

THE ROLE AND RELATIONSHIP OF PSYCHOLOGICAL FACTORS IN THE FORMATION OF SUCCESS MOTIVATION IN WEIGHTLIFTERS

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Abstract: This article provides a scientific analysis of the psychological factors and their interconnections that play a crucial role in shaping the motivation to strive for success among athletes involved in weightlifting. During the study, the influence of indicators such as willpower, self-control, emotional stability, and stress resistance on motivational processes was empirically studied. The results showed the presence of statistically significant correlations between these factors.

Keywords: weightlifting, motivation, willpower, self-control, emotional stability, stress resistance, sports psychology

Introduction

In modern sports psychology, not only physical but also psychological preparation is recognized as a decisive factor in athletes achieving success. Especially in individual sports such as weightlifting, the athlete's internal motivation, volitional qualities, and the ability to manage their emotional state have a direct impact on sports results.

Weightlifters work under conditions of high workload, pre-competition stress, and psychological pressure. Therefore, studying the psychological determinants that shape their motivation to strive for success is a pressing scientific problem.

Literature analysis (level of study)

The issue of motivation in sports psychology has been studied by many scientists. In particular, R. Baumeister substantiated the importance of willpower in human activity. The "grit" theory developed by C. Duckworth demonstrates the importance of persistence and motivation in achieving long-term goals.

In sports psychology, C. Roberts and D. Lavalley have studied the impact of athlete identification and social support on motivation. CIS scientists have analyzed the impact of emotional stability and anxiety levels on athletes' sporting results.

At the same time, the comprehensive study of psychological determinants of motivation in freestyle wrestlers is insufficiently covered.

Research methodology

The study utilized the following psychodiagnostic techniques:

- Sports Motivation Scale (SMS - Pelletier);
- Test for evaluating willpower (based on Baumeister's concept);
- Self-management methodology (Morosanova);
- Anxiety level test (Spielberger - STAD);
- Emotional Intelligence Test (Hall).

The study involved 297 student weightlifters between the ages of 18 and 30. The results were subjected to statistical analysis using the SPSS (correlation analysis, Pearson coefficient) program.

Table 1

Results of the methodology for determining “Motivation for Achieving Success and Avoiding Failure” by age group of student weightlifters, Mann Whitney criterion $n=297$.

Scales	Age group	N	Medium color	U	P
Motivation for achieving success	18-21 years	182	139,24	8689,000	0,001***
	22-30 years	115	164,44		
Motivation for avoiding defeats	18-21 years	182	140,59	8933,500	0,003**
	22-30 years	115	162,32		

When studying differences across age groups in the methodology for determining “motivation for achieving success and avoiding defeat” using the “Success Motivation” scale, significant differences were observed ($U=8689,000$; $p<0.001$). Success motivation in 22-30-year-old students is higher than in 18-21-year-old students; 22-30 years correspond to the period of study for senior students; during this period, they have high self-confidence in all aspects, striving to achieve success without paying attention to any obstacles; this is a period when their experience in both sports and studies has significantly increased; therefore, students of this age strive only for victory and are confident in themselves, striving only forward.

Significant differences were also observed in the failure avoidance motivation scale ($U=8933,500$; $p<0.01$). Motivation to avoid defeat was stronger in 22-30-year-old students than in 18-21-year-old students. This is because students at this age are in their third or fourth year of study.

Research Results and Their Analysis

Among student weightlifters, the indicators of “Motivation for Achieving Success and Avoiding Failure” were studied by age. The study identified two age groups: 18-21 years ($n=182$) and 22-30 years ($n=115$). The Mann-Whitney U criterion was used to identify differences between the groups.

The analysis results showed that there are statistically significant differences between age groups according to the “Success Motivation” scale ($U=8689,000$; $p\leq 0,001$). According to the analysis of average ranks, it was established that the indicator of students aged 22-30 (164.44) is higher than that of students aged 18-21 (139.24).

This result indicates that older student-athletes are more oriented toward achieving success, possessing higher levels of internal motivation, self-confidence, and purposefulness. This is explained by their experience gained during sports activities, frequency of participation in competitions, and psychological maturity. Especially in the 22-30 age period, which coincides with the highest stages of higher education, athletes possess the ability to realistically evaluate their capabilities, think strategically, and effectively organize results-oriented actions.

Statistically significant differences were also identified between age groups on the “Motivation to Avoid Failure” scale ($U=8933,500$; $p\leq 0.01$). According to the analysis of average ranks, it was observed that the indicator of students aged 22-30 years (162.32) was higher than that of students aged 18-21 years (140.59).

This result indicates that older athletes exhibit a stronger desire not only for success but also for motivation to avoid defeat. This situation is explained by the increased sense of responsibility among athletes, increased demandingness toward their results, and a desire to maintain the achieved status in sports activities. Especially for 3-4th-year students, sports results are linked not only to personal success but also to factors such as social status, scholarship, and selection for the national team.

Overall, the results obtained show that with age, both types of motivation - the pursuit of success and the avoidance of defeat - increase in athletes. This is closely linked to the psychological maturity, experience, and conscious approach of athletes to their activities.

Discussion

The obtained results are consistent with international research. Athletes with high motivation levels manage themselves better in stressful situations.

The role of coaches and educators in fostering a positive motivational environment among athletes is also important. Sports results can be improved by strengthening psychological preparation.

Conclusion

Based on the research results, the following conclusions were drawn:

The motivation of athletes for success is determined by a number of psychological factors.

Willpower and emotional stability are the primary determinants of motivation.

High levels of anxiety reduce motivation.

The development of psychological preparation contributes to the improvement of sports results.

Practical recommendations

Developing self-control skills in athletes

Implementation of psychological training (autogenic exercises)

Organization of motivational trainings for trainers

Development of a pre-competition psychological training program

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