

Features of self-realization of a person in sport activity

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The purpose of the present paper is to define the role of sport activity in personal development and self-realization and to define the nature of the relations between self-realization and motivation, and a system of values of the sportsmen. According to the tasks of research, psychological theories of self-realization, approaches to studying sport motivation are considered and the sport is defined as a kind of activity in the work. The work consists of the research conducted among the sportsmen of different skill level (N = 28). Conclusions concerning relations between self-realization and motivation, and a system of values of the sportsmen are drawn.

Key words: self-realization, sport motivation, requirement for achievement, sports qualification, and a system of values of the sportsmen.