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THE ROLE OF MOTIVATION IN THE DEVELOPMENT OF GIRLS' BOXING SKILLS

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Annotatsiya. Ushbu maqolada "motivatsiya" tushunchasi, bokschi qizlarning sport bilan shug'ullanishida motivatsiyaning ahamiyati, tadqiqot natijalari, musobaqa oldi holatlarda bokschi qizlarimizning psixologik holati hamda musobaqa so'ngi holatlarida motivatsiyaning ahamiyatligi, muvaffaqiyatga erishish mezonlari ko'rsatilgan.

Kalit so'zlar: motivatsiya, boks, sportchi qizlar, mahorat.

Аннотация. В данной статье показано понятие "мотивация", важность мотивации в спортивной деятельности девушек-боксеров, результаты исследования, психологическое состояние девушек-боксеров в случае соревнований, а также важность мотивации в постсоревновательных ситуациях, критерии успеха.

Ключевые слова: мотивация, боксы, девушки-спортсменки, мастерство.

Abstract. This article describes the concept of "motivation", the importance of motivation in boxing girls in sports, the results of research, the psychological state of our boxers in pre-competition situations and the importance of motivation in post-competition situations, criteria for success.

Key words: motivation, boxing, girls athletes, skill.

Introduction. After gaining independence, our country has been carrying out radical reforms in all areas. Sports, science, technology and all other spheres are developing at a high level in all spheres. The Decree of the President of the Republic of Uzbekistan No. PF-4947 of February 7, 2017 "On the Strategy for further development of the Republic of Uzbekistan" [1] clearly shows the attention paid to the development of industries. Resolution of the Cabinet of Ministers of the Republic of Uzbekistan No. 279 "On the establishment of the Fund to support the development of boxing in Uzbekistan" [2] and Decree No. PF-5924 "On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan" [3] shows the high level of attention to sports in our country. Decree PF-6099 of October 30, 2020 "On measures for the widespread introduction of a healthy lifestyle and the further development of mass sports" recognizes the importance of physical and mental health of the population and the fact that everyone should not be indifferent to sports. It should be noted that the head of our state Sh.M.Mirziyoev pays special attention to the many opportunities provided for our youth and the conditions created for women's activities in our society.

Literature review. In addition, Saida Mirziyoeva, a member of the Commission on Gender Equality of Uzbekistan, Deputy Chairman of the Board of Trustees of the Public Fund for Support and Development of National Mass Media, has repeatedly



stressed the need to raise the level of women's activities in all spheres. This means that we need to increase the number of our boxing girls, support them to work effectively with boxing, and give them the right and clear psychological motivation. Let our girls be able to raise the Uzbek flag in the world through boxing.

In the process of boxing, the most important thing is that coaches and sports psychologists can effectively use the motivational processes for the success of our girls boxers. Because a person's physical health and psychological health are inextricably linked.

Behind the positive work being done in the field of sports, of course, the importance of the policy pursued by the head of our country is incomparable.

Sports, fitness and physical education are important factors that have a strong impact on a person's physical and mental development.

Research Methodology. According to scientists, during adolescence and adolescence, a person has a strong tendency to be affected, during which the negative events that occur in his life can cause him deep emotional trauma, and its effects can last a lifetime. As the body grows physically, gender equality and differences in the life of the individual become more and more important, the worldview of the boy or girl, the perception of the environment changes. Now the teenager cannot be indifferent to the influence of others, tries to show his independence, tries to affirm it, he refuses to imitate, begins to find his way in life, to show his uniqueness, tries to find his way in life. [4].

The concept of 'motive' itself is interpreted differently by different scholars. For example, A. While Maslow [5] associated the motive with need, S.L. Rubinstein [6] considers motive to be the perception and satisfaction of this need, while some scholars consider motive to be the object of need. It is known that the concept of motive is at the heart of A. Leontev's theory of activity [7]: he considers "motive" not only as a perception of needs, but also as an objectivity that specifies a certain need for certain conditions, human activity. At this point, it can be seen that the external side of the motives is given more attention. Therefore, L.I. Bojovic's opinion is significant in that it broadens the concept of "motive." According to him, the motive can be not only in the form of external objective factors, but also in the form of perceptions, ideas, feelings, in short, internal subjective factors [8].

Analysis and results. Motivation is broadly regarded as the complex, multifaceted manager of human life. Human life can be governed by conscious and unintelligible states. Of these, higher-level governance is voluntary governance. To further clarify the above points, we can describe motivation as follows: Motivation is a complex, multi-level system of motivating a person to action, which includes needs, motives, interests, ideals, aspirations, attitudes, emotions, norms, values, etc. [9].

Training highly qualified boxers in boxing competitions has always been a topical issue. The training of highly qualified boxers is related to the development of physically mature, technical and tactical aspects, the correct direction of training in boxing schools and boarding schools from an early age.

Competitions place even higher demands on the body, primarily on the nervous system, than on exercises performed with a large load.



Psychological training is important in boxing. Because boxing is a martial art, it requires from the boxer not only physical, tactical and technical skills, but also courage, overcoming fear and pain, and other similar psychological training. [10].

We see that a boxer with low psychological training has not been able to fully demonstrate his skills in many competitions. Therefore, success requires a high level of psychological preparation from the boxer.

Psychological training, which combines the qualities of a boxer, such as motivation, self-esteem, sportsmanship, the ability to communicate effectively and discipline, is of great importance in boxing. For example, if a boxer's motivation is strong, he or she will continue his or her career in the sport with great interest and desire, but otherwise, the boxer may leave the sport or slow down his or her level of development.

It also allows boxer girls to overcome strong excitement and get rid of stress that negatively affects their performance skills.

Conclusion. This means that not only the knowledge of boxing, but also psychological knowledge and motivation are the most important of our female athletes. We know that it takes a lot of time, years, to master a boxing skill. In order to practice for years, a person must be able to motivate himself and have his own psychological knowledge so that he does not feel exhausted in relation to the chosen sport of boxing, even under the influence of external factors.

A group of motives is noted based on the characteristics that specialize in the study of sports motivation. According to A. C. Puni, the following dynamics of sports activities were identified:

1. Motives of the first stage of sports activities, encouragement to participate in sports activities. These include:

a) the motive for the emotional appeal of exercise based on a person's natural need for physical activity;

b) a duty motive determined by the need to engage in physical culture and sports;

c) a number of other motives.

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Features such as insufficient understanding of the needs that are common to the initial stage motives: instability, uncertainty, and interchangeability of different satisfaction methods.

2. Further development of motives is the sustainability of the chosen sport, in which the achievement of certain achievements is associated with the expansion of specialized knowledge and skills.

3. When an athlete reaches the peak of athleticism, old motives fall into the background. The athlete's dominant defining behavior becomes the "success" motive.



The athlete feels the need for extreme physical activity, experiencing a state of maximum mental stress, overcoming the opponent, weight, time, self and, most importantly, achieving high sports results. ” [11]

In conclusion, not only sports knowledge but also psychological knowledge is important for our girls to engage in boxing on a regular, positive basis. Motivation is especially important.

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