

THE ROLE OF WRESTLING COMPETITIONS IN INCREASING MOTIVATION IN ATHLETES

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Annotation. This article explores the significant role that wrestling competitions play in enhancing the motivation of athletes. The study discusses various motivational theories in the context of sports psychology and analyzes how participation in wrestling tournaments impacts athletes' intrinsic and extrinsic motivation. Emphasis is placed on goal-setting, competitive spirit, recognition, and personal growth as key motivational outcomes of competition. The findings suggest that regular involvement in wrestling contests strengthens mental resilience, fosters self-discipline, and creates a sense of purpose among wrestlers, ultimately contributing to improved performance and long-term engagement in the sport.

Key words: motivation, wrestling, competition, athletes, performance, sports psychology, goal-setting, intrinsic motivation.

Аннотация. В данной статье рассматривается важная роль соревнований по борьбе в повышении мотивации спортсменов. В исследовании рассматриваются различные мотивационные теории в контексте спортивной психологии и анализируется, как участие в турнирах по борьбе влияет на внутреннюю и внешнюю мотивацию спортсменов. Особое внимание уделяется постановке целей, соревновательному духу, признанию и личностному росту как ключевым мотивационным факторам соревнований. Результаты исследования свидетельствуют о том, что регулярное участие в соревнованиях по борьбе укрепляет психологическую устойчивость, способствует самодисциплине и формирует у борцов чувство цели, что в конечном итоге способствует повышению их результативности и долгосрочной вовлеченности в спорт.

Ключевые слова: мотивация, борьба, соревнования, спортсмены, результативность, спортивная психология, постановка целей, внутренняя мотивацию

Annotatsiya. Ushbu maqola sportchilarning motivatsiyasini oshirishda kurash musobaqalarining muhim rolini o'rganadi. Tadqiqot sport psixologiyasi kontekstida turli motivatsion nazariyalarni muhokama qiladi va kurash turnirlarida ishtirok etish sportchilarning ichki va tashqi motivatsiyasiga qanday ta'sir qilishini tahlil qiladi. Raqobatning asosiy motivatsion natijalari sifatida maqsadni belgilash, raqobat ruhi, tan olinishi va shaxsiy o'sishga urg'u beriladi. Natijalar shuni ko'rsatadiki, kurash musobaqalarida muntazam qatnashish aqliy chidamlilikni mustahkamlaydi, o'z-o'zini tarbiyalashga yordam beradi va kurashchilarda maqsad tuyg'usini shakllantiradi, natijada sport bilan shug'ullanuvchilarning ko'rsatkichlari va uzoq muddatli faolligiga hissa qo'shadi.

Kalit so'zlar: motivatsiya, kurash, raqobat, sportchilar, ishlash, sport psixologiyasi, maqsad qo'yish, ichki motivatsiya.

Introduction. Motivation is one of the most important psychological factors that determines an athlete's performance, persistence, and success. In physically and mentally demanding sports like wrestling, maintaining high motivation is crucial for training commitment and competitive excellence. Wrestling competitions serve not only as platforms for testing skills and achieving recognition but also as powerful sources of motivation for athletes. This article aims to explore how competitive experiences impact wrestlers' psychological readiness and inspire them to grow both personally and professionally.

Motivation in sports is typically divided into two main types:

Intrinsic motivation, which stems from internal satisfaction, enjoyment, and passion for the sport.

Extrinsic motivation, which is driven by external rewards such as medals, titles, fame, or financial gain.

Wrestlers often display a mixture of both, where the internal desire to improve their skills blends with the external ambition to win championships and gain recognition. In the field of sports psychology, motivation plays a key role in shaping an athlete's attitude, discipline, and long-term success. Motivation can generally be categorized into two main types: **intrinsic** and **extrinsic**. Intrinsic motivation refers to the internal drive that comes from within the athlete. It is rooted in personal satisfaction, enjoyment of the activity, and a deep passion for the sport itself. Athletes who are intrinsically motivated participate in training and competitions not because they seek external rewards, but because they find joy in improving their skills, challenging themselves, and expressing their abilities. For example, a wrestler who trains hard every day simply because they love the sport and feel a sense of fulfillment when they perform well is demonstrating intrinsic motivation. This type of motivation is powerful because it is self-sustaining and often leads to long-term commitment and resilience, even in the face of difficulties. Extrinsic motivation, on the other hand, is driven by external rewards or outcomes. These may include winning medals, earning titles, gaining recognition, or even financial incentives. Athletes with extrinsic motivation are often focused on the results of their efforts rather than the process itself.

For example, a wrestler who competes primarily to win a championship trophy or to earn a scholarship is being motivated extrinsically. While this type of motivation can be highly effective in the short term, it may fade over time if the external rewards are no longer available or if the athlete experiences repeated setbacks. In reality, most athletes are influenced by a combination of both intrinsic and extrinsic factors. The most successful and satisfied athletes often learn to balance these motivations—finding joy in the sport itself while also setting goals tied to external achievements.

Coaches, trainers, and educators play a crucial role in **fostering intrinsic motivation** by encouraging personal growth, creativity, and a positive mindset, while also **supporting extrinsic goals** in healthy and meaningful ways.

Wrestling Competitions as Motivational Drivers

Participation in wrestling competitions serves as a catalyst for several motivational processes:

a) Goal-setting and Achievement. Competitions provide clear goals for athletes to strive toward. The desire to reach podium positions encourages wrestlers to set measurable, time-bound goals. These goals help organize training and enhance focus.

b) Recognition and Social Validation. Athletes are motivated by the recognition they receive from coaches, peers, family, and the broader community. Wrestling tournaments offer opportunities to be acknowledged for their hard work and talent.

c) Competitive Environment. Being in a real-match scenario sharpens the athlete's focus and activates their competitive spirit. Facing strong opponents challenges wrestlers to push their limits and remain disciplined.

d) Personal Development. Wrestling competitions test not just physical abilities but also mental qualities like resilience, determination, and adaptability. Experiencing wins and losses helps athletes mature and grow psychologically.

Role of Coaches and Support Systems. Coaches play a vital role in transforming competition experiences into motivational energy. Their feedback, encouragement, and tactical guidance shape how athletes interpret their performance. Moreover, parental and peer support reinforces positive outcomes and helps athletes recover from setbacks more quickly.

Conclusion. Wrestling competitions are essential not only for determining athletic success but also for fueling motivation among athletes. They provide structure, recognition, and challenges that keep wrestlers engaged and driven. By participating regularly in competitions, wrestlers develop both physically and mentally, enhancing their motivation to achieve higher levels of performance. Thus, integrating competitive experiences into an athlete's training regime is key to nurturing sustainable motivation and long-term success in wrestling.

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