

## INCREASING THE LEVEL OF MOTIVATION OF STUDENTS

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Unfortunately, in the modern world, statistics show that the current generation has a significant deterioration in health. Of course, there are many reasons for this, but one of the main ones can be called low motor activity. Due to the appearance of various gadgets in our lives, the need and desire to move disappears, because we don't even have to go to the store, a courier will bring everything to our door. Therefore, the question of motivation for physical education and sports is more relevant than ever.

To begin with, it is worth understanding what motivation is. Motivation is an internal energy force that determines all aspects of human behavior, thinking, feelings and interaction with others. It is described as a state that energizes, directs and supports a person. Motivation includes goals that a person sets for himself, and then paves his way to them. This is the reason for a person not to give up and continue to move forward.

For professional athletes, various competitions, championships, and Olympic Games serve as motivation. All of them are determined to win, and therefore they work hard every day to win awards in due time. But even they are prone to demotivation. External and introjected rules represent undetectable or controlling types of external motivation, because athletes do not feel that their behavior is selective, and as a result, they experience psychological pressure. But ordinary schoolchildren and students have a harder time, they do not have such motivation. Physical education is the most skipped

subject, because students have no interest. To fix this, it is necessary to diversify educational and sectional classes. This can be done with the help of games, dilute the boring delivery of standards. You can also bring a competitive spirit. The main thing is to avoid monotony, experiment, try something new in the classes held. Of course, it is difficult to develop everyone's interest at once, but gradually, over time, everything can work out.

Thus, everyone has their own interest, which is the motivation to achieve the set results in any field, including physical education and sports. In the modern world, it is very important to be able to find such an interest among students and students so that they engage in physical culture. In the age of advanced technology, it is very difficult to force yourself to lead an active lifestyle, but do not forget that movement is life, so everyone should find their motivation.

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