

LINK WITH MOTIVATION AND PsYchICAL STATES OF ELITE ATHLETES

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Actuality. Among different factors which influence to effectiveness of sports activities the most characteristic is a psychical function of athletes. But, the formation of individual strategies of modern sport activity is corresponding to motivation process.

Purpose. The study of motivation and psychical states in elite athletes.

Methods of research. The 26 athlete's members of National Team of Ukraine of Greco-Roman Wrestling were studied. For the study of motivation to achieve was used the questionnaire (by Mehrabian A.). Were separated all of athletes on three groups by level of corresponding motivation. The psychical states studied by estimate of some methods.

Results. The results show the decrease of meanings of time of sensory-movement reaction and stability in athletes with average level of motivation to achievement for concerning others athletes. In athletes with high level of motivation to achieve were observed the increasing meanings of stability of sensory-movement reaction. This fact show about absence of rigid organization of the nervous system in athletes of high level of motivation to achieve. The psychical states of athletes of motivation to achieves are link with the high level of capability, eccentricity and heteronomy. Received results reflects the activity and search for ways to implement the problem with the ability to compromises. It was revealed the more low values of stress resistance and throughput of visual analyzer in wrestlers with motivation to avoid failures are revelation of reduce of stress tolerance. At the same time the more improvement meanings of throughput of visual analyzer are showed in athletes with average level of motivation to achieve.

Conclusions and recommendation. Were revealed the states of relative comfort, desire to act, advance and find support in wrestlers of high level motivation to achieve. But the low level of motivation to achieve related with decline of capability and appearance of discomfort.