

MOTIVATION OF ACHIEVEMENT OF SUCCESS AND LEVEL OF PHYSICAL OPERATIONAL PERFORMANCE OF THE ATHLETES DEPENDING ON THEIR STRESS-RESISTANCE

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The actual problem of sports physiology is the growth of the working capacity and stability of athletes to the actions of environmental factors, which significantly increases the effectiveness of competitive activities. In achieving the success of an athlete, an important role is played by the level of motivation that guides and programs for success, and stress resistance helps adequately respond to irritating factors. It is shown that drawing up of an individual schedule of trainings and physical activities with motivation and stress resistance allows to optimize the training process and achieve higher results. It is a well-known fact that in sport practice, to improve the result, it is necessary to develop working capacity, both general and special.

Today, we face the urgent problem of identifying the correlation dependence of motivation for achieving success and the level of physical performance in athletes with different levels of stress resistance. We assumed the existence of a relationship between the above-mentioned indicators, which was confirmed by a positive correlation in the course of the experimental study. Thus, it is shown that the higher the set of motivational orientation of athletes and the ability to sustain the action of extreme factors (stress), the higher the physical performance of athletes, which is crucial in ensuring a high level of effectiveness.

Comparison of our data with the data of other authors indicate the fact that stress resistance is associated with the presence in a person of a certain set of typological features of the manifestation of the properties of the nervous system that, under conditions of impact on the subject-activity of extreme values (sport), leads to the launch of biochemical reactions that reduce physical performance.

Keywords: working capacity, athletes, stress resistance, motivation.

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