

# Research Journal of Pharmaceutical, Biological and Chemical Sciences

## Evaluation Of Motives For Practicing Mini-Football 5x5 (B1) (Sport Of The Blind) Among Highly Skilled Italian Athletes

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### ABSTRACT

Given the pronounced health potential of sports among various categories of people with disabilities, the question of increasing their motivation to this process has become of great interest. A study of the motives of highly skilled athletes of the Italian national team in futsal 5 × 5 (B1) (sports of the blind) was conducted. Motives presented in the questionnaire can be grouped according to the attitude of the athlete to himself, goals (level of claims), his team and the people around him. Highly qualified Italian footballers were highly appreciated, and their unanimity was statistically confirmed that the motives that characterize the level of an athlete's pretensions are most significant (being able to join the national team and represent their country in international competitions; it's nice to experience the joy of victory; Europe, the world and the Paralympic Games; the high prestige of victories in major competitions) and the athlete's awareness of himself as part of a team in achieving overall success (nice feel a sense of accomplishment before teammates, like the process of sports training and its components: training, training, friendly games, test competitions, it is nice when the coach praises and approves). At the same time, respondents rated low motives directly related to the athlete and the attitude of the people around him. It became clear that the definition of the main motives and peculiarities of the sports motivation of players in mini-football 5 × 5 (B1) (sports of the blind) will make it possible to more effectively reveal the potential of each athlete and increase the stability of his results. The underestimation of the value of motivation of athletes to trainings by coaches always leads to a distortion of the expected results during the sports training of the football team of blind athletes.

**Keywords:** futsal 5x5, sports of the blind, highly skilled blind football players, sports motivation, management, sports training.

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## INTRODUCTION

Physical feasible loads on the human body cause a large number of physiological changes [1,2,3]. They lead to the strengthening of the muscular and skeletal systems [4,5], the improvement of the body's regulation on the part of the first and humoral systems [6,7]. This leads to an increase in the overall viability of the organism [8,9] even if it contains a persistent, pronounced defect [10,11], including in the system of analyzers [12]. In this regard, regular exercise in the form of sports training has a great tonic on the body [13,14] and tonic effect [15-20], providing a steady increase in vitality and level of adaptation of the disabled [21-26].

Given the pronounced health potential of playing sports among various categories of people with disabilities, the question of increasing their motivation to this process [27-30] has become of great interest. Already from the middle of the 20th century, the high significance of the motivation of a highly qualified athlete was recognized and research began on the driving forces of sports activity [31-33]. To date, there is already considerable experience gathered by researchers in a huge amount of work on various aspects of the motivation of highly qualified athletes [34,35].

The analysis of the literature shows that issues of sports motivation and the features of the motivation of sports activities of highly skilled athletes in adaptive sports still did not receive sufficient attention. In this study, the motivation of athletes with disabilities involved in team sports adaptive, just beginning. In this regard, the study of the sports motivation of the Paralympic mini-footballers 5 × 5 (B1) (sport of the blind) is a relevant and important scientific direction. It becomes clear that not all athletes who possess a talent from nature achieve significant success [36,37,38]. In this regard, the goal is set in the work: to determine the specific motivation of qualified athletes in order to adequately inform the trainer when managing the process of sports training and creating optimal conditions for the realization of the reserves of each athlete.

## MATERIALS AND METHODS

The study was approved by the local ethics committee of the Russian State Social University on September 15, 2017 (protocol No. 9). The work was carried out in compliance with all necessary standards [39-45]. All athletes included in the study gave written informed consent to participate in it. The study was conducted in the form of a questionnaire in order to obtain the most objective data on the opinions of respondents [46,47].

In the course of the survey, features of sports motivation were identified and the main motives of highly skilled Italian athletes for mini-soccer 5 × 5 (B1) (sport of the blind) were determined. An extended list of motives was formed, from which 40 were selected to the final list (Table 1). A questionnaire was developed to establish the significance of the motives. Respondents were asked to indicate the degree (point) of the importance of each motivation on a 10-point scale (1 point - minimum, 10 points - maximum). At the same time, depending on the degree of importance of the motive expressed in points, the answers were divided into groups: 9-10 points - "extremely important", 7-8 points - "very important", 5-6 points - "quite important", 3-4 points - "not important", 1-2 points - "absolutely not important." The obtained data was statistically processed using the method of average values (calculations were made using the standard Microsoft Excel for Windows software package).

