

THE INFLUENCE OF THE SELF-CONCEPT ON THE MOTIVATION AND VOLITION OF SPORTSMEN

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Psychologists affirm that the high level of the self-concept determines the proactive attitude to the life, the ability to self-knowledge and self-esteem of personal ambitions, life goals and potential abilities. Meanwhile, the influence of the self-concept on the personality development of sportsmen is not well studied.

Therefore, the aim of our research is to investigate the influence of the self-concept on the development of motivation and volition of sportsmen.

11 highly skilled swimmers (5 masters of sports and 6 candidates for the master of sport) were involved in our research.

The following indicators were defined:

- self-concept;
- motives for sport;
- motivation to succeed and the motivation to avoid failure;
- competitive and training motivation.
- volitional qualities of dedication and persistence .

It is determined that the most developed components of the self-concept of sportsmen are self-value (7.80 points), self-confidence (7.20 points) and self-devotion (6.90 points). In other words, they highly assess themselves, they are confident and satisfied with themselves as a person.

Correlation analysis of the *relationship of the self-concept indicators* revealed two groups of test persons according to their relations to the self-concept.

The first group included self-confidence, reflected self-attitude, self-value and self-devotion, which are interconnected. In particular, self-devotion is connected with self-value ($r = 0,74$), self-confidence ($r = 0,77$) and the reflected self-attitude ($r = 0,68$). Self-value is positively correlated with self-confidence ($r = 0,76$) and with the self-conscious at the level of the trend ($r = 0,54$).

The second group included the indicators of internal conflict, self-blame, self-acceptance and self-leadership. There is also a valid or nearly significant positive correlation between these indicators. Internal conflict correlates with self-reproach ($r = 0,87$), self-leadership ($r = 0,64$) and with self-acceptance ($r = 0,56$) at the level of the trend . Self-blame is positively connected with self-leadership ($r = 0,77$) and self-acceptance ($r = 0,55$).

The negatively directed connection is observed between the indicators of two selected groups according to the self-attitude to the self-concept. In particular, the internal conflict is negatively correlated with confidence ($r = -0,80$), with self-value ($r = -0,59$) and self-devotion ($r = -0,53$). There is a negative correlation between self-acceptance and self-value ($r = -0,60$).

The research of *the influence of the self-concept on the sports motivation* revealed that the indicators of the first group are positively connected with the motive to achieve success and civil-patriotic motive which are adequate to high performance sport. In particular, sportsmen with different self-devotion ($r = 0,59$),

self-value ($r = 0,75$) and self-confidence ($r = 0,63$) have got a higher level of development of the motive for success; sportsmen with high levels of self-worth ($r = 0,57$) and the self-reflection ($r = 0,59$) have got a higher level of civic and patriotic motives .

In addition, the sportsmen with low self-value are characterized by high importance of rational-willed motive ($r = -0,73$) and the motive of preparation for professional activity ($r = -0,56$). As it is known, these motives are enough significant to inspire the sportsmen for the highest achievements in sports.

There is a negative correlation of the power of self-leadership motive with physical self-assertion ($r = -0,65$), openness with the severity of the socio-emotional motive ($r = -0,60$). Sportsmen with high levels of self-acceptance have got more developed social and moral motivation ($r = 0,71$).

It is determined that self-confidence ($r = 0,44$), intrinsic self-value ($r = 0,52$), and in particular, self-devotion ($r = 0,72$) influence on success of motivation. These components of the self-concept promote significant competitive motivation ($r = 0,48$; $r = 0,46$ and $r = 0,64$) and volitional qualities commitment ($r = 0,57$; $r = 0,34$ and $r = 0,71$). Dedication is also positively correlated with the self-conscious of tested persons ($r = 0,52$). Volitional quality of persistence is stronger developed in individuals with high rates of deliberate self-relation ($r = 0,76$) and self-devotion ($r = 0,67$).

Summarizing the results of our research, we can conclude that:

1) highly skilled sportsmen are characterized by a positive value relation to their identity, self-confidence in their abilities, their self-concept satisfaction ;

2) these components of self-concept are developed in a close relationship with each other. The higher the level of development of sportsmen, the less they are prone to internal conflict and self-incrimination;

3) self-confidence, self-value and self-devotion result in a high level of development of the motive for success, motivation to achieve success and competitive motivation, commitment and persistence.