



Motivation to win in fiction and journalistic literature about sports

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Abstract

Objective of the study was to identify in the texts of journalistic and artistic works about sports the mechanism of formation and reproduction of sustainable achievement motivation.

Methods and structure of the study. The scientific work was carried out using the method of probabilistic thematic modeling of a corpus of texts, which included works of art about sports in the genre of realism.

Results and conclusions. It was revealed that the motivation to win in the literature on sports is interpreted as a complex life-meaning system based on a parity combination of collectivism (meeting the expectations of the sports, family environment, as well as fans, the nation) and individuality (satisfying one's emotional, cognitive, aesthetic needs; improving technical skills). -tactical skills and bodily-kinesthetic intelligence, as well as public recognition of work). The literature on sports reflects a mechanism referred to in social psychology as a "shift of motive to goal" (A.N. Leontyev), which devalues the athlete's potential demotivators - fear, fatigue, failure, etc., transforming them into meaning-forming motives. The conclusion is drawn: the literature on sports topics shows that stable motivation to win is formed only as a result of a shift in the need for reward to a complex cognitive-affective-behavioral complex of the lifelong need for sports. Reflective journalism by athletes and coaches, as well as fiction about sports, is an important source of developing the motivation of young athletes, a pedagogical guide for coaches and a source of data about everyday sports life for society as a whole.

Keywords: *sports motivation, literature about sports, Soviet sports, Russian sports, youth education.*

Introduction. Sports victories are an integral part of the achievements of our society, its historical and cultural tradition and state value. The will to win, fortitude, and exertion of strength, personified in high-achievement sports, are traditionally an example of the physical, moral, aesthetic, and patriotic education of youth, and champions are role models not only in sports, but also in their attitude to themselves and to life. At the same time, in real sports activities, during training and competitions, demotivating situations of extreme loads, danger of injuries, causing disappointment, psychological burnout, fatigue, fear, aggression [2], and other negative conditions can be formed. The cognitive ideas of a young athlete that form projections for victory do not take into account the energy consumption and risk of the training process, which

contributes to the emergence of cognitive dissonance as part of maintaining achievement motivation.

This state of internal conflict of an athlete is a relevant area of fiction and journalistic literature. Such works, which use dramatic tools to colorfully describe the sports world, do not distort its realism, but, on the contrary, complement and enrich the pragmatics of sports discourse.

In addition, the literature on sports contains a huge variety of methodological solutions for increasing sports motivation and its research is aimed not only at obtaining information about the past, but also at projecting its future development, searching for effective, proven motivating techniques.

We tried to find in the literature about sports the answer to the main motivational question: "Why do ath-



letes do what they do?”, to see the resolution of the contradictions of professional sports, to compare the motivation of the heroes of Soviet and modern works, to highlight the general and special in it, characteristic of modern times.

Objective of the study was to identify in the texts of journalistic and artistic works about sports the mechanism of formation and reproduction of sustainable achievement motivation.

Methods and structure of the study. The works were selected on the following validating grounds: by authors - Soviet and Russian athletes, coaches, as well as professional writers; by genre - documentary books, memoirs, memoirs, biographies and works of art in the genre of realism; by the synchronicity of the writing of the book and the events described within the chronological framework of the periods of the USSR and the Russian Federation; according to the plot - sports life, sports achievements; according to the main characters of the work - Soviet and Russian athletes and coaches; by popularity – the book has been published more than once and/or is called popular by experts; The language of writing is Russian.

The selection of such works was carried out in several stages: 1) a survey of experts (coaches, teachers of physical education departments $n=18$) who compiled the primary list of books; 2) a survey of expert philologists $n=2$, who identified in the list those that belong to the declared genre; 3) dividing the list of works into Soviet and Russian. As a result, a corpus of texts was compiled from 48 works, 9448 pages.

The selection of books provided research access to a three-pronged view of the problem. These are documentary texts containing the athlete's self-analysis and the coach's reflective experience, his observations; and also – observations from the outside, realistically presented in a work of art.

The analysis of the selected sources was carried out using probabilistic topic modeling, a text analysis tool that identifies characteristic clusters of words and phrases called topics. This is one of the best modern tools for structuring large volumes of text data, applicable for extracting hidden meanings.

As a result, 10 themes (clusters of words) were obtained in each group of works. During text preprocessing, we performed tokenization, lemmatization, and exclusion of stop words in the dictionary, except for the words “we” and “our” (about the methodology [3, 4, 5]). In each topic, words with the highest coefficients (18.21–33.27) characterizing the topic were

selected. As a result, more than 30 words were recorded in each topic. We interpreted the resulting probabilistic themes on the basis of the motivational theory of A.N. Leontiev [1].

