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## СЕКЦИЯ № 4. Психологические науки

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### MOTIVATIONAL DETERMINANTS OF YOUTH INVOLVEMENT IN FITNESS PRACTICES

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#### **Introduction**

Everyone knows that since ancient times, physical activity has been an instinctive need of the body. The Center of Public Opinion Research "Ijtimoiy fikr" conducted a sociological survey on the topic "Sport: opinions, attitudes, problems and development prospects", this study showed that 60.6% of the respondents regularly go in for sports. In Uzbekistan, over the past 5 years, great emphasis has been placed on the development of the younger generation, health promotion, and a healthy lifestyle. Thus, 2021 was declared, "The Year of Supporting Youth and Improving the Health of the Population."

In most cases physical activity is associated with health, a healthy lifestyle, and physical and spiritual perfection. However, it is not enough to talk only about the physiological component, because physical activity is a so-called bridge between the individual and society, between self-awareness of oneself and self-identification in society.

Nowadays, there is a growing interest in the beauty, health, and sports industries. In a narrow sense, fitness is an activity aimed at improving physical performance to an optimal level and maintaining this level, as well as the formation of vital and sports-oriented skills. It is assumed that dissatisfaction with one's own body, cultural characteristics, and the cult of modern beauty standards are a predictor of destructive involvement in fitness practices.

**The purpose** of this article is to provide a deeper scientific and research understanding of the psychological mechanisms of involvement in fitness practices by discussing the results of research on motivational and personal determinants of involvement in fitness practices and considering the data of empirical measurement of attitude to the body and self-assessment of the body image of the Self.

### **Literature review**

In psychological science, questions of physical activity are revealed through the concepts of attitude to sports, physical culture, and involvement in the culture of fitness. In discussing fitness culture, they emphasize the positive (constructive physical activity) and negative (race for new beauty standards, eating disorders) features of its impact on the mental health of the individual.

In psychology, the methodological basis of research on the issue of corporeality is the cultural and historical theory of L. S. Vygotsky, which contributed to a qualitative change in the general ideas about human bodily development in both normal and abnormal currents. The implementation of the principles of the cultural-historical approach involves the study of psychological phenomena in a culturological context. There is a possibility that deviation from the cultural path of development is one of the main sources of psychological disorders of body image, as well as psychosomatic disorders.

O.A. Skogarevsky notes in his works that "the phenomenon of body image is a kind of stable integrative socio-psychological phenomenon, which includes: dissatisfaction with one's own body (for example, a feeling of fullness); the overvalued nature of experiences about the body (for example, the most significant determinant of self-esteem); fear of fullness".

The cult of modern beauty standards has led to the development of the phenomenon of body shaming in modern society, which can result in the emotional maladaptation of the individual. Body shaming is self-criticism or criticism of others because of certain aspects of appearance that are fraught with a vicious cycle of judgment and criticism.

The fitness cult is gaining momentum and at the same time the concept of a "healthy body" is developing, but the craving for "unhealthy" body evaluation is also increasing. This constant race for new standards of beauty leads to serious health problems, and sometimes even the destruction of mental health, so against its background, an eating disorder, a decrease in self-esteem, and a negative assessment of one's self can develop.

To study self-esteem in native and modern studies, they rely on the concepts of consciousness and self-consciousness, which were presented by L.S. Vygotsky, S.L. Rubinshtein, A.N. Leontiev. In the works of native researchers, self-esteem is often considered as a component of a person's self-consciousness, so the most important procedural characteristics and the main mechanisms of self-knowledge are identification and reflection. These processes are closely related to the formation and functioning of a person's self-esteem. Identification is an important basis for the process of formation of identity and self-awareness, and hence the condition for the emergence of a person's self-esteem. In addition, according to the views of L.S. Vygotsky, the ability to "determine the way of life and behavior, change our actions, direct them and free them from the power of a

particular situation" allows reflection, the processes of which undoubtedly include self-consciousness and its result - self-esteem.

More often in situations where self-esteem does not find a core in society, when others give a lower assessment in comparison with which a person gives himself and one of the fundamental needs is not satisfied - the need for respect, the feeling of personal discomfort increases significantly.

So, according to the activity approach of A.N. Leontiev, the psyche and activity are closely related to each other, so the psyche cannot be considered apart from activity, and activity apart from the psyche. Individual mental phenomena are manifested in activity. Personal characteristics engaging in fitness practices should be taken into account in individualization and acceptance of one's body image.

The concept that fitness practices give a person physical development has a place to be, however, the dynamics of the development of fitness fascism should be taken into account. The question of studying inadequate involvement in the modification of one's body and the pursuit of beauty standards becomes more extensive due to its growth dynamics among the population. Non-acceptance of one's body image and low self-esteem are compelling predictors of disharmonious personality development.

V. Nikolaeva notes that physicality turned out to be "theoretically invisible" for psychology, despite its obvious nature. Declaring the psychosomatic unity of man, psychology deals mainly with the phenomena of consciousness, higher mental activity, and physicality remains for it an alien, naturally organized and naturally ready-to-live quality. The concept of "corporeality" is used as a psychological opposition to the identity of "body-organism", and the phenomena of corporeality are considered as manifestations of communication and self-expression stereotypes (Nikolaeva V.V., Arina G.A 1996, p.12).

The most important element of the prosperity of a modern state is, first of all, a healthy nation. Undoubtedly, the interest of modern youth in maintaining a healthy lifestyle, in sports and a healthy lifestyle gives the right to draw a conclusion about a harmoniously developing generation. Innovative rhythms of life place high demands on the individual for the successful development of physical and spiritual qualities.

### **Conclusions and prospects of the research**

Thus, leading in the structure of the cognitive component of involvement in fitness practice is the participants' understanding of the consequences of lack of fitness in life, emotional – negative experiences from irregular classes and skipping training, behavioral-independent planning of the training program and ensuring the regularity of fitness classes. The level of involvement in fitness practices depends on the characteristics of body satisfaction and self-attitude. This study does not claim to cover fully the problem of studying this topic, but is of a search nature. We believe that the problem under study has broad prospects

for further scientific and empirical development and necessarily raises new questions related to the search for psychological (motivational-personal and socio-psychological) targets for conducting psychoeducational work with people with destructive involvement in fitness or with people with insufficient motivation for physical activity in order to maintain health.

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