

MOTIVATIONAL COMPONENTS OF SPORTS ACTIVITY OF POWERLIFTERS

Albina Z. Garipova, Kazan Federal University

ABSTRACT

Currently, issues of motivation for sports activities of the qualified athletes continue to attract the attention of scientists. Especially new kinds of sports, which is a powerlifting, require this elaboration. Studying the motivational components of powerlifting will ensure the effectiveness of the training process, and thus improve the competitive results. All this will contribute to the improvement of powerlifting sport efficiency that determines the relevance of this paper.

This paper presents the analysis of a questionnaire survey of the motivational bases of sports activity of the qualified athletes engaging in powerlifting. This study involved 298 powerlifters of various fitness level. The survey involved athletes starting from the first adult class to "Honored Master of Sports of Russia", aged from 16 to 59 years, average age - 25 years. Geography of the survey includes 38 regions of the Russian Federation. According to the results of the study we can say that the main motivation of powerlifters is a motive to achieve high sport results. This suggests that, by raising the general and professional performance, the person acquires vital skills and abilities that will be essential throughout the entire life. The analysis of the results of a questionnaire survey confirms the opinion on significant effects of powerlifting on self-esteem of an athlete's personality, his/her social status, psychological stability, and lifestyle.

Key words: *motivation, motive, self-esteem, sport, athlete, powerlifting, questionnaire survey, survey.*

INTRODUCTION

Sport as a multifaceted social phenomenon is a sphere of a person's training for work and other activities, and satisfaction of the spiritual needs of society. Any kind of sport both develop physical qualities of a person and forms personality traits such as responsibility and patience, and fills life with a stimulus and a feeling of great interest. The peculiarity of sporting activity is that a person can choose his/her own way, and a real athlete will always be an example in the society (Pearl B., 2001).

Power qualities can be developed by the known kinds of sport such as weightlifting, kettlebell lifting, and arm wrestling. Strength disciplines may include a new kind of sport as powerlifting, being rapidly developing in the global arena. The term "powerlifting" is derived from the English word "power" and "lift". Powerlifting is a strength sport, which is to overcome the resistance of the weight most heavy for an athlete (Wikipedia. Free Encyclopedia).

Due to the increased popularity of powerlifting among young people and adults, more and more people take up this strength sport. Its popularity can be explained by its simplicity and accessibility, rapid growth of results and positive impact on the athlete's health (Sheiko B.I., Gorulev P.S., Rummyantseva E.R., Tsedov R.A., 2013, p.560: fig.).

In Russia, this discipline is also called "power triathlon", because powerlifting includes three strength exercises: back squats, namely with a barbell on top of the blades; barbell bench

press on the horizontal bench; and dead lift. The sum of these exercises determines the qualification of powerlifters. A distinctive feature of the powerlifting is that this discipline places importance on the indicators of absolute strength.

Doing powerlifting strengthens ligaments and joints, helps to increase muscle strength and develop endurance, flexibility and other useful qualities, raises will, self-confidence, as well as increases the performance of the entire human body (Gliadia S.A., Starov M.A., Batygin Iu.V., 2000, p.34).

During adaptation to physical stress during training and competitive activity the athlete's body adapts both to the load lifted, and to the changing functions, biochemical processes and the resulting reactions of body fluids. We should also add thereto the change of psycho-emotional background, which is the basis for the competitive activity. For example, in such sports as weightlifting, powerlifting, etc., psycho-emotional state during competitions not only changes from one attempt to another, but in many cases is a major factor in achieving good performance (Rumiantseva E.R., Gorulev P.S., 2005, p.260, fig).

The undoubted factor in sporting success is the correct motivational orientation of the athlete. "The motive of sports activities of a powerlifter develops in the process of its formation on the basis of cognitive, spiritual and material needs (Novokreshchenov V.A., 2005)."

Many sports psychologists believe that the motivational sphere of an athlete is the rod, the core of his/her personality, a set of internal driving forces for action (Rodionov A.V., 2010, p. 204).

