

THE IMPORTANCE OF MOTIVATION TO AVOID FAILURE IN ACHIEVING THE SUCCESS OF YOUNG FOOTBALL PLAYERS

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ABSTRACT

This article discusses the results of a study on the importance of failure avoidance motivation in achieving success in athletes. Based on the research conducted on the importance of motivation, the authors draw the following conclusions: 1. Football academy plays an important role in the further development of a positive attitude of students to football lessons in improving their individual skills. 2. Particular attention should be paid to the psychological preparation of young players to build a high level of self-confidence. 3. Perseverance of athletes is an important factor for success in sports. Therefore, a higher developmental degree of perseverance is essential to the success of young footballers.

Keywords:

athlete, motivation, values, motive, success.

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Introduction

The problem of the importance of interests and motives in the process of activity is widely disclosed in the results of many studies. Interests and motives are the basis of a method that meets the needs of the activity. Curiosity is an indicator that in the dynamics of its development it can become a desire, which also manifests itself as a need to perform actions that arouse interest¹.

How is the role of motivation expressed in sports activities? In sports, the result is based on the fact that this exercise is conditioned by a certain choice and a certain part of skill, that is, we call it a community of innate acquired qualities of a morphological, physiological and psychological nature. As you know, in foreign psychology "in the rhythm of the subject's behavior, several functions and features of the nature of the motive are distinguished: motivating

and directed functions of the motive"². This, in our opinion, would be appropriate in a certain sense for defining and expressing human behavior³.

Methodology

Effective motivation is considered to be a kind of mechanism for implementing the result. We can say that the motivation component leads to the achievement of the result. An increase in the ability of a person to achieve a result is associated with the introduction of a certain level and condition that requires an energy reserve, resistance to situations, and a form of behavior.

While studying the motivation of young football players to succeed, we also examined their motivation to avoid failure. In doing so, we used T. Ellers' method of motivation to avoid failures⁴.

²Dzhidaryan I.A. About the place of needs, emotions and feelings in the motivation of a person. Theoretical problems of personality psychology. -M.: Science. 1974. p.168

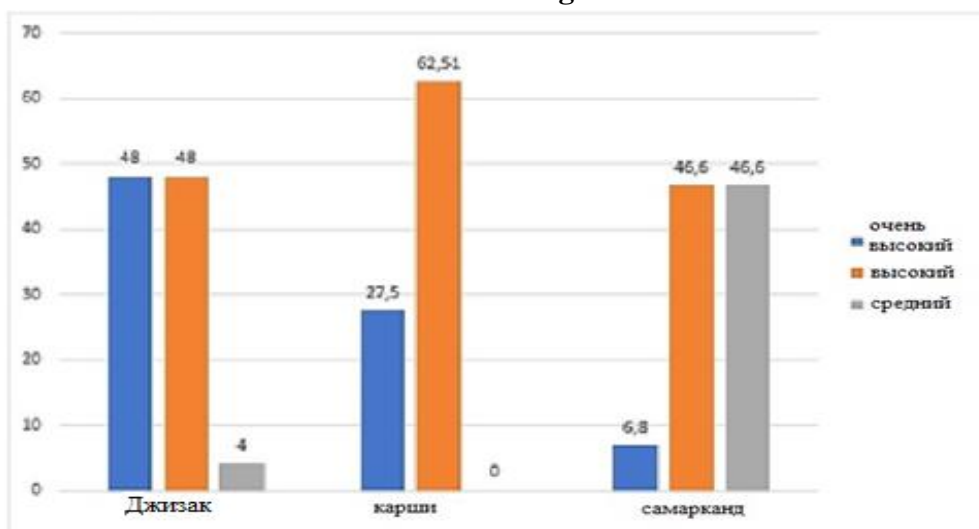
³Abdurasulov R.A. The role of sports activities on the formation of the personality of students-athletes (on the example of types of martial arts). Dissertation of Doctor of Psychological Sciences (DSc). 2018, p.123.

