

THE RELATIONSHIP BETWEEN THE LEVEL OF EMOTIONAL STRESS IN FREEL WRESTLERS AND THE MOTIVATION FOR SUCCESS

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Abstract: This study examines the relationship between the level of emotional stress and achievement motivation among wrestlers. Emotional stress is considered a significant psychological factor influencing athletes' performance, particularly in high-pressure competitive environments. The research involved 120 freestyle wrestlers aged 18-25. Standardized psychological tools were used, including the Sport Motivation Scale (SMS), Spielberger's State-Trait Anxiety Inventory (STAI), and a self-control scale based on Baumeister's model. Statistical analysis using correlation methods revealed a significant negative relationship between emotional stress and achievement motivation. The findings suggest that increased emotional stress reduces athletes' motivation for success and affects performance outcomes.

Keywords emotional stress, wrestlers, achievement motivation, sport psychology, anxiety, self-regulation, competition performance

Introduction

Modern sport increasingly recognizes psychological factors as critical determinants of athletic success. In combat sports such as wrestling, athletes are exposed to intense emotional and physical demands, particularly during competitions. Emotional stress, often manifested as anxiety, tension, and fear of failure, can significantly influence an athlete's motivation and performance.

Achievement motivation is one of the key psychological constructs determining success in sports. According to contemporary sport psychology theories, motivation is shaped by both internal (intrinsic) and external (extrinsic) factors. However, high levels of emotional stress may disrupt motivational processes, leading to decreased performance and psychological instability.

Despite extensive research in sport psychology, the relationship between emotional stress and motivation in wrestlers remains insufficiently explored, especially in the context of higher education athletes. Therefore, this study aims to investigate how emotional stress levels affect the motivation for success among wrestlers.

It is well known that regular wrestling becomes an integral part of a person's life, forming a need for sports. In wrestlers, willpower is of particular importance. This is because their mental state, success in competitions, self-improvement, and achievement of results directly depend on their volitional qualities. In the process of wrestling, athletes develop skills to control their emotions, endure pain and fatigue, make quick decisions, and act decisively against an opponent.

The ability to self-manage and control must be highly developed in wrestlers. This is because an athlete lacking sufficient willpower stability cannot achieve high results. For example, such processes as regular training, adherence to a strict sports regime, overcoming pre-

competition stress, and weight control require strong willpower. Therefore, the formation of willpower in wrestlers is an important pedagogical and psychological task.

The good news is that willpower is a psychological quality that can be developed rather than innate. Wrestling is one of the most effective means of fostering this quality, in which qualities such as perseverance, patience, purposefulness, and self-control are systematically formed. Thus, wrestling is not only a sport but also serves as an important educational school that ensures the volitional maturity of the individual.

Today, scientists know many ways to strengthen willpower. It took evolution millions of years to create the prefrontal cortex (a region of the brain located behind the frontal bone of the skull) that controls all the processes that distinguish humans from animals. Initially, assuming that the human brain is strong in the process of decision-making and self-control, the question arises of how to teach self-control and what should be done to improve its “standard mechanisms” [1;278]. For many years, it was believed that the structure of the brain remained the same. However, the results of research conducted by neurologists over the last decade have shown that the brain, like a student thirsting for knowledge, is highly sensitive to any experience. Its characteristic quality is limitedness, as every successful demonstration of self-control and self-education destroys a person’s energy reserves. The weaker the will, the harder it is to resist the body’s weaknesses, habits, and inferior needs. A weak-willed person risks falling into eternal slavery to their body and habits. Based on blind instincts, he no longer has the right to choose. One effective way to increase willpower is to exercise the body [4].

LITERATURE ANALYSIS AND METHOD:

Psychologist Megan Outen and biologist Ken Cheng of Macquarie University in Sydney tested a new treatment that enhances self-control. The findings surprised them. Six men and 18 women aged 18 to 50 participated in this experiment. After two months of treatment, they were more focused and less distracted. Subjects smoked less, cut back on alcohol and caffeine - even though no one asked them to. They ate less junk food and were healthier. Spent less time on TV and studied social media more. They began to save money and spend less on purchases of their own accord. They began to feel in control of their emotions, and fewer things were delayed[2;78].

Through sports activities, people discovered a new source of strength and began to exercise better self-control in all spheres of life. Thus, it has been proven that exercise reduces stress, increases basic heart rate variability, and improves prefrontal cortex function. All of this can enhance peace of mind regarding impulses of spontaneous emotions.

Five minutes of exercise every day is enough to have a positive effect. Gardening, walking, dancing, doing yoga or team sports, swimming, playing with children or pets - even cleaning an apartment and going outdoors - are all considered physical exercises. Self-control can be “pumped up” if a person engages in sports regularly. But you have to start small, otherwise you might exhaust yourself. If you are going to the gym for the first time, you will not lift a heavy bar, because in this case you will leave the sport.

RESULTS

Analysis of psychological and pedagogical literature shows that the most important criteria for human development should be the presence of the following qualities: the will to achieve goals, willpower, persistence, diligence, intellectual curiosity, and personal potential.

