



CENTRAL ASIAN JOURNAL OF LITERATURE, PHILOSOPHY AND CULTURE

eISSN: 2660-6828 | Volume: 03 Issue: 11 Nov 2022

<https://cajipc.centralasianstudies.org>

Psychological Foundations of Willpower in the Formation of Competition Motivation in Athletes

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Received 18th Sep 2022, Accepted 19th Oct 2022, Online 25th Nov 2022

ABSTRACT

In this article, the psychological basis of willpower in the formation of competition motivation of athletes, the control of the athlete's self-confidence as a result of training, is highlighted.

KEYWORDS: Volitional qualities, autogenic training, will, genov classification, emotional state, mental state.

Will... is the activity side of the mind and a spiritual feeling (I.M. Sechenov). Voluntary training is part of the psychological training of an athlete and is an integral part of sports training. Will is a person's action, which is a conscious effort to set a goal in advance and determine the means to achieve this goal in advance. The will is manifested in the overcoming of difficulties, various obstacles, which require more or less physical and mental effort from a person to achieve the goal. At present, the factors of will are of great importance in the athletes' struggle for victory, because highly skilled athletes have a high level of physical, technical, tactical and preparations. It is a regulatory function of the will. The content of voluntary training includes: striving for a goal, discipline, confidence, initiative, bravery, independence, perseverance, tenacity, courage, self-control, endurance. The above-mentioned voluntary qualities are closely related to each other. If we develop one of the qualities, the other will help to improve the quality. But even so, the quality of will is high in sports. Philip Genov classified volitional adjectives. According to Genov's classification, striving for the goal, discipline and confidence are formed at the same level in all types of sports, and the rest of the voluntary qualities are divided into three categories: the controlling voluntary quality for the same sport, and close and subsequent voluntary qualities. Willful effort in sports activities is manifested in connection with subordinates. Voluntary effort in tense muscles depends on exercise. Willful effort is always shown in the exercises. Volitional effort during heightened attention is usually focused on a desired object for a certain period of time, requiring voluntary effort. Voluntary exertion associated with exhaustion; voluntary exertion associated with obedience to the agenda (regime). Willpower associated with overcoming fear.

Voluntary action is an action that requires athletes to overcome various obstacles and difficulties aimed at achieving the goal during preparation, technical, tactical, physical theory. There are 2 different main difficulties in sports activities: objective difficulties and subjective. Objective difficulties: for a certain sport, it is necessary to overcome specific obstacles, and this athlete cannot master the same sport. These obstacles are

the same for all athletes. Subjective difficulties mainly include the athlete's personal relationship to the characteristics of a certain sport, training conditions, and sports competition. The method of overcoming difficulties consists in training voluntary qualities: through the method of persuasion, showing an example, holding training sessions and competitions in various conditions, gaining experience in competitive fights, giving orders to oneself.

It is necessary to learn to overcome the processes of excessive nervous excitement during the preparation of the athlete from a psychological point of view. Because excessive nervousness has a bad effect on the trained state (sports form) and destroys the athlete's ability to perform well.

Next, athletes use self-reassurance training to reduce overstimulation. For example: At the Olympics in Tokyo, Polish weightlifters used self-confidence training very widely and it led to good results.

Auto-self-Genno-do not create, achieve-the Greek word, this method, that is, the method of self-belief, relies on the second signal system, in certain words, the athlete in his own surplus reduces nervous excitement. Spoken words relax muscles, deepen breathing and normalize other physiological processes.

An athlete can convince himself as a result of special training. For this, you should first learn the method and practice 3-4 times. Only then can a certain result be achieved. The exercise can be done sitting or lying down. Of course, it is better to do it lying down, because it is easier to relax the muscles, it is more convenient to do it while sitting, because you don't have the opportunity to lie down for a long time. Currently, the training used by athletes is actually derived from the doctor's pulse system.

He used it mainly for the sick (Rotkiewicz. Polish psychologist). His system was slightly modified and applied to athletes. Looking deeper, this training was actually used in the mountains.

For example: their self-conviction was so strong that geologists even put themselves to sleep for a month.

So, in relation to sports, only the useful part of the fat system was thrown away. Currently, there are mainly two types of self-confidence training systems.

Our psych neurologist, Hessen, knows from sports activities that a coach can help an athlete through words when he is sad. That is, the trainer can convince the student with words. The higher the trainer's reputation, the more he can convince the student of his words. But during competitions, the trainer cannot always come to the athlete and help him, because according to the rules, the trainer has no right to help. Therefore, if the athlete can convince himself, he can feel good in competitions.

As a result of training, the athlete can gain self-confidence. This training is called autogenic training. Auto-myself Genno I create, achieve (Greek word). This method, i.e. self-confidence, has recently been widely used in the training of athletes from the GDR, Czechoslovakia, and Poland. The main goal is to further improve the trained condition of athletes. As a result of autogenic training, an athlete can focus on one point and calm himself down to a state of semi-sleep.

Doing this exercise in a state of half-sleep has a positive effect on the human body, reduces excessive emotional excitement, and improves health. Increases physical and mental performance, even relieves pain. (for example: a child falls, an adult kiss the sore spot and the child rolls).

Autogen training is used for the following purpose.

- 1) Loss or reduction of physical exhaustion (fatigue) after exercise or competition and restoration of the ability to do sports.
- 2) Eliminate or reduce general nervous exhaustion associated with emotional stress during competition.
- 3) To put the overexcited nervous system in a state of restraint during the competition or before the start.
- 4) Dealing with insomnia.

It reveals the tasks involved in using the self-persuasion method in sports.

1. Rest before training will be more productive.
2. It helps to fight insomnia, especially before the competition.
3. Avoid excessive emotional state.
4. Reducing the state of excitement during the competition (starting box).

In Poland, autogenous training with weightlifters has led to some good results. Example: Bashankovsky in weightlifting uses this autogenous training between each lift when he competes in Tokyo.

Bashankovsky said that such training will help him become a champion. In order for an athlete to have the ability to convince himself, he must train for 3-4 months according to a special methodology. Who to deal with? This exercise can be done only with anyone who wants it. If the athlete does not want, the training can be canceled.

In conclusion, it can be said that the role and importance of willpower in the formation of athletes' competition motivation level and competition level is very important.

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