

Young athletes' time perspective as a factