

## PSYCHOLOGY - ПСИХОЛОГИЯ

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## CHARACTERISTICS OF ACHIEVEMENT MOTIVATION IN YOUTH SPORTS TEAMS

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**Introduction.** In terms of personal development, special actualization of the needs for freedom, independence and social prestige with adolescent should be emphasized first and foremost. Adolescent feels himself as a person and gives priority to independence of choice. The main thing for him is to act according to his will, thus perceiving his own «self» as an independent person [1].

The need for social prestige for the first time becomes relevant in the transition age. What others think about them and how are their virtues recognised becomes very important for teenagers in transition age. This time, they are very happy to know that the people around them recognize their personality, consider them as a social force and give them a certain place in society, raising their status higher than the status of children. The subject of the adolescent's needs in transition age is social status: the adolescent wants to have a great deal of social weight so that his or her personality, in the social circle in which he or she lives and acts, is recognized, acknowledged, and accounted. Adolescents gradually develop an inner belief that they are much greater social forces than adults consider them to be, and this social force is reinforced by appropriate physical and intellectual data [1, 5].

The need for prestige is reflected in the level of adolescent's pretension which is the axis of psychological self-portrait. A psychological self-portrait is a system of beliefs about oneself, namely one's own social position in the eyes of others. There are people of high (who have high self-esteem) and low (who have low self-esteem) levels of pretension, which is mostly associated with feelings formed in transition age [3].

At the beginning of the transition period striving for high ideals has a great influence on the formation of adolescent's personality, which are mainly of specific nature, in addition, the adolescent pays more attention to the physical characteristics of people.

Boys, for example, have a special respect for men's physical strength, flexibility, and other «sporting» virtues. Sports action comes from the impulse of movement. Human, as a social, conscious being, consciously treats his motor apparatus, swims, does weightlifting, runs, jumps, plays ball, and so on. As much as the concept of exercise implies improvement, strength, enhancement of the function, and the latter becomes apparent in terms of comparison, the idea of competition, the impulse of competition is also conceived in the human consciousness. Where motor function is trained, strengthened and developed by reason of competition, the person performs a sporting action [2, 6].

Studying the motive of sports activities allows us to properly build the process of training and upbringing adolescent sportsmen. It is very important to consider the motive of preparation of the sportsmen for the competition. In sports psychology, special attention is paid to the study of «achievement motivation». Achievement motivation - striving to improve results, dissatisfaction with achievement, passionate desire of achieving one's goals, striving to achieve one's goals at any cost - is one of the most important characteristics of the person that affects the whole life of mankind [4, 6].

The requirement to achieve implies activities in accordance with high standards and the desire to succeed in a particular situation. An achievement-oriented person has the following key characteristics: He has a good ability to set goals. He does not follow the flow of life passively and is always in action. Feels a great personal responsibility in achieving goals. He avoids setting very difficult goals, and he is less interested in easy activities in which he can succeed without much effort. For an achievement-oriented person, the goal is of great value, so the result of the activity is of great importance to him. The level of pretension refers to such complexity of a goal or a standard set by a decision-maker that he or she

considers achievable [4].

Hereby we should note that the playing behavior of a sports team is a typical example of instrumental (business) behavior, while non-playing relationships are an example of expressive (social-emotional) behavior. As for the playing relationships, they are characterized by the presence of both instrumental components as well as elements of expressive behavior.

Thus, from the above material, the following hypotheses can be formulated: First, it is conceivable that the level of pretension of adolescent sportsmen is determined by the effectiveness of the team. That is, the more effective a teen sports team is, the higher is the level of pretension of its members.

Second, It is probable that the status of adolescents in sports teams according to two areas of sports activity (instrumental, ie business, and expressive, ie relational) is related to the level of pretension. In other words, one might think that the higher the status of a sportsman in a team is - the higher the level of pretension he will have.

### Research method

The sociometric method was used to test the hypotheses formulated by us above. 159 adolescents from 10 sports teams took part in the study. The following issues were studied: 1. Level of pretension. 2. Achievement motivation, where the basic principle implies the following: To determine the degree of achievement motivation, the valence of the results of the sports activity (subjective value of the results) and the probability of achieving these results (the subjective assessment of the ability to obtain the results) were taken into account. 3. The status of a member of a sports team, according to two dimensions of sports activities (instrumental and expressive). 4. The professional activity of the coach and his relationship with the sportsmen. 5. Satisfaction of the sportsmen according to different aspects of the sports team's vital activity (with official games and relationships with the coach).

The level of pretension was measured by the young sportsmen of the team by answering the following question - which place would you be satisfied with? In case of naming the first place one point was written, in case of naming the second place two points, in case of naming the third place - three and so on. Then the points obtained in the whole team were summarized and the arithmetic index was calculated. Consequently, the lower the index was, the

higher was the level of pretension in the team.

