

GOAL SETTING IN SPORT

Krivoshey Y.O., *student*; SSU, Group SP-801

Goal setting is defined as what the person is trying to achieve. This is an object or purpose or action. In modern definitions, reaching goals often means achieving a standard or competence in a task. Goals usually reflect unconscious intentions or goals. Goals are regulated and accepted behavior.

Goals have a direct and indirect effect on the performance in the sport, focusing our attention on hints that are relevant to the task and encouraging persistence and the appropriate level of applied effort. Before any of the direct and indirect influences coming into effect, it is suggested that individuals should stand for the purpose at hand and have the necessary ability or skills. The feedback on progress in achieving the goal is another suggested idea that is considered vital for the effectiveness of the goals. The effects of setting goals in production or organizational conditions can be transferred to sports through obtaining end results, contextual similarities and the commonality of cognitive processes and physical actions used in sports and work.

A demonstration of the effectiveness of the goal setting can be found in the main factors: 1) the value of more relevant methodologies, resulting in a healthy academic discussion, and (2) the expansion of conceptual approaches that go beyond the consideration of simple productivity effects.

The concept of goals can be studied in two main ways. First, the goals can be seen as a direct motivational strategy in which they function as specific performance standards that regulate behavior in terms of attention and effort. The second fundamental way of studying goals is when the fact that the goals work or are seen, because the cognitive movement forces to attract activity. In this case, the goal goals reflect the personal value of skills and success, which, in turn, dictates knowledge, behavior and commitment.

Possible rejections of the purpose may be related to the following factors: 1) the inclusion of individuals who want to be extremely motivated in the physical field, as they study the participants; 2) the tendency of study participants to directly set goals; 3) the probability of the competition; and 4) the refusal to consider the objectives of the personnel of the study participants in relation to the task execution.

Language advisor Liashenko I.V.