

DEVELOPMENT OF MOTIVATION IN CHILDREN'S SPORTS

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Annotation: The article discusses the issues of children's sports psychology, the main directions in this field: cognitive and emotional processes in sports, the psychology of sports success. Also, the role of sports psychology in children's sports. The issues related to the development of motivation of psychological coaches in the field of children's sports and youth sports schools are considered. As well as diversity, there is a motive for classifying the tendency of children based on different criteria. The psychology of children's sports is one of the applied branches of psychology, the object of which is children, and the subject is the psychological patterns of sports activity, Features of mental processes, mental properties and mental states of children and coaches, personality and team problems. Thus, the psychology of children's sports is based on knowledge from a wide variety of branches of psychological science and at the same time contributes to the development of psychology in general. A sports psychologist for children is a rare phenomenon today. Current practice shows that psychologists who seem to be far from sports, such as school psychologists and educational psychologists, have to get involved in the work on psychological support for sports activities, to advise coaches, athletes, parents, and youth sports school leaders. The psychology of children's sports is one of the applied branches of psychology, the object of which is athletes, and the subject is the psychological patterns of sports activity, the peculiarities of mental processes, mental properties and mental states of athletes and coaches, personality and team problems. Thus, the psychology of children's sports is based on knowledge from a wide variety of branches of psychological science and at the same time contributes to the development of psychology in general. A child sports psychologist is a rare phenomenon today. Current practice shows that it is important to be involved in the work of psychological support for children's sports activities, to advise coaches, children's athletes, parents, and managers. Youth sports schools are run by psychologists who seem to be far from sports: school psychologists, educational psychologists. Motivation, which awakens children to play sports, occupies a special place in the psychological support of sports activities. The motivation block forms the needs, motives and goals of children's sports activities. The need, or the feeling of a child's need for something, means an imbalance with the environment. Psychologically, this is always associated with the emergence of internal tension, more or less pronounced discomfort, which can be eliminated only by satisfying the corresponding need. That is why any need awakens the so-called search activity aimed at finding a way to satisfy it. Children can choose any method they know, but in reality the scope of their choice is limited by specific conditions. Sometimes life circumstances themselves push you to choose a certain path. And then the choice happens as if by itself, without a clear awareness of the process. This is often how children's sports activities are chosen spontaneously as a way to satisfy, first, perhaps only one, and then a whole set of needs. A motive is an incentive to engage in a certain activity, to satisfy a need in a certain way. If need is the source of activity, then motives give this activity a certain direction and keep children within this path. Motives allow us to understand exactly why certain goals are set, and an indelible desire to achieve them develops. Children's sports activities are characterized by a wide variety of motives. This is understandable due to physical and mental stress, and children should know what they are straining for. Many authors have organized the diverse motives of children's sports, classified them

based on different criteria. In our opinion, the motivation of children's sports activities is outlined in two directions. The first one examines the reasons why children they prefer one type of activity to another, the influence of different motives, values and needs. In the second direction, an attempt is made to explain why children work with varying degrees of intensity. It is associated with studies of arousal and activation, which affect the intensity of performing motor tasks. The reasons why children engage in a particular sport can be very different, and it is difficult to reduce them to some obvious principles. Not only are there different motives that result in an athlete becoming a member of a team, but also the motives that awaken an athlete to perform during the season or in a particular game or competition. Coaches most often have to work with children who have already formed basic needs for success and direction of activity. For example, a boy whose parents (especially his father) always set clear and easily achievable goals for him. goals and assistance provided to him at the same time, most likely, there will be a low level of need for success. A child who has never been praised or encouraged for his success will also have low achievement needs. On the other hand, if the parents (or at least one of the parents, preferably the father) They set difficult but achievable tasks for their son and left him to his own devices. to achieve success and then be praised, then he is likely to have a high need for success, which will positively affect his attitude to sports. A coach who works with a child with a high level of achievement needs should behave differently than with a child who has which has a low need for success. In the latter case, the child needs to be re-educated, encouraged for success, supported emotionally and shown that a high result can be achieved by their own efforts without the help of outsiders. A teenager who has developed a purposeful character due to his early achievements and independence should be dealt with in a different way. Sometimes he needs to be supported after a loss or to help relieve fears and anxiety in situations where he may fail. Moreover, children with a high level of motivation to achieve success tend to reduce the need to establish social connections with others. Based on the above, the conclusion is that in the future, the role of a psychologist along with a coach in the development of children's sports is enormous.

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