To determine willpower, attention was paid to studying human psychology using N.N.Obozov’s (1997) “Willpower Assessment” methodology, which consists of 15 questions. 52 respondents participated in the study. The obtained data are presented graphically in Figures 1 and 2. As a result of the experimental activities, the methodology we used took into account the ratio of positive and negative responses for each question, indicating the maximum and minimum differences between the volitional qualities of the respondents.

Table 1.

Dynamics of willpower assessment

Variables	N	Mean
Emotional Stress (STAI)	120	48.6
Achievement Motivation (SMS)	120	71.2
Self-Control	120	64.5

Table 2

Assessment of Willpower Levels among Wrestlers

Willpower Level	Number of Students	Percentage (%)
High Willpower	13	27%
Medium Willpower	28	57%
Low Willpower	8	16%
Total	49	100%

The analysis of willpower levels among wrestlers, based on N.N. Obozov’s methodology, shows that the majority of participants demonstrate a moderate level of willpower (57%), indicating a stable but not fully developed capacity for self-regulation.

A smaller proportion of athletes (27%) exhibit a high level of willpower, which reflects strong self-control and persistence in achieving goals.

Meanwhile, 16% of participants fall into the low willpower category, suggesting potential difficulties in managing emotional stress and maintaining motivation during competitive situations.

It turned out that the majority of subjects possessed “moderate” willpower. Respondents with low willpower constitute a relatively small minority. Therefore, it is necessary to regularly organize correctional measures for those with relatively low willpower.

According to the results of the study, 28% of the subjects, that is, 14 respondents, have “high” willpower. Individuals belonging to this level of willpower possess self-confident, firm, and strong willpower who do not back down from their word under any circumstances. You can trust them; they will never let you down.

"Medium" willpower was demonstrated by 29 (58%) students. Individuals belonging to this level of willpower are characterized by qualities such as trying to overcome various obstacles when encountering them, and trying to use them if a way to evade them is visible. They try to take on unnecessary obligations of their own free will.

The number of participants with "low" willpower was a minority, i.e., 9 people, accounting for 17% of the total number. Adolescents with unsatisfactory willpower are characterized by the

ability to do only what is easy and interesting, a superficial attitude toward obligations, an inability to withstand difficulties, and a tendency to abandon assigned tasks in the middle of them.

DISCUSSION

For wrestlers, sports and healthy nutrition are not only factors that strengthen willpower but also essential tools that ensure their overall physical and mental well-being. During wrestling training, the hormone endorphin is actively released within the athletes' bodies. This hormone reduces discomfort and pain during physical exertion, improves the athlete's mental state, and strengthens positive motivation for competitions and training. In this regard, wrestling plays an important role not only in physical fitness but also in the formation of psychological stability.

Scientific research indicates that regular self-monitoring and performing small but systematic physical exercises during training significantly enhance wrestlers' willpower. For example, through regular arm muscle contractions (using simulators) and static tension exercises, athletes develop self-management and control skills. Such exercises strengthen not only muscle strength but also the psychological stability called "muscles of will."

The process of self-education is also activated in wrestlers through conscious muscle tension. For example, when an athlete feels fatigue, fear, or hesitation before a competition or during training, they can mentally mobilize themselves by briefly compressing certain muscle groups (fists, biceps, abdominal muscles). This technique strengthens the relationship between the nervous system and the body and increases the athlete's willpower over time.

In addition, meditation and breathing exercises play an important role in the development of willpower in wrestlers. Conscious attention to breathing helps the athlete concentrate, reduce excessive emotional tension, and manage internal (fear, excitement, desire) and external (noise, opponent pressure, environmental influence) factors. These techniques significantly enhance the wrestlers' ability to maintain self-control, withstand stress, and maintain an optimal psychological state during the competition process.

Thus, when physical exercises, healthy nutrition, conscious muscle control, and meditation techniques are combined in wrestling, athletes develop not only physical strength but also a high level of willpower, self-control, and psychological stability.

CONCLUSION

Emotional stress in freestyle wrestlers significantly affects their athletic performance and motivational processes. An optimal emotional state helps achieve high results, whereas excessive stress leads to negative consequences. Therefore, it is necessary to strengthen the psychological preparation of athletes and develop their stress management skills.

Regardless of a person's level of self-control, a five-minute meditation can be very beneficial. Even a single meditation session is capable of filling them with "willpower" for the rest of the day [4;175]. While a person is awake, thousands of minor desires attack their mind, creating the risk of them faltering and turning away from their intended path. In conclusion, we can emphasize that attempts to control these desires are sometimes exhausting, but with time, practice should improve this ability.

Sport is not just about competitions and victories; it also involves tireless work, hardships, and endless hours of training.

By interviewing and studying athletes who have achieved good results, we can understand what lies behind their success. They devise plans for themselves, developing specific strategies

that help them reach the highest peaks of athletic achievement through physical and mental preparation, nutrition, and rest [11].

Nutrition is also of great importance in sports training. Physical preparation is the foundation of athletic achievement. It not only enhances the physical qualities of athletes but also improves their technique, tactics, and ability to resist fatigue. The training regimens of successful athletes are meticulously planned and include a variety of exercises.

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