Currently, issues of motivation for sports activities of the qualified athletes continue to attract the attention of scientists. Especially new kinds of sports, which is a powerlifting, require this elaboration. Studying the motivational components of powerlifting will ensure the effectiveness of the training process, and thus improve the competitive results. All this will contribute to the improvement of powerlifting sport efficiency that determines the relevance of this paper.

Objective of research is to study the components of the motivational bases of sports activity of the qualified powerlifters.

Thus, we have set the following tasks:

1. To classify the motives of sports activity of powerlifters.
2. To analyze the personal traits of an athlete (physical and psychological), formed in the course of powerlifting.
3. To identify the reasons for the popularity of women's powerlifting.
4. To determine the interest of the respondents to the sports and coach activities.

The object of the study was the coaches and athletes involved in powerlifting.

RESEARCH METHODS

The main methods of research were analysis of the scientific and methodical literature, and questionnaire survey.

This study involved 298 powerlifters of various fitness level. The survey involved athletes starting from the first adult class to "Honored Master of Sports of Russia", aged from 16 to 59 years, average age - 25.18 years. Geography of the survey includes 38 regions of the Russian Federation. The study was conducted at national tournaments (competitions, cups, championships). Our questionnaire consists of 17 closed and open questions and 60 sub-questions.

Table 1 below shows the social and labor affiliation of the respondents:

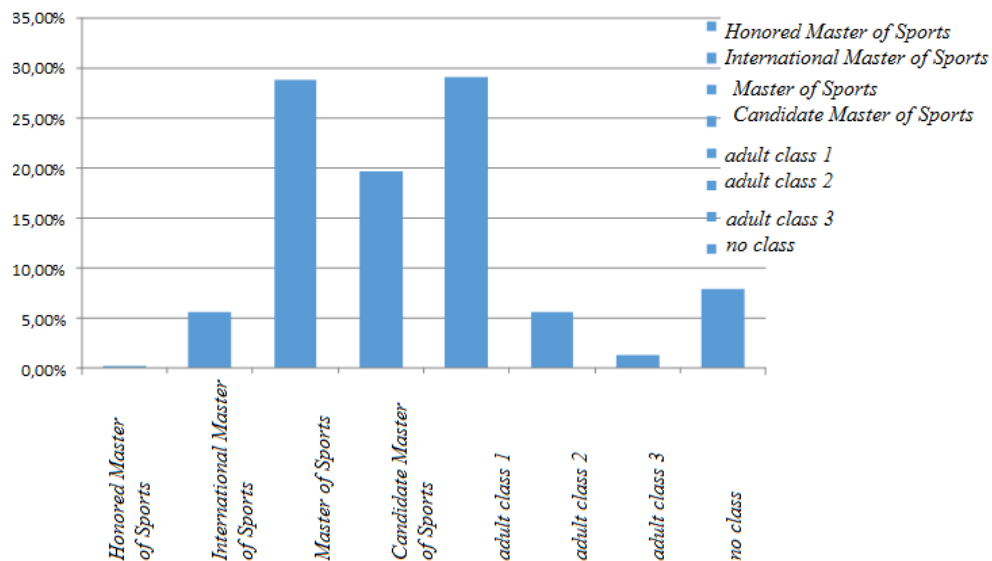
Category of the surveyed respondents		Number of people	% of total surveyed respondents
men		202	67.7%
women		96	32.2%
trainers	total	43	14.4%
	men	35	11.7%
	women	8	2.6%
athletes	total	255	85.5%
	men	184	61.7%
	women	71	23.8%

The level of education of the respondents: secondary education - 56 persons (18.7%); specialized secondary, incomplete higher education - 126 persons (42.2%), and higher education - 116 persons (38.9%).

RESULTS

Based on survey results we have formed the following groups of sports titles and classes of the respondents: Honored Master of Sports (HMS) – 1 person (0.3%), International Master of Sports of Russia (IMS) – 17 persons (5.7%), Master of Sports (MS) – 86 persons (28.8%), Candidate Master of Sports (CMS) – 59 persons (19.7%), adult class 1 – 87 persons (29.1%), adult class 2 – 17 persons (5.7%), adult class 3 – 4 persons (1.3%), no class – 24 persons (8%).

