

Міністерство освіти і науки України
Управління молоді та спорту Сумської обласної державної адміністрації
Національний університет фізичного виховання і спорту України
Сумський державний університет
Тираспольський державний університет імені Т. Г. Шевченка (Молдова)



**ІННОВАЦІЙНІ ТЕХНОЛОГІЇ В СИСТЕМІ
ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ
ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

ТЕЗИ ДОПОВІДЕЙ
II МІЖНАРОДНОЇ НАУКОВО-МЕТОДИЧНОЇ КОНФЕРЕНЦІЇ
(Україна, Суми, 16–17 квітня 2015 року)

Суми
Сумський державний університет
2015

MOTIVATION AS FACTOR OF SPORTS SELF- REALIZATION

Pyesotsky S. M., teacher
Sumy State University
kfv@sport.sumdu.edu.ua

Currently in Ukraine is not a full comprehensive approach aimed at building a new galaxy of athletes of various disciplines to maintain and develop the potential of coaching body and the output of sport and a healthy lifestyle to the rank of a national idea. Problems sports field due to a number of factors specific to post-Soviet countries, among which are the social, economic and political. All of these factors can be characterized as externalities, and these factors alone are not always dominant, since *ceteris paribus* some athletes succeed and others do not. The solution to this contradiction is internal'nym factors, namely in the area of internal configuration consists of athletes and their motivation, system values, settings and more. Therefore, this study was the subject of motivation as a determinant factor of sports self-realization. Research motivational sphere has a number of practical problems, as a comprehensive study of this phenomenon opens opportunities and outlines effective optimization of sports activities athletes by amplifying some other motives and correction [1].

For the first time the word "motivation" A. Schopenhauer took in his article "The four principles of sufficient reason." Then this time firmly entrenched in the use of psychological explanation for human behavior. Motivation – a combination of factors that support and guide the behavior. It is a relatively stable system of dominant motifs. To study the motivational sphere junior athletes and determine the components that contribute to optimal sports are contrary to self-athletes in modern Ukrainian reality was conducted among first-year students (junior athletes), that people who regularly play sports [3] .

Based on the results of our work, we note that the achievement of material well-being is the dominant motive for most young

athletes. These results are consistent with the results of the study Kurtova G. U., who worked with athletes of the highest category. These results are as positive and negative shades. Of course, the factor of good financial security is a prerequisite for athletes sporting achievements. And in today's realities it can have negative consequences, in particular, the outflow of talented young sports abroad and outflow of junior athletes from the sports field in other industries, providing faster and satisfactory result in material terms [2].

It is noted the lack of proper interest in the underlying aspects of sports activities, not all athletes in sports are appropriate emotional satisfaction. These results suggest the need for change, the government should be directed to the rise of national consciousness and patriotism, the development of mass sports and to ensure adequate funding for the sports industry.

References:

1. Ylyn E. P. motivation and motyvы – St. Petersburg: Publishing "Peter", 2000. – 502 p.
2. Kurtova G. U. Research motivation training weightlifting athletes of high sports kvalifikatsiyi. – Lviv, 1998. – 59 p.
3. Shapovalov B. B. Motivating success in sports gifted youth dis. ... candidate. Psychology. Sciences: 19.10.07 / Academy of the Interior Ministry. – K., 2007. - 198 pp. – Ref.: pp. – P. 162–182.