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Psychological Features of Competitive Motivation of Athletes

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ABSTRACT

This article discusses ways to increase the motivation of athletes at competitions, control their pre-competitive activities and manage pre-stellar excitement.

KEYWORDS: pre-start behavior, combat state, starting laziness, emotional state, attention deficit disorder, mental state.

Introduction

Any sports activity is inextricably linked with a sports competition: no sports activity can be imagined without a sports competition. Teaching and training in sports training consists of preparation for successful participation in a specific competition: - competition - the period of completion of the conducted training. From the specific features of the competition, it is known that the sports competition is a means of showing the athlete's activity at a high level and educating high human qualities. Depending on the state of preparation of the athletes, the conditions of the competition have different effects on them.

Main Part

The situation before the start was presented by professors P.A.Rudik and A. Puni are divided into 4 (cases) based on scientific experimental work.

1. Pre-start excitement (start excitement).
2. Apathy before the start (start lag).
3. Fighting situation.
4. Calm state.

Pre-start excitement is expressed by the following:

- 1) instability of emotional state;
- 2) one emotional state is quickly replaced by another;
- 3) it even goes to tears and returns to the opposite.

Disorganization of attention, the emergence of a state of confusion; inability to concentrate. Loss of memory, forgetting important moments related to the competition. When observing this condition from the outside, it is expressed by trembling of the legs and arms, paleness of the face, coldness of the extremities, sweat on the face, wet palm and feet. Start apathy (lack of energy, frustration, laziness, lack of interest in anything). This situation is the opposite of the starting fever. Start apathy is expressed by the following signs:

- 1) Occurrence of depression;
- 2) unwillingness to participate in the competition;
- 3) negative mood - manifestation of (asthenic)
- 4) decreased perception and attention, etc.

Mental phenomena are divided into 3 interconnected groups, mental processes, mental characteristics of a person into groups, and mental states. The last one (mental state) has different durations and images. As a result of psychological preparation, there is a state of mental preparation for participation in sports competition. It is characterized by the need to activate mental processes for competitive fighting. The mental preparation of the athlete is of great importance in sports activities, and it has become one of the main conditions for success. Confidence of the athlete in his own strength. The desire to fight sports, mobilize all the strength and achieve victory. Optimal tolerance of emotional stress. Sport wrestling is the ability to fight with one's own actions.

System of psychological preparation for the competition:

The system of psychological preparation for the competition includes a number of tasks, and in the process of solving these tasks, the athlete's mental preparation for the competition is reflected. The links of the system of psychological preparation of the athlete for the competition include: collecting information about the conditions of the competition. Before the competition, the athlete practiced posture assessment and self-assessment. Goals and objectives of participation in the competition. Activating the motives of participation in the competition. Planning mental activity experiments to form a sense of punch in the athlete to realize his potential. Ability to activate maximum voluntary effort and demonstrate it in competitive conditions. Forming an optimal emotional state. Management of mental states and acquisition of self-control principles in competitive conditions. Above, the links are integrally connected with each other, if one of the links becomes loose, the whole system may fail. During the preparation for the competition, it is very important for the athlete to have information about the conditions of the competition, the opponent, the place of the competition and the participants. Knowledge about one's opponent allows to develop specific measures for preparing for the competition, lack of information about the opponent causes anxiety in the athlete. The form of information delivery is of great importance in the process of psychological training. The same message can be announced in such a way that it can create a positive attitude or relationship to the fight in the upcoming competition.

Conclusion

A highly trained state (in sports uniform) allows the athlete to show better physical, technical and tactical information in his activities. In sports practice, there are a number of objective methods for evaluating the fitness of an athlete, but these methods cannot be complete if they do not rely on self-assessment for example, let's assume that the athlete is well fit according to all objective data, but if he subjectively thinks that he has not reached the state of sports uniform, this is the case prevents him from successfully participating in the

competition. Athletes participating in the competition must have a specific, clear and understandable task for both teams. The nature of the competition task and the athlete's attitude to it require emotional experiences with a certain power. That is why the athlete should reveal the importance and essence of the tasks he has set before him. The goal of the competition is that for the athlete, the competition should become his belief.

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