**Figure 1
GROUPS OF SPORTS TITLES AND CLASSES OF THE RESPONDENTS**



The subjective opinion of the respondents on the meaning of sport has been formed based on responses to a question "What is sport in your opinion?". Results are shown in Table 2.

What is sport in your opinion?	Prioritized distribution of responses
Pursuance of excellence	844 (1st place)
An activity requiring the overcoming of certain difficulties	849 (2nd place)
Health	1078 (3rd place)
Movement	1126 (4th place)
Good physical form	1139 (5th place)
The strive to become the first, to win top honors and titles	1296 (6th place)
Own variant	1954 (7th place)

The respondents gave the characteristic of the athletes through a hierarchy of responses to the question "A real athlete is a person with such qualities as ...?": 551 persons gave the answer "Perseverance", which ranked first, so we can assume that this strong-willed trait is sufficiently developed; the quality such as "Persistence", which is characterized by a persistent will to achieve the desired, ranked second with a score of 657 answers; "Decisiveness" ranked third (828); "Courage" with a score of 1011 answers ranked fourth; 12 respondents gave a variant such as "Purposefulness", the ability to organize their actions to achieve the set goal.

Motivation for doing sport is an important aspect of many modern psychological and pedagogical researches. The satisfaction of the individual emotional needs of the athletes ranks first, which is evidenced by the answers of 571 respondents. The following results are shown in table below.

I go in for sport because ...	Prioritized distribution of responses
I enjoy doing sport	571 (1st place)
I love the atmosphere of the competition	861 (2nd place)
I achieve success	1039 (3rd place)
I want to take a break from work, this is my hobby	1242 (4th place)
I don't want to gain in weight	1253 (5th place)
I have lot of free time	1367 (6th place)
Own variant	1948 (7th place)

Considering the motivational aspects of powerlifting, we identified an important role in achieving success (see Table 4). So, we received the following answers to the question "What do you mean by a successful sportsman?": "high sports performance" - 413 persons (1st place); "confidence in decision-making" - 659 persons (2nd place); "a positive attitude to sport" - 763 persons (3rd place); "own answer" - 1121 persons.

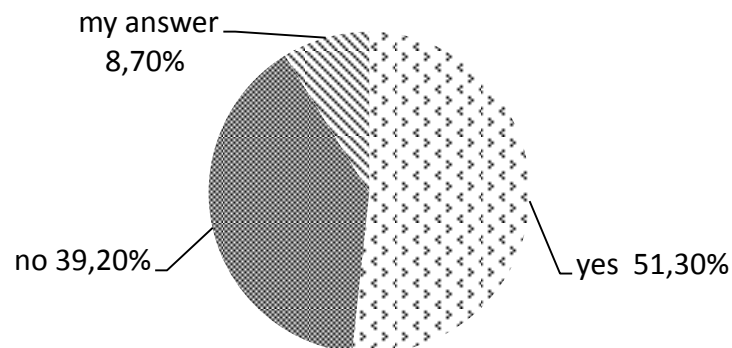
Powerlifting as a strength sport is aimed at developing the strength qualities of an athlete, which is confirmed by the answers of the respondents - "physical strength" (see Table 5). Physical strength is a fundamental principle of human development and is of exceptional importance. A potential feature of socialization of an athlete in a sports environment and society in general may be such quality as purposefulness. This gives rise to a suggestion that the

volitional quality is developed to a large extent, and is one of the determinants in the structure of volitional organization of a person. Powerlifting can also reveal internal capabilities of the athletes, i.e. to develop their spiritual power. An important factor in the athlete's sporting career is confidence. Another variant of the answer is "willpower".

"What kind of qualities have you acquired by doing powerlifting?"	Prioritized distribution of responses
Physical strength	565 (1st place)
Purposefulness	760 (2nd place)
Spiritual power	844 (3rd place)
Confidence	845 (4th place)
Other	1416 (5th place)

The reason for participation in the competition may be not only the desire to win, i.e. the end result, but also the process of the competitive action. The results of the answer "Do you agree with the statement that it's not the winning but the taking part that counts?" prove the above fact: **153 persons said "yes" (51.3%), and 117 persons said "no" (39.2%)**, 26 respondents gave their own variant, which made **8.7%**.

