives and actions to achieve a socially significant goal. Therefore, we can conclude that moral values become one of the most important motives of the athlete.

The athletic value of an athlete can be divided into three types: motives, values, goals and conditions that have become values. Motivational values are accepted by an athlete in the process of entering a particular sport and starting a sports activity. These values develop throughout the history of modern sports. Goals are related to the personal goals of an athlete and are an example for an athlete. The athlete compares all his work with this example and evaluates his actions based on this example.

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In any sport, success depends on a number of circumstances. These conditions do not depend on the personality of the athlete. Athletes often work between time, lack of time, difficult rules, risk of injury and many other factors. Considering these factors, it is possible to include an environment where competitions or classes are held, competition rules, forms of control, etc. Changing these conditions will cause the athlete to spend a lot of time and strength.

The behavior of the individual is determined by his spiritual orientation. Any person, including an athlete, is determined by his strategic and tactical goals, aspirations, needs and interests. The activity of the athlete is also focused on this system. Activity is goal-based, the goal is often to focus on things that are outside of human nature.

The social environment and the educational process affect the spiritual orientation of athletes. This process is a complex psycho-pedagogical process. At the end of this process, the relatives of the athlete and especially the role of the coach will be great. Psychological attitudes play a decisive role in orientation [13]. Sports attitudes are determined by inclinations, trends, aspirations, ideals and beliefs.

This trend is the most primitive and oriented biological species. From the point of view of psychology, addiction is a mental state, a phenomenon that is not yet understood or not fully understood and not clear enough. Usually the tendency is unstable, and the need for it can either disappear or become an intention.

Desire is a conscious need for a certain object. As is clear, he also has the ability to stimulate activity. Achieving the goal can be achieved, and an action plan can be adopted to achieve this goal. Therefore, the desire consists not only in understanding the necessity, but also in its satisfaction.

### Conclusions

Aspiration is one kind of desire, but the only difference from simple desire is that the desire to form a desire is added. With the union of desire and will, desire arises. Travel is now a phenomenon that stimulates you to action. Athletes want to meet with friends, friends and teachers. The coach must work on the plan and try to start and strengthen the will of the athlete to make this wish.

Interest plays an important role in the formation of sports motivation. Interest is divided into material and spiritual benefits. The emergence of high spiritual elements, such as intelligence, thinking, goal in human life, is actually caused by the satisfaction of needs and the desire to satisfy interests.

Both material interests and moral values exist in sports activities, in achieving high results. Material interests, such as receiving a cup and receiving monetary rewards, are reflected in moral values, such as the achievement of spiritual interests, making a contribution in honor of the Motherland and helping to increase the prestige of the team.

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