**Table 1. The list of motives for the questioning of qualified Italian athletes involved in futsal 5 × 5 (B1) (sport of the blind)**

No	Motives of qualified athletes	Rate (от 1 до 10)
1	You are always in a state of physical or emotional stress	10 9 8 7 6 5 4 3 2 1
2	Your motive is achievement of success which is constantly supported by intermediate achievements: a goal, a victory, a medal.	10 9 8 7 6 5 4 3 2 1
3	Develops character, mental and physical qualities	10 9 8 7 6 5 4 3 2 1
4	Improvement of personal qualities such as endurance, will, mutual assistance,	10 9 8 7 6 5 4 3 2 1



	patience	
5	You like the process of sports training and its components: training, training camps, friendly games, control competitions, etc.	10 9 8 7 6 5 4 3 2 1
6	Approval and support from important people for me: relatives, friends, other close people	10 9 8 7 6 5 4 3 2 1
7	A way to meet the need for new sensations, and the desire to prove that you are capable to do more	10 9 8 7 6 5 4 3 2 1
8	The opportunity to express yourself, your abilities, skills, personal qualities	10 9 8 7 6 5 4 3 2 1
9	The ability to throw out emotions, relieve nervous and mental tension	10 9 8 7 6 5 4 3 2 1
10	The requirements of this sport are clear and close to my inner beliefs and values	10 9 8 7 6 5 4 3 2 1
11	I'm engaged in this activity for a long time. I got used to, and can't do anything else	10 9 8 7 6 5 4 3 2 1
12	Contributes to the organization, including everyday life	10 9 8 7 6 5 4 3 2 1
13	High prestige of victories in major competitions	10 9 8 7 6 5 4 3 2 1
14	Sport of the highest achievements as a way of material and financial support for myself and my family	10 9 8 7 6 5 4 3 2 1
15	The opportunity to join the national team and represent my country at international competitions	10 9 8 7 6 5 4 3 2 1
16	The desire to improve my abilities, there is no limit to perfection	10 9 8 7 6 5 4 3 2 1
17	To try myself as a coach after retiring as a player	10 9 8 7 6 5 4 3 2 1
18	To get a specialty and become a sports official to promote this sport, make it popular	10 9 8 7 6 5 4 3 2 1
19	Because this kind of sport is very beautiful	10 9 8 7 6 5 4 3 2 1
20	To have more friends	10 9 8 7 6 5 4 3 2 1
21	To broaden my horizons and outlook	10 9 8 7 6 5 4 3 2 1
22	I am pleased when the coach praises and approves me	10 9 8 7 6 5 4 3 2 1
23	Sports hall (sports facilities) is close to my house	10 9 8 7 6 5 4 3 2 1
24	This is a sport where you can train individually, regardless of others	10 9 8 7 6 5 4 3 2 1
25	Desire to be one of the best and outstanding athletes	10 9 8 7 6 5 4 3 2 1
26	Desire to become a master of sports (master of sports of international class)	10 9 8 7 6 5 4 3 2 1
27	Family tradition, parents (brother or sister) are engaged in sports	10 9 8 7 6 5 4 3 2 1
28	It's nice to feel a sense of accomplishment in front of teammates	10 9 8 7 6 5 4 3 2 1
29	It's nice when athletes are shown on television, when people talk about them on the radio, in newspapers and magazines	10 9 8 7 6 5 4 3 2 1
30	I like when my relatives, friends support me and admire my achievements	10 9 8 7 6 5 4 3 2 1
31	To quit bad habits, break with bad company, move away from the street	10 9 8 7 6 5 4 3 2 1
32	To recover quickly from illness (injury)	10 9 8 7 6 5 4 3 2 1
33	It's nice to experience the joy of the victory	10 9 8 7 6 5 4 3 2 1
34	I believe that only in this sport I will be able to achieve significant success	10 9 8 7 6 5 4 3 2 1
35	My coach invited me to join the team	10 9 8 7 6 5 4 3 2 1
36	To live up to the hopes of my coach, parents	10 9 8 7 6 5 4 3 2 1
37	To be more attractive to the opposite sex	10 9 8 7 6 5 4 3 2 1
38	Because doing sports increases self-esteem	10 9 8 7 6 5 4 3 2 1
39	Desire to become the champion of the country, Europe, the world and Paralympic games	10 9 8 7 6 5 4 3 2 1
40	Desire to become a leader, a captain of the team	10 9 8 7 6 5 4 3 2 1

**RESULTS AND ITS DISCUSSION**

The results of the survey of highly qualified football players indicate that the five presented motifs fell into the category “absolutely not important” (1-2 points) (Table 2). Motives with an average score from 9.00 to 9.92 were included in the category of “Extremely Important”. The group of these motives is characterized by the maximum points in fashion, 8 out of 10 motives of this category have the maximum value of the median.

