

Rates of Internal and External Motivation in Individual Sports and Their Influence on Sports Activities

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Abstract: This article examines the interaction between the internal and external motivation of athletes in specific sports and their impact on sports activities. Internal motivation is related to personal interest, self-realization, and the pursuit of perfection, while external motivation is conditioned by external stimuli such as rewards, recognition, and social pressure. The study analyzes the psychological mechanisms that determine the effectiveness of sports activities. The results show that the predominance of internal motivation contributes to sustainable athletic achievements, while excessive dependence on external factors can reduce the stability of results.

Keywords: internal motivation, external motivation, sports, sports activities, self-regulation, sports psychology

Introduction

Modern sports require not only high physical fitness but also stable psychological characteristics from athletes. One of the key factors in successful sports activities is motivation.

In sports psychology, two main types of motivation are distinguished: internal and external. Internal motivation is based on interest in activity and the desire for self-development, while external motivation is determined by external stimuli - rewards, approval, and social recognition.

The problem is that excessive dominance of external motivation can lead to a decrease in the stability of results, while internal motivation contributes to long-term success.

The good news is that willpower is a psychological quality that can be developed, not an innate one. Struggle is one of the most effective means of fostering this quality, during which qualities such as persistence, patience, purposefulness, and self-control are systematically formed. Thus, wrestling is not only a sport but also an important educational school that ensures the volitional maturity of the individual.

Scientists today know many ways to strengthen willpower. Evolution took millions of years to create the prefrontal cortex (the area of the brain located behind the frontal bone of the skull), which controls all the processes that distinguish humans from animals. Initially, based on the assumption that the human brain is strong in decision-making and self-control processes, the question arises as to how to learn self-control and what should be done to improve its "standard mechanisms" [1;278]. For many years, it was believed that the structure of the brain remains unchanged. However, the results of research conducted by neurologists over the last decade have shown that the brain, like a student thirsting for knowledge, is very receptive to any experience. Its characteristic feature is limitedness, as every successful manifestation of self-control and self-education depletes a person's energy reserves. The weaker the will, the more difficult it is to resist the weaknesses of the body, habits, and base needs.

Literature and method

Psychologist Megan Oaten and biologist Ken Cheng of Macquarie University in Sydney tested a new treatment that enhances self-control. The data obtained amazed them. This experiment

involved six men and 18 women between the ages of 18 and 50. After two months of treatment, they became more focused and less distracted. The subjects began to smoke less, reduced their consumption of alcohol and caffeine - although no one asked them to do so. They began to eat less unnecessary food and to eat healthier. They spent less time in front of the TV and studied social networks more. They began to save and spend less money on purchases that became obvious on their own. They began to feel in control of their emotions, and fewer things were put off until later.

Thanks to sports, people have discovered a new source of strength and become better at controlling themselves in all areas of life. Thus, it has been proven that training reduces stress, increases basic heart rate variability, and improves prefrontal cortex function. All of this can increase calmness regarding impulses of spontaneously arising emotions.

Five minutes of physical exercise every day is enough to have a positive effect. Gardening, walking, dancing, doing yoga or team sports, swimming, playing with children or pets - even cleaning the apartment and going out into the fresh air - all of this is considered physical exercise. Self-control can be "boosted" if a person regularly engages in sports. But you have to start small, otherwise you might get exhausted. If you are going to the gym for the first time, you will not lift a heavy beam because in this case, you will leave the sport.

Results

Analysis of psychological and pedagogical literature shows that the most important criteria for human development should be the presence of the following qualities: will to achieve goals, willpower, persistence, diligence, intellectual curiosity, and personal potential.

To determine willpower, attention was paid to studying human psychology using N.N.Obozov's (1997) "Willpower Assessment" methodology, which consists of 15 questions. 52 respondents participated in the study. The obtained data are presented graphically in Figures 1 and 2. As a result of the experimental activities, the methodology we used took into account the ratio of positive and negative answers for each question, indicating the maximum and minimum differences between the volitional qualities of the respondents.

29 (58%) students demonstrated "average" willpower. People belonging to this level of willpower are characterized by qualities such as an attempt to overcome various obstacles when they arise, as well as an attempt to use them if a way to avoid them is visible. They try to voluntarily take on unnecessary obligations.

The number of participants with "low" willpower was a minority, i.e., 9 people, which accounts for 17% of the total number. Adolescents with unsatisfactory willpower are characterized by the ability to do only what is easy and interesting, a superficial attitude toward obligations, an inability to confront difficulties, and a tendency to abandon assigned tasks halfway through.

Discussion

For wrestlers, sports and healthy nutrition are not only factors that strengthen willpower but also important tools that ensure their overall physical and mental well-being. During wrestling training, the hormone endorphin is actively released in the athletes' bodies. This hormone reduces discomfort and pain during physical exertion, improves the athlete's mental state, and strengthens positive motivation for competitions and training. In this regard, wrestling plays an important role not only in physical preparation but also in the formation of mental stability.

Scientific research indicates that regular self-control and the performance of small but systematic physical exercises during training significantly enhance the willpower of wrestlers. For example, during regular contractions of arm muscles (using simulators) and static tension exercises, athletes develop self-regulation and control skills. Such exercises strengthen not only muscle strength but also the psychological stability called "muscles of will."

The process of self-education is also activated in wrestlers through conscious muscle tension. For example, when an athlete feels tired, afraid, or hesitant before competitions or during training, they may mentally mobilize by briefly compressing certain muscle groups (fists, biceps, abdominal muscles). This technique strengthens the relationship between the nervous system and the body and increases the athlete's willpower over time.

Furthermore, meditation and breathing exercises play an important role in developing the willpower of wrestlers. Conscious attention to breathing helps the athlete concentrate, reduce excessive emotional tension, and overcome internal (fear, excitement, desire) and external (noise, opponent pressure, environmental impact) factors. These techniques significantly enhance the wrestlers' ability to maintain self-control, resist stress, and maintain optimal psychological state during the competition process.

Conclusion

Regardless of a person's self-control, this five-minute meditation will be very beneficial for them. Even one meditation session can fill his "will" for the rest of the day [4;175]. Even when a person is awake, thousands of small desires attack their brain, and they risk falling halfway and deviating from the intended path. In conclusion, we can emphasize that attempts to control it sometimes tire, but over time, training should improve it.

In sports, there are not only competitions and victories, but also tireless work and hardships, and endless hours of training.

Interviews with athletes who have achieved good results can help us understand what lies behind their success. They make plans for themselves, develop specific strategies that help them reach the highest peaks of athletic achievements through physical and mental training, nutrition, and rest[11].

Nutrition is also of great importance during sports training. Physical fitness is the foundation of sporting achievements. They not only enhance the physical qualities of athletes but also improve their technique, tactics, and ability to withstand fatigue. The training schedule for athletes achieving good results is carefully planned and includes various exercises.

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