



METHODS OF INCREASING SPORTS MOTIVATION AMONG YOUTHS

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Abstract

This article describes the theoretical and practical aspects of increasing sports motivation among students. Factors affecting students' regular participation in sports, types of motivation and effective ways of encouraging them were analyzed. Also, recommendations on the development of sports activities in higher educational institutions were developed.

Keywords: Sports motivation, students-youth, physical education, healthy lifestyle, sports activity, motivation, physical activity.

Introduction

In today's era of globalization and the development of information technologies, the physical activity of young people is one of the important issues. As a result of students spending a lot of time on computers, smartphones and the Internet, their physical activity is decreasing. This negatively affects health and increases the risk of various diseases. Physical education and sports are important means of raising a healthy generation. Sports activities serve not only physical development, but also the spiritual, mental and social development of the individual. Therefore, the formation and increase of sports motivation among students is considered one of the urgent tasks.

Physical education and sports events play a large role in the life of educational institutions. First, they develop the physical fitness of students, teachers and employees of higher education institutions, cultivate useful skills and qualifications, and create a basis for their engagement in physical education. Secondly, they create conditions for competitions, taking into account the readiness and interest of the games. The fact that participants in various types of sports competitions fulfill the rules of the competition and accumulate results and points increases interest in physical education and sports in this higher education institution. Physical education and sports events are divided into training, propaganda and promotional, and sports competitions, depending on their direction. Sports competitions are one of the most profitable organizational-mass, health, physical education and sports events. Physical education elements, when used correctly in conjunction with other activities, can improve people's health, prolong their lives, improve their mood, and make the work process more productive.

The types of physical education recorded by Ibn Sina include tug-of-war, fist pushing, archery, fast walking, spear throwing, jumping, jumping on one leg, fencing and spear throwing, horseback riding, waving both arms, and exercises in which one stands on tiptoe and stretches his arms forward and backward.

Theoretical Foundations of Sports Motivation

Motivation is a set of internal and external factors that encourage a person to engage in a certain activity. Sports motivation expresses a person's interest, need, and aspirations for sports.

According to psychological research, sports motivation is divided into two types:

1. Intrinsic motivation

Intrinsic motivation is related to a person's enjoyment of playing sports, their desire to improve their health, and their desire to develop their potential.

Intrinsic motivation includes:

desire to be healthy;

- enjoyment of sports;
- increased self-confidence;
- striving to improve personal results.

2. Extrinsic motivation

Extrinsic motivation occurs under the influence of various rewards, incentives or social factors.

These are:

- diplomas and certificates;
- scholarships;
- prizes in competitions;
- support from teammates and family;
- social recognition.

A characteristic feature of physical culture and physical education is that the appearance of a specialist is of particular importance in the process of physical education. While physical education specialists strive to improve the physical condition of students, they themselves should be physically fit, with a harmoniously developed body structure, aesthetically expressive movements, and well-proportioned, meaningful and free movements. At the same time, a physical education specialist should be cultured, aesthetically educated, artistically educated, tasteful, meticulous, creatively active, and sweet-natured, and should pay great attention to the upbringing of qualities and virtues in students. A physical education specialist should be sweet-spoken and kind to those involved, as well as cheerful and full of a sense of humor.

It is also important that they are demanding and have pedagogical etiquette when performing physical activity. The competence of physical education specialists in managing the educational process must be excellent; in order to manage the educational process in accordance with modern requirements, physical education specialists must be aware of and have mastered advanced experiences in physical education in the country and abroad. In addition, the following principles should be given importance in the educational process: The educational process should be oriented towards the idea of national independence; An individual approach to each of the participants in accordance with their age characteristics; Setting high demands on the participants and respecting them; Conducting the educational process in a lively, active, and cheerful manner; Ensuring the educational impact of pedagogical requirements. The process of teaching physical activities should form the spiritual qualities of the participants and connect it with life, society, and labor activities; the process of physical education should encourage participants to actively participate in the struggle to build a new society. In order to educate students in the spirit of the idea of national independence, physical education specialists must

fully understand how they live, what they think about, who they are friends with, how they work in production, how they study at school, how they behave in the family and in public places, how they spend their free time, and so on.

Recommendations for increasing sports motivation in higher education institutions

To increase sports motivation among students, it is advisable to implement the following measures:

- organize physical education classes based on modern methods;
- expand the activities of sports clubs;
- regularly hold sports events;
- cover students' sports achievements in the media;
- strengthen the system of motivating students involved in sports;
- widely use digital technologies and sports applications;
- implement projects promoting a healthy lifestyle.

Conclusion

Increasing sports motivation among students and young people is one of the important factors in raising a healthy and harmonious generation. Sport not only strengthens physical health, but also develops a person's mental stability, willpower and social activity. Cooperation between educational institutions, family and society is of great importance in increasing sports motivation. It is possible to further strengthen students' interest in sports through the development of modern pedagogical technologies, a system of incentives and sports infrastructure.

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