Figure 2
ANSWERS TO THE QUESTION "SPORTS HELPED ME TO ...?" ARE SHOWN IN TABLE 5.



Sports helped me to ...?	Prioritized distribution of responses
Improve my health	698 (1st place)
Show my mettle	713 (2nd place)
Improve my working capacity	775 (3rd place)
Achieve success	836 (4th place)
Own variant	1403 (5th place)

The question “Would you like to have your child engaged in powerlifting” **184 people** answered "yes", which accounted for **62%** of the total number of respondents, **32 people** answered "no" (**10%**), and **82 persons (27.5%)** gave no definite answer.

Figure 3
“WOULD YOU LIKE TO HAVE YOUR CHILD ENGAGED IN POWERLIFTING”

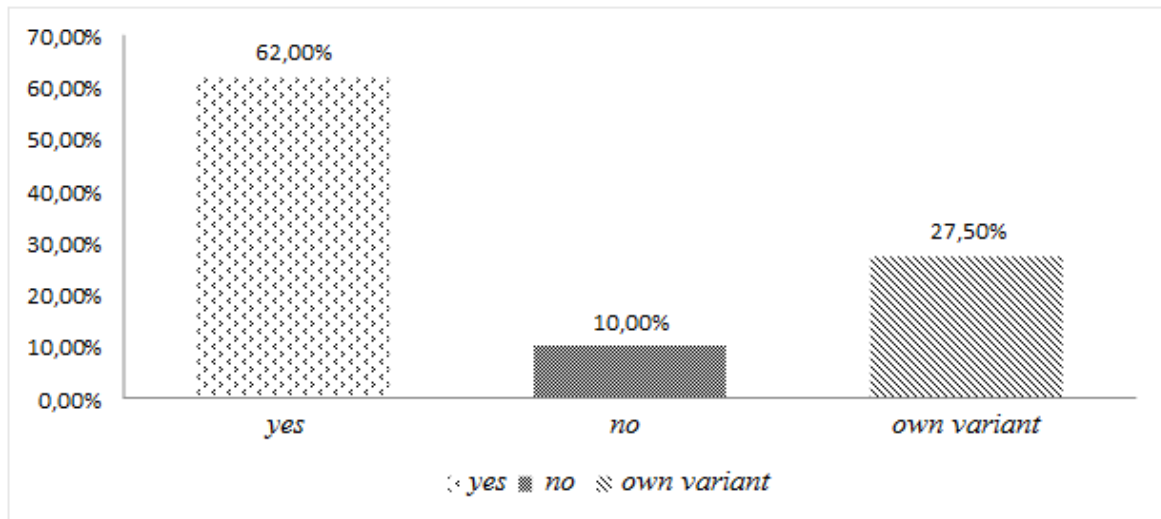


Table 6
DISTRIBUTION OF RESPONSES TO THE QUESTION “THERE IS A TENDENCY IN RECENT YEARS THAT POWERLIFTING HAS ATTRACTED MORE AND MORE WOMEN. HOW DO YOU THINK, WHAT THE REASON IS?”

There is a tendency in recent years that powerlifting has attracted more and more women. How do you think, what the reason is?	Prioritized distribution of responses
The desire to assert oneself	718 (1st place)
Achievement of results	731 (2nd place)
Sport gives confidence	732 (3rd place)
Be tough and strong	849 (4th place)
Own variant	1402 (5th place)

Table 7
DISTRIBUTION OF RESPONSES TO A QUESTION “WHAT DOES A STRENGTH KIND OF SPORT ATTRACT YOU WITH?”

What does a strength kind of sport attract you with?	Prioritized distribution of responses
I am keen on this kind of sport	535 (1st place)
It strengthens my character	602 (2nd place)
It helps me to keep fit	694 (3rd place)
Own variant	1126 (4th place)

The development of true sport qualities of an athlete is possible thanks to professional coaching. Coaching determines a lot in the process of formation of the athlete’s personality as the sportsman. In connection therewith, we raised the issue that determines the interest in the work of the coach (Table 8).

Table 8

DISTRIBUTION OF RESPONSES TO A QUESTION “WHAT DOES ATTRACT YOU IN COACHING?”