**Table 2. Results of mathematical statistical processing of data on the motives of qualified Italian football players involved in futsal 5 × 5 (B1) (sport of the blind) from the point of view of athletes (according to the results of a questionnaire n = 12)**

No	Motives of qualified athletes	Average value, X (points)	Standard Error, m	Median, Me (points)	Moda, Mo (points)	Standard deviation, $\sigma$	Excess, Ex	Asymmetry, As
1	The opportunity to join the national team and represent my country at international competitions	9,92	0,083	10,00	10,00	0,29	12,00	-3,46
2	It's nice to experience the joy of the victory	9,92	0,083	10,00	10,00	0,29	12,00	-3,46
3	Desire to become the champion of the country, Europe, the world and Paralympic games	9,75	0,179	10,00	10,00	0,62	6,24	-2,56
4	High prestige of victories in major competitions	9,67	0,188	10,00	10,00	0,65	3,17	-1,93
5	Because this kind of sport is very beautiful	9,58	0,193	10,00	10,00	0,67	1,39	-1,46
6	The desire to improve my abilities, there is no limit to perfection	9,33	0,497	10,00	10,00	1,72	10,46	-3,18
7	It's nice to feel a sense of accomplishment in front of teammates	9,17	0,271	9,50	10,00	0,94	-1,93	-0,38
8	You like the process of sports training and its components: training, training camps, friendly games, control competitions, etc.	9,08	0,499	10,00	10,00	1,73	7,83	-2,68
9	The opportunity to express yourself, your abilities, skills, personal qualities	9,00	0,369	9,50	10,00	1,28	1,26	-1,25
10	I am pleased when the coach praises and approves me	9,00	0,348	9,00	10,00	1,21	2,52	-1,49
11	It's nice when athletes are shown on television, when people talk about them on the radio, in newspapers and magazines	8,92	0,57	9,50	10,00	1,98	8,75	-2,83



12	A way to meet the need for new sensations, and the desire to prove that you are capable to do more	8,83	0,386	9,50	10,00	1,34	-1,77	-0,46
13	Approval and support from important people for me: relatives, friends, other close people	8,08	0,866	9,50	10,00	3,00	2,33	-1,80
14	I like when my relatives, friends support me and admire my achievements	7,75	0,818	9,50	10,00	2,83	-0,99	-0,82
15	Desire to become a leader, a captain of the team	7,58	0,57	8,00	8,00	1,98	-0,67	-0,40
16	Desire to become a master of sports (master of sports of international class)	7,33	0,667	8,00	9,00	2,31	-0,90	-0,59
17	My coach invited me to join the team	7,25	0,73	8,00	8,00	2,53	2,50	-1,39
18	Your motive is achievement of success which is constantly supported by intermediate achievements: a goal, a victory, a medal	7,08	0,679	8,00	8,00	2,35	0,72	-0,97
19	The requirements of this sport are clear and close to my inner beliefs and values	6,67	0,497	7,00	7,00	1,72	-0,91	-0,27
20	To try myself as a coach after retiring as a player	6,58	0,557	6,50	8,00	1,93	-0,84	0,26
21	Develops character, mental and physical qualities	6,42	0,763	7,00	8,00	2,64	-1,09	-0,22
22	To get a specialty and become a sports official to promote this sport, make it popular	6,25	0,629	6,50	8,00	2,18	0,06	-0,26
23	Desire to be one of the best and outstanding athletes	6,08	0,621	5,00	5,00	2,15	-0,78	0,86
24	Improvement of personal qualities such as endurance, will, mutual assistance, patience	5,92	0,452	6,00	7,00	1,56	2,86	-1,38
25	I believe that only in this sport I will be able to achieve significant success	5,92	0,811	7,00	7,00	2,81	-0,47	-0,25
26	The ability to throw out emotions, relieve nervous and mental tension	5,83	0,49	6,00	8,00	1,70	-1,07	-0,09
27	Contributes to the	5,83	0,777	6,00	6,00	2,69	-0,44	-0,49