Achievement motivation was measured by taking into account the following results:

- A) Be physically healthy.
- B) life security – well-living.
- C) Gain recognition from friends.
- D) justify the hopes of people who are close to me.

Adults were asked to rank the given arguments according to desirability and probability. In the first option (desireability) they were given the task - to sort the given arguments by order, which is more preferable for you. In the second option (probability) - from the given arguments, which do you think will be justified more, sort by order.

In both cases, the arguments named in the first place received four points, the argument named in the second place received three points, the argument named in the third place received two points, and the argument named in the fourth place received one point. Then the points obtained in both variants of the arguments given in the team were summarized and the arithmetic indexes were calculated. The higher the point was received, the higher was the motive determined by the arguments in a team.

The status of a team member was assessed through rankings. Sportsmen had to answer two questions. The first of them belonged to instrumental status: What do you think is the contribution of each member of your team to the success of the team (ie which team member would you put on the first place, as a player, who would be on the second place, on the third...?).

The second question belonged to the expressive characteristic of status: What do you think is the contribution of each member of your team to the development of friendly relations within the team (ie which team member would you put on the first place as a friend, on the second place, on the third place...?)

The surnames of the sportsmen in each team were written according to alphabet and were numbered. Those who were named in the first place were given three points, those in the second place two points, those in the third place one point. Leadership was assessed in each activity by summing up the points received by each team member from their partners during the rankings.

The professional activity of the coach and his relationship with the sportsmen was assessed by the following arguments of team members: Instrumental field - the coach skillfully prepares me

for the competition. Expressive Sphere - The coach is a fair person.

The satisfaction of the sportsmen with the different aspects of the sports life of the sports team was revealed by answering the following questions: 1. Are you satisfied with the results of the official games of your team this season? 2. Are you satisfied with the relationship that exists between your team members and the coach?

Each argument and each question had three alternatives - «yes», «so-so», «no». The respondent had to make one choice. The answer «yes» gained two points, «so-so» - one point, «no» - zero point.

Respondents' responses about the coach's professional activities and the coach's relationship with the sportsmen, as well as the assessment of the level of satisfaction with team membership, were strictly anonymous.

The youth football teams were selected from the beginning according to the principle - strong and weak. The teams that got the prize (first and second place) were the strongest teams, while the teams that took the last two places in the tournament table were the weak ones. The final ranking was made after consulting with the administration of the Children's Football Federation, based on the total number of official games played by the given teams, according to the percentage of games they won.

### Discussion of results

As we know, the main hypotheses of the given studies imply the relationship between the level of pretension of adolescent sportsmen and effectiveness of the team, and we also assume that leadership according to two areas of sports activities (instrumental, ie business and expressive, ie relational) determine the level of pretension in youth sports teams.

In order to test these hypotheses, we have first done a correlation analysis between the level of pretension of adolescent sportsmen and the effectiveness of the team. According to the empirical data obtained from the studies statistically reliable correlation between the given variables was confirmed:  $r = 0,798$ ;  $P < 0,01$ .

The data obtained allow us to think that in the team of young sportsmen, the level of pretension of team members is determined by the effectiveness of their own team. Hence, the first hypothesis received significant empirical confirmation.

As a result of the correlation analysis statistically reliable relationship was found between the level

of pretension of adolescent sportsmen and team integration by instrumental and expressive areas of sports activity (Table 1).

table 1

Data of correlation analysis between the pretension level of adolescent sportsmen and team integration: according to instrumental and expressive dimensions of sports activities  
 $n = 10$

Level of pretension	$r = 0,720$ ; $p < 0,01$	Instrumental field	Team integration
	$r = 0,732$ ; $p < 0,01$	Expressive field	

Let us now test the analysis of the second hypothesis, which implies a possible relationship between the level of pretension and status of adolescent sportsmen, according to the instrumental and expressive dimensions of sports activities. In order to test these hypotheses, we again performed a correlation analysis between the given variables. The data obtained indicate that there was no statistically significant relationship between the level of pretension of adolescent sportsmen and their status in the two areas of sports activity in either team.

In addition to the abovementioned, according to the obtained empirical results, the correlation between the level of pretension of team members and the index of the active work of coach evaluated by them, according to the instrumental and expressive dimensions of sports activities, was not statistically reliable.

The data obtained from the empirical analysis also showed a close statistical correlation between the satisfaction of sportsmen with official games and their level of pretension, and the correlation between the latter variable and the satisfaction of sportsmen with their relationship with the coach is not statistically reliable (Table 2).

