

## Abstract

**The theme of qualification work:** The development of integral individuality structures adolescents with different levels of achievement motivation in sports activities.

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**The topicality of research:** The practice of training sessions and competitive activity requires a deep theoretical foundation and the development of specific programs to improve the level of psychological motivation of athletes for more effective implementation, as well as to address the problems arising from the conflict between the following:

- founded the modern requirements to the development of sport and the lack of scientific support psychological conditions of physical culture and sports;
- the requirements for successful athletic achievement and lack of psychological knowledge and advice in a systematic manner;
- theoretical knowledge in the field of sports psychology and the insufficient use in practice.

**The purpose of the work:** to study the development of integral individuality structures adolescents with different levels of achievement motivation in sport on the basis of a systematic approach.

**The tasks:** 1) to conduct a theoretical and methodological analysis of the impact of achievement motivation in sports activities on the development of an integrated personality of teens;

- 2) to develop a program of psychological research to determine the effect of achievement motivation in sports activities on the development of an integrated personality of adolescents;
- 3) to conduct an empirical study of integral individuality structures adolescents with different levels of achievement motivation;
- 4) to compare the properties of the different levels of integral individuality teenagers depending on the level of achievement motivation;
- 5) to carry out an analysis of multi-level properties of integral individuality adolescents with different levels of achievement motivation in sport.

**Theoretical and practical significance of the research:**

The theoretical significance of the work lies in the fact that:

- the results of expanding the theoretical and psychological understanding of the impact of achievement motivation in sports activities on the development of integral individuality structures of teenagers.

The practical significance of the work lies in the fact that:

- theoretical principles and practical conclusions can be the basis for the development of integrated programs of psychological management of the harmonious development of the structure of integral individuality of teens - athletes.

**The results:** A pilot study has given to us the following results. By Student t-test structures of integral individuality teenagers of low and high motivated groups are different. Statistically significant differences between groups (in neural, psychodynamic, the level of the secondary properties of the individual, the personal, social and psychological levels) are equal to 44.2%.

Correlation analysis of integral individuality structures of highly motivated and low motivated groups, which had conducted by channels of intra and inter-layer, showed that the relationship of different levels of intra properties integral to the identity of neural, psychodynamic levels more condensed and organized in a highly motivated group of respondents. At the level of secondary properties of the individual and the

social and psychological levels of integral individuality of intra properties more condensed and organized in a low motivated group of adolescents.

Inter-level relationships integral individuality structures are sealed in a group of low motivated teenagers. Inter-level structure of low motivated group of teenagers is a multi-multi-valued (mostly between neural, psychodynamic and personal levels) single-valued dependency (between the secondary properties of the individual and personal level). In a highly motivated group of teenagers inter-level structure is characterized by a multi-multi-valued (between the level of the secondary properties of the individual and socio-psychological level) and one multi-valued relations (between neural, psychodynamic and personal levels).

Inter-level structure of integral individuality teenagers regardless of the level of achievement motivation filled correlations psychodynamic and personality, the level of the secondary properties of the individual and socio-psychological, personal, social and psychological levels, is characterized by a flexible multi-valued and rigid single-valued dependencies.

Thus, the hypothesis of the study is based on the assumption that the specific of structure of integral individuality teenagers varies depending on achievement motivation in sports activities confirmed:

Split-level properties of a highly integrated individuality adolescent groups are determined by the leading role of the higher levels, particularly the socio-psychological, allowing this group of adolescents to exercise the ability to work in a team, ensuring the effectiveness of sports activity;

- split-level properties of integral individuality teenagers of low motivated group provided the influence neurodynamic, psychodynamic levels, as well as personal level that encourages self-development of adolescent athletes;
- the presence of multi-valued dependencies give the structure of integral individuality low motivated respondents flexibility, providing an adaptive effect;

- inter-level structure of integral individuality teenagers regardless of the level of achievement motivation filled correlations psychodynamic and personality, the level of the secondary properties of the individual and social-psychological, personal and social - psychological levels, characterized by the presence of flexible multi-valued and rigid single-valued dependencies.

Based on the results of research to identify the impact of achievement motivation in sports activities on the development of individuality teenagers conducted by the system approach was drafted remedial developmental program, as well as provide recommendations on the harmonization of the structures of integral individuality adolescents, in order to optimize the process of exercise in adolescence.

**Recommendations:**

1. Coaches need to carry out an individual approach to each athlete based on the psychological characteristics of adolescence, showing kindness and empathy.
2. Modify the training process, allowing for the neurodynamic and psychodynamic level athletes, the correlations of strength and sensitivity of the nervous system.
3. Regularly carry out prevention, aimed at improving the socio-psychological climate workouts.
4. Coaches should carry out psychological education of athletes, including psychological preparation for the competition, as well as ways to reduce the emotional stress.
5. In order to prevent the negative effects resulting from intense competitive and training activities, coaches should be regularly and timely to conduct an interim monitoring the success of sports activities on the basis of psycho-diagnostics athletes. Coaches should regularly carry out prevention, aimed at improving the psychological climate that will facilitate effective work in training.