



## ESTABLISHMENT AND FORMATION OF MOTIVATION IN SPORTS ACTIVITIES

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<b>Received:</b> 14 <sup>th</sup> August 2021	Introducing physical education to the younger generation is an important part of shaping a healthy lifestyle. In addition to the comprehensive development and further improvement of organized forms of physical education, independent exercise is crucial.
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Every person develops himself as a person throughout his life, which plays an important role in his life. The fact that physical education and training alone cannot yield long-term positive results underscores the importance of activating an individual's desire for self-education and self-improvement. In the process of forming a person, there is an interaction between the activity of the subject and the motivation that determines this activity. Due to the development of motivation, a better study of the activity of the object is carried out.

The formation of a person is determined by a certain activity, where the decisive factor is motivation. That is, motivation is presented as a dynamic period of the personality-forming movement in working on oneself. The purpose of the study: a comprehensive study of the sports-motivational sphere of the individual. Introducing physical education to the younger generation is an important part of shaping a healthy lifestyle. In addition to the comprehensive development and further improvement of organized forms of physical education, independent exercise is crucial. Physical self-education is a process of purposeful, conscious and systematic work aimed at shaping the physical culture of an individual. Self-discipline disrupts the intensity of physical education and helps to expand and improve the practical skills acquired during this process. Physical self-education involves the integrated development of intellectual, psychological, and activity components, which is achieved through the creation of psychological comfort in the classroom; personality approach; focus on the formation of a person's physical culture; Involve students in the active sphere of education, upbringing and extracurricular physical education sports. The current complex living conditions place high demands on human biological and social capabilities. Through exercise, people's all-round development of their physical capabilities helps to achieve the utilization of all the body's internal resources, maintain health and strengthen it. All of the factors listed above that affect people create a favorable environment for their motivation for physical education. Depending on the level of appearance, the causes that occur can be permanent and of a stable nature, as well as situational (temporary). For reasons to be sustainable and sustainable, he must enjoy lessons and certain (planned) outcomes. It is this constant motivation that should help to shape this motivation. The last decades have been marked by a significant increase in the impact of sports on people's consciousness and social life, which is reflected in the following areas:

- the impact of sports on key areas of human activity (economic, educational, cultural) has expanded;
- increased integration processes and the penetration of sports into the social structures of society;
- the active formation of sports as an independent social institution continues.

The impact of sports on the socialization and upbringing of the individual, the formation of his lifestyle has increased significantly. Apparently, sport is an area where common social interests are clearly expressed and a factor that strengthens the unity of society, which speaks to the social nature of sport as a specific educational source of personal development. The social role of sports is to form perseverance, self-confidence, the ability to adapt to existing conditions, that is, sports nurture a person's character. To conduct independent physical education classes, it is necessary to remember that the main task of self-education is to improve the body. It is therefore necessary to use an optimal load that combines volume and intensity to achieve the maximum healing effect. The purpose of physical education is to ensure the proper education of the physical qualities inherent in man. The process of personal development takes into account the specific characteristics of each person, the optimization of external influences in the direction of comprehensive development of their abilities, as well as maintaining their level of performance for as

long as possible and minimizing their loss and regression in aging. Research results and discussion. We conducted a questionnaire survey, which was attended by 20 first-year students Of a specialized branch. The research question "What is decisive for you in the process of doing sports:

- 1) biological factor (increase in muscle mass, increase in functional capacity of the body, etc.);
- 2) pedagogical factor (training of will and moral qualities, character formation, etc.);
- 3) psychological factor (development of mental processes: ideas, thinking, intuition, perception, etc.).

An analysis of the study of motives directed by students to the development of sports showed that about 70% of motivation is to improve shape, lose weight, i.e., weight loss (i.e., biological factor). One of the main reasons for the sport chosen by 20% of students is the pedagogical factor that regulates prestige or an individual's desire to protect themselves in society. Various exercise classes are firmly entrenched in people's daily lives and many cannot imagine their work week without going to any class or pool. Of course, it's nice to feel good and your body is submissive and fit. In addition, systematic training leads to a great mood and a positive result. Motive not only determines a person's behavior (e.g., choosing a sport), but in many ways also determines the end result. A person first understands that physical education is necessary for him and for his purpose. Students who gain the necessary knowledge in this field will be involved in promoting a healthy lifestyle and engaging the younger generation in new types of exercise. Thus, we found that the main causes of physical self-education are the conditions of social existence and culture; claims for community recognition; competition, awareness of the incompatibility of their forces with the requirements of social and professional activities; ideal as a person-centered model.

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