Table2

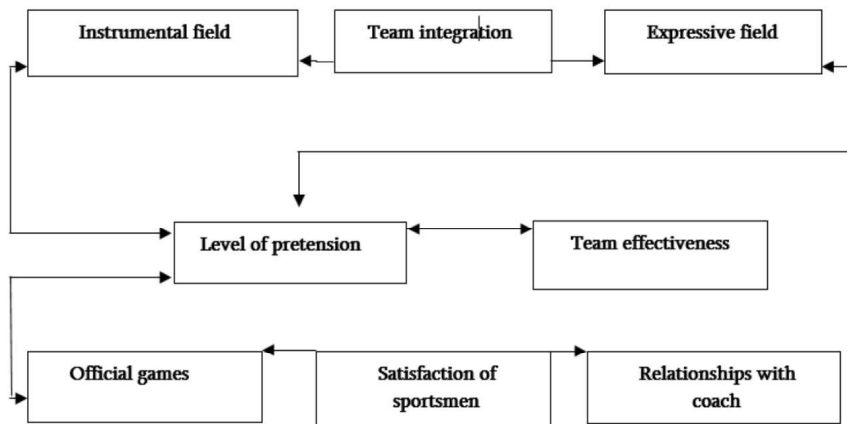
Data of correlation analysis between pretension level of the adolescent sportsmen and their satisfaction with official games and relationships with coach  
 $n = 10$

Level of pretension	$r = 0,699$ ; $p < 0,01$	Official games	Satisfaction of sportsmen
	$r = 0,427$ ; $p > 0,5$	Relationships with coach	

As for the achievement motivation, in order to determine its quality, as we know, the valence of the results from sports activities (subjective value of results) and the probability of achieving these results

(assessment of subjective capabilities for obtaining results) were taken into account. Adolescents were asked to rank according to the desirability and probability of the given arguments.

The obtained data did not show a difference



between desirability and probability, so it can be said that adolescents consider it possible to achieve what they want. According to their answers, the given arguments were sorted as follows:

1. Be physically healthy.
2. Gain recognition from friends.
3. Justify the hopes of people who are close to me.
4. life security – well-living.

As a result of the correlation analysis of the

empirical data, between the general motivation and the variables given by us, statistically reliable relationship wasn't confirmed in either cases.

Obtained results can be expressed as follows for visualization:

### Conclusions:

Empirical analysis of the data obtained from the studies conducted by us allows us to make the following conclusions:

- o In a youth sports team, the level of pretension of sportsmen is related to the effectiveness of the team, i.e. the more effective the team is, the higher is the level of pretension of team members.

- o The higher the level of pretension of adolescent sportsmen is, the more integrated is the team, i.e., the integration of the team correlates with the level of their pretension.

- o The more satisfied adolescent sportsmen are with their activities, the higher is their level of pretension. In other words, the level of pretension of adolescent sportsmen is related to their satisfaction with their own activities (official games).

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## **ОСОБЕННОСТИ МОТИВАЦИИ ДОСТИЖЕНИЯ В ДЕТСКО-ЮНОШЕСКИХ СПОРТИВНЫХ КОМАНДАХ**

### **РЕЗЮМЕ**

В статье подразумевается эмпирическое исследование особенностей мотивации достижения в детско-юношеских спортивных командах. В опросе приняли участие 159 подростков из 10 спортивных команд. Были изучены следующие вопросы: уровень притязаний; мотивация достижения, где основным принципом определения степени мотивации достижения была валентность результатов спортивной деятельности (субъективная ценность результатов) и вероятность достижения этих результатов (субъективная оценка возможностей достижения результатов); статус члена спортивной команды в соответствии с двумя измерениями спортивной деятельности (инструментальное или деловое и экспрессивное или реляционное); профессиональная деятельность тренера и его взаимоотношения со спортсменами; удовлетворенность спортсменов различными аспектами жизнедеятельности спортивной команды (официальными играми и отношениями с тренером).

Для изучения этих переменных применялся социометрический метод, целью которого было изучение особенностей межличностных отношений в детско-юношеских спортивных коллективах, отражающих мотивацию достижения наряду с другими явлениями. Этот метод позволил выразить внутрикомандное отношение численно и графически, в результате чего можно получить всю информацию о психологическом состоянии членов команды.

С помощью социометрического метода мы также смогли спроектировать деловую или инструментальную структуру с реляционной или экспрессивной структурой, тем самым выявив уровни интеграции и производительности команды.

Эмпирический анализ данных, полученных в ходе исследования, показал, что в детско-юношеской спортивной команде уровень притязаний спортсменов связан с результативностью команды, а командная интегрированность по инструментально-экспрессивным параметрам коррелирует с уровнем работоспособности претензии членов команды. Также была обнаружена тесная связь между уровнем удовлетворенности спортсменов официальными играми и уровнем притязаний, но между последней переменной и удовлетворенностью спортсменов отношениями с тренером, а также между лидерством и активной работой тренера по двум направлениям спортивной деятельности (инструментальному и выразительному). На основании этих результатов были выявлены структурно-функциональные особенности создания эффективных детско-юношеских спортивных команд.