Results of the study and discussion. Meaning-forming motives. It seems obvious that the main meaning-forming motive of an athlete is victory in competition. However, works about sports reveal a more complex content of the need to win - on the one hand, this is victory - an objective “object of need” [1], which is labeled in literature as “*a record, a prize, a pedestal*” (Here and below, words and phrases from the analyzed corpus of texts that received maximum coefficients in the thematic model of 18.21–33.27 are highlighted in quotation marks), and on the other hand, this is overcoming - a “need state” [1], which is marked as – “*able, proved, accomplished, stubborn, challenge, character, responsibility, worthy, triumph, enthusiasm, maximum, assault, speed*”. So, responsibility and an assault at maximum strength are the same meaning-forming motive as a medal, which is recorded by both Soviet and modern authors.

Motives-incentives. A.N. Leontyev also noted that incentives can be not only positive, but also negative. Let's look at how this is reflected in the literature.

In probabilistic themes, words are recorded with significant coefficients that reflect positive experiences “*interesting, understanding the result, creatively, professionally, tactics, idea, complex, beautiful, magnificent, great, record, art*”, which characterize the processes of creativity, cognition, achievement and reinforce positive motivation. And also words are recorded that reflect the negative and even traumatic experience of the athlete: “*danger, nerves, tears, injury, hopeless, cruel, pressure, exclusion, lose, anger, cold, load, heavy, fatigue, regimen, blood*”. Negative experiences are given significant weight, which raises a logical question: why, despite all these dangers and risks, does the athlete continue to train?

Personal meaning of playing sports. Literary works assign a special role to negative experiences. The authors note that they do not repel sports, but, on the contrary, motivate along with positive ones. The reason for this is A.N. Leontyev explains by introducing the concept of personal meaning [1]. Negative motivation does not change the personal meaning of an activity. Something else happens - personal meaning quickly discredits the negative emotion that has arisen and forms the motivation to overcome the situation. This phenomenon in thematic models is captured in



the words *“overcome, necessary, continue, rise, perform, work, professionally, attitude, confidence”*.

Sports activity acquires a personal meaning, that is, it becomes part of the athlete’s life world under the influence of different people and events. In probabilistic topics, the influence of the sports team *“coach, comrades, veterans, guys, seniors, captain, judges”* is highlighted; families – *“brother, father, mother, wife, daughter, grandmother, relatives”*; as well as the society *“tribunes, people, homeland, country, spectators”*. The emotional background *“friendly, atmosphere, communication”* is of great importance. Also, the proper names of coaches and athletes of both contemporaries and past sports eras are recorded with significant coefficients, which reflects the strength of personal influence on the athlete from his coach, comrades and sports idols.

Instrumental motives. The contribution of the leisure motive to the athlete’s motivational system is important. In Soviet literature, we did not identify clusters of words with significant coefficients reflecting leisure. However, modern literature about sports displays the importance of recreation *“health, psychologist, relax, sleep”* and comfort *“style, cafe, adventure, hotel, restaurant”*. These motives cannot be considered basic; rather, they are tools that perform an everyday regulatory role.

The mechanism of “shifting the motive to the goal.” The authors of the works reveal how the socio-psychological mechanism “shift of motive to goal” is ultimately implemented, which affects the athlete’s motivational system, including potential demotivators, which under this influence acquire personal meaning and are transformed into the athlete’s life-meaning system.

Thanks to this mechanism, the motive to receive an award is transformed into the motive of sports activity as a personal existential value, which is marked by words with significant coefficients *“philosophy, fate, meaning, reflections, traditions, God, consciousness, future”*.

Conclusions. During the analysis of the textual material, we found that both Soviet and modern authors in the interpretation of sports motivation are united by the opinion that achieving victory, receiving rewards and approval is not a sufficient motivating factor to continue exhausting training, as well as failure, reproach and even Injuries do not always have a demotivating effect on an athlete. An athlete will be per-

sistent in training only if he has formed an attitude towards sport as a life purpose. This view of outstanding athletes and their coaches is useful for modern sports coaches who shape the motivation of their students, as well as for aspiring athletes and their parents.

The results obtained provide an answer to the increasingly frequent debates that have arisen in recent years in the media about whether it makes sense to train, endure fatigue and even pain, what is the degree of freedom of athletes, whether the risks of injuries and disappointments are justified, whether life’s time was wasted in training, if as a result you did not win or were not even selected for the competition. All these questions, it would seem, should dissuade anyone dreaming of Olympic victories and cast doubt on the value of professional sports. However, we again see our athletes on the pedestals, devoting physical and psychological strength not only to an individual victory, but to sport as their life purpose.

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