

TEAM SPORTS: MOTIVATION AND PSYCHOLOGICAL STABILITY

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Annotation: This article is dedicated to studying the importance of motivation and psychological stability in team athletes. The paper analyzes types of intrinsic and extrinsic motivation, stress and emotional management, and methods for developing mental stability in team sports. The research findings indicate that high levels of motivation and psychological stability enhance team effectiveness and contribute to success in competitions. Additionally, recommendations are provided for coaches and sports psychologists on developing effective training and exercise programs.

Keywords: Team sports, sports psychology, stability, physical education.

Nowadays, psychological knowledge has become increasingly necessary in all areas of social life, including physical education and sports. In our country, consistent measures are being implemented to promote physical education and sports, encourage a healthy lifestyle among the population, and ensure that national athletes participate successfully in international sporting arenas. This has led to a growing demand for qualified personnel in the field of sports and has created opportunities to open new specializations in their training.

Currently, preparing highly qualified athletes and advancing sports is a long-term and multi-stage process. An athlete's adaptation to training, preparation for competitions, and the dynamics and structure of their physical and psychological qualities largely depend on their morpho-functional and psychological status.

To establish a healthy lifestyle among the population, developing physical education and sports on a large scale has become one of the country's priority tasks. The high achievements of our representatives in various international competitions, including the Olympic Games, and the increasing number of competitions among school and university students are particularly noteworthy. At the same time, one of the most pressing issues in education is enriching the disciplines of physical culture and sports psychology with textbooks that meet international standards and teaching them using advanced pedagogical technologies.

Among the social sciences studying athlete-coach interactions, skill and knowledge development in physical education and sports, and athletes' roles in society and participation in various social relationships, sports psychology occupies a special place.

Sports psychology examines how athletes establish proper interactions with their team members and studies the athlete's physical, mental, tactical, and technical preparation. Sports psychologists conduct psychocorrection and psychotraining for athletes in different sports and develop programs for psychological support. The main task of sports psychology is to help athletes overcome emotional disturbances and stress before and during competitions, provide advice, and guide them to achieve success without panic. Techniques for ensuring athletes' mental stability have been extensively studied by international psychologists, including V.R. Malkin, N.N. Lange, R. Descartes, V.V. Avdeev, G. Lottse, T. Sien, R. Ribo, A.R. Luria, P.Y.A. Galperin, Y.E.B. Pirogova, A.P. Gazova, G.S. Bakradze, A.A. Ukhtomskiy, B.M. Teplov, V.D. Nebilitsin, D.N. Uznadze, P.P. Blonsky, E.P. Ilin, A.N. Leonfev, S.L. Rubinshtein. Doctor of

Psychological Sciences V.N. Smolentseva proposed psychotechnics for independent development.

On October 31, under the leadership of the President of the Republic of Uzbekistan, Shavkat Mirziyoyev, a meeting was held dedicated to improving the management system of physical education and sports, developing mass sports, selecting and training talented athletes, staffing the sector with qualified personnel, and constructing modern sports facilities.

Motivation is the process that initiates, directs, and maintains goal-oriented actions. It includes biological, emotional, social, and cognitive forces that activate behavior. Motivation is generally divided into two types:

1. Extrinsic motivation – arising from external factors, often including rewards, money, social recognition, or praise.
2. Intrinsic motivation – arising from internal factors, such as personal satisfaction from solving a complex problem or accomplishing a challenging task.

In sports, the roles of psychology and motivation are particularly significant. Maintaining the health of the younger generation is one of the most important issues in modern society. Motivation is the force and character that allow an individual to overcome difficulties, challenges, and disappointments, and continue striving toward goals. It is an unlimited source of energy that encourages athletes to complete the most demanding training and achieve victories. Motivation is the key to success for every great athlete and any major sporting achievement.

In conclusion, in sports and athlete activities, not only strength, training, and exercise but also psychology and motivation play a very important role. In our country, great attention is paid to sports and the activities of athletes. Sports are diverse, and in every type of sport, psychology and motivation are crucial. Our esteemed President has undertaken major reforms to develop and elevate sports for the future of the younger generation.

For example, in football, motivation is the driving force behind development and achievement. As athletes grow and progress, motivation provides the greatest energy to achieve success. Without motivation, no achievement or victory is possible, and it plays a key role in maintaining energy, enthusiasm, and perseverance.

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