	organization, including everyday life							
28	To have more friends	5,75	0,789	6,00	3,00	2,73	-1,40	0,15
29	Sports hall (sports facilities) is close to my house	5,75	0,641	6,00	6,00	2,22	0,63	-0,82
30	To broaden my horizons and outlook	5,67	0,396	6,00	6,00	1,37	-0,33	0,47
31	Because doing sports increases self-esteem	5,33	0,873	5,00	9,00	3,03	-1,46	-0,08
32	To quit bad habits, break with bad company, move away from the street	4,08	0,583	4,00	2,00	2,02	-0,30	0,34
33	To recover quickly from illness (injury)	3,75	0,351	4,00	4,00	1,22	1,33	-1,25
34	To be more attractive to the opposite sex	3,58	1,145	1,00	1,00	3,96	-0,59	1,17
35	You are always in a state of physical or emotional stress	3,08	0,358	4,00	4,00	1,24	-1,01	-0,87
36	This is a sport where you can train individually, regardless of others	2,08	0,417	1,00	1,00	1,44	-0,49	0,92
37	Family tradition, parents (brother or sister) are engaged in sports	2,08	0,514	1,00	1,00	1,78	-0,47	1,24
38	To live up to the hopes of my coach, parents	2,00	0,444	1,00	1,00	1,54	3,47	1,80
39	I'm engaged in this activity for a long time. I got used to, and can't do anything else	1,92	0,417	1,50	1,00	1,44	6,26	2,35
40	Sport of the highest achievements as a way of material and financial support for myself and my family	1,08	0,083	1,00	1,00	0,29	12,00	3,46

Also, all have a negative asymmetry coefficient (As). The coefficient of kurtosis (Ex) is not uniform and there are both positive and negative values, but the low standard error score (m) levels it and we can speak with confidence about the unanimity and homogeneity of the respondents' opinion, recognizing the motives considered as important. Describing the group of motifs of the "Extremely Important" category, you can specify, firstly, the high determination and degree of pretensions of Italian athletes: "The opportunity to join the national team and represent your country in international competitions" (9.92); "It is pleasant to experience the joy of victories" (9.92); "The desire to become a champion of the country, Europe, the world and the Paralympic Games" (9.75); "High prestige of victories in major competitions" (9.67); "The desire to improve their abilities, there is no limit to perfection" (9.33). Secondly, introducing an athlete as part of a team to achieve overall success: "It's nice to feel a sense of accomplishment before your teammates" (9,17); "I

like the process of sports training and its components: training, training, friendly games, test competitions, and so on" (9.08); I am pleased when the trainer praises and approves (9.00).

Man is both a biological structure and a highly social being [48-50]. For him, the positive moments of the physical utility of a phenomenon [51-55] and its social significance [56,57] in the form of its prestige [58-60], public recognition [61,62], emotional significance [63- 68] and achieve a sense of satisfaction from participating in the event and communicating with colleagues during the meeting [69-71]. Given the complexity in the perception of any phenomenon by a person, including a person with a serious physical disability, it is extremely important that a coach is seriously concerned with the question of motivating his athletes [72,73]. In the case of a competent approach to the disclosure of the meaning of sports for each athlete with a physical defect, it is possible to ensure maximum disclosure of his physical and mental qualities, which are often not very noticeable at the beginning [74,75]. As a result of a competent motivation of a disabled athlete, it is possible to achieve at least very good results [76,77], and sometimes it can turn out to grow an outstanding athlete [78-81]. Otherwise, even a great sports talent will not be realized.

### CONCLUSION

Motives presented in the questionnaire can be grouped according to the attitude of the athlete to himself, goals (level of claims), his team and the people around him. Highly qualified Italian footballers were highly appreciated, and their unanimity was statistically confirmed that the motives that characterize the level of an athlete's pretensions are most significant (being able to join the national team and represent their country in international competitions; it's nice to experience the joy of victory; Europe, the world and the Paralympic Games; the high prestige of victories in major competitions) and the athlete's awareness of himself as part of a team in achieving overall success (nice feel a sense of accomplishment before teammates, like the process of sports training and its components: training, training, friendly games, test competitions, it is nice when the coach praises and approves). At the same time, respondents rated low motives directly related to the athlete and the attitude of the people around him.

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