Place	What does attract you in coaching?	Prioritized distribution of responses
1	The ability to prepare a highly-skilled athlete	87
2	The process of knowledge transfer	109
3	Emotionality, creativity	120
4	The opportunity for professional growth	179
5	No regulated working hours	194
6	Good salary	260
7	Long vacation	273
8	Own variant	332

Turning to the question "Give the recommendations to the young athlete who engages in powerlifting" we should note that 248 of 298 people (83.22%) gave advice. Let us discuss some of them: "Never fear anything", "Always move beyond", "Keep a good diet, listen to the coach and not be afraid to compete", "Set high goals and achieve them", "Manage the technique, not to pursue the weights and monitor the health", "Success comes to those who seeks it", "Work out only under the supervision of a qualified coach", "Take seriously and intelligently plan the training sessions, and maintain a healthy lifestyle", "A sound mind in a sound body", "Always go forward and not give up", "Always be persistent", among which the most frequent wishes were "Move only forward" (89 respondents) and "Never give up" (51 respondents).

SUMMARY

The survey data show that powerlifting involves people regardless of their gender and the level of education. The survey materials prioritize coaching, motivational aspects of powerlifting, and a range of personal traits.

Thus, according to the results of the study we can say that the main motivation of powerlifters is a motive to achieve high sport results. This suggests that, by raising the general and professional performance, the person acquires vital skills and abilities that will be essential throughout the entire life.

Any highest achievement of an athlete is not only of private importance, but also becomes national property, as the records and victories gained at major international competitions make an important contribution to the strengthening of the country's prestige on the world stage (Shchegolev V.A., Ph.D., Iatsenko L.G., <http://www.unibassein.ru/trener/kurs/t8.htm>; Bruner Timothy, August 1998; Cuntera Patrick Tom Tinsman, October 1998).

Among the full range of motives, an important place belongs to the promotion of health, which in turn prolongs the professional life of an athlete, and thus helps the body to resist the effects of negative environmental impacts and routine conditions (Daniels Douglas, November 1999; Hoffman Bob, June 1985).

CONCLUSION

Thus, the analysis of the results of the questionnaire survey indicates a significant impact of powerlifting on physical and emotional-volitional qualities, psychological stability of athletes, their self-esteem, which to some extent explains the phenomenon of powerlifting popularity

among young and middle-aged people. Based on the results of the study we can say that the main motivation of powerlifters for doing sport is a motive to achieve high sport results.

ACKNOWLEDGEMENTS

The work is performed according to the Russian Government Program of Competitive Growth of Kazan Federal University.

REFERENCES

- Bruner Timothy 700-Ib Deadlift "Powerlifting USA," August 1998
Cuntera Patrick, Tom Tinsman "Powerlifting USA," October 1998
Daniels Douglas Deadlift Details. "Powerlifting USA," November 1999
Gliadia S.A., Starov M.A., Batygin Iu.V (2000). Become strong! Kharkiv,. 34 p.
Hoffman Bob Deadlift. "Muscular Development," June 1985
Novokreshchenov V.A. (2005). Personality-oriented methods of training the of motivated young powerlifters-teenagers: Author's abstract of Ph.D. in Pedagogics Chelyabinsk.
Pearl B. (2001). Getting stronger. - Bolinas, California 94924:Shelter Publication, Inc.
Rodionov A.V. (2010). Psychology of Physical Culture and Sports. M: Academia, 204 p.
Rumiantseva E.R., Gorulev P.S. (2005). Sport training of women-weightlifters. Mechanisms of adaptation. M Publishing house, Theory and Practice of Physical Culture. 260 p.
Shchegolev V.A., Ph.D., Iatsenko L.G., Sports. Individual choice of sports or exercise systems. <http://www.unibassein.ru/trener/kurs/t8.htm>
Sheiko B.I., Gorulev P.S., Rumyantseva E.R., Tsedov R.A. (2013). Powerlifting. From the novice to the master. Ed. Sheiko B.I. - Moscow,. 560 p.
Wikipedia. Free Encyclopedia. <http://ru.wikipedia.org>, accessed April 2016.