¹Palayma Y.Y. The experience of studying the relative strength of motive and the formation of the competitive attitude of athletes. // In the book. P.A. Rudika et al. "Psychology and modern sport". - M.: FIS. 1973. - p.86.

Figure 1 shows the results of a study conducted with students of the Football Academy showed that students'

motivation to avoid failure is reflected in various indicators.

Figure 1. The results of studies of personality motivation to avoid failure in achieving success.



Analyzing the results obtained in the course of the study, we drew attention to the importance of which personality traits are important in order to avoid failures and to what extent these traits are formed in personality behavior based on the essence of T. Ellers's failure avoidance technique for achieving success (Table 1).

According to the results of the survey, the average level of motivation to avoid failures was 4% among students of the Jizzakh Football Academy and 46.6% among students of the Samarkand Football Academy. As a result of the study, the average level of failure avoidance motivation was not reflected in the students of the Karshi Football Academy.

Table 1. Manifestation of personal qualities according to the level of research results of personality motivation to avoid failures

The manifestation of personal qualities (by level)		
Middle level	High level	Very high level
Gentle, careless, cold, timid, cowardly, submissive, hasty, indifferent, disorderly, careless.	Alert, agile, conscientious, attentive, hardworking, forward-thinker, patient, resourceful, cautious.	Brave, thoughtful, dynamic, decisive, optimistic, intelligent, forward-thinker, fast.

We can interpret and explain this situation as follows. Students of the football academy (Jizzakh Football Academy 4%, Samarkand Football Academy 6.8%), who showed an average level of this motivation for avoiding failures, at a low percentage showed non-playing qualities, such as meekness, timidity, cowardice, humility, disorderliness, haste. These qualities negatively affect sports performance. This situation was not manifested among the students of the Karshi Football Academy, which can be explained by the fact that the Karshi Football Academy pays special attention not only to the technical and tactical training of

young players, but also to their psychological training.

The results of the study of motivation to avoid failures of high-level football academy players among students of the Jizzakh Football Academy amounted to 48.0%, among students of the Karshi Football Academy - 62.5% and 46.6% among students of the Samarkand Football Academy. The results of the study show that students with a high level of failure avoidance motivation have positive attitudes, such as vigilance, dexterity, conscientiousness, intelligence, hard work, foresight, patience, resourcefulness, and attentiveness. In terms of the high level of motivation to avoid failures, it should be noted the difference between the results of

the players of the Karshi Football Academy and the results of the students of the Jizzakh and Samarkand football academies. The reason for this difference can be explained by the fact that training sessions organized at the Jizzakh and Samarkand football academies are less effective than training at the Karshi football academy. It should also be noted that the material and technical base of the Karshi football academy is higher than the material and technical base of the Jizzakh and Samarkand football academies. It is a certain fact that the results for a very high level of failure avoidance motivation were 48.0% at the Jizzakh Football Academy and 62.5% at the Karshi Football Academy.

Commenting on the results obtained, it should be noted that, first of all, it is not enough for young players to master the secrets of football in terms of the technical and tactical direction of their development, and this requires developing their psychological skills (willpower, thinking, logical and quick thinking skills, belief in strength and in their abilities).

Based on the results of this methodology, we can say that in the Jizzakh (48%) and Karshi (62.5%) football academies, physical and psychological training classes are effectively organized, which can be seen from the research results. However, in this regard, we cannot give a positive conclusion about the Samarkand (46.6%) Football Academy, as the research results show. The generalized results of the survey show that the results of the football academies of Jizzakh (96%), Karshi (100%), Samarkand (53.6%) also confirm our point of view.

Conclusion

Based on the results of the study, the following conclusions can be drawn about the role of failure avoidance motivation in achieving success in sport:

1. The Football Academy plays an important role in further developing students' positive attitudes towards football and improving their individual skills.
2. Particular attention should be paid to the psychological preparation of young players to build a high level of self-confidence.
3. Perseverance of athletes is an important factor for success in sports. Therefore, a higher developmental degree of perseverance is essential to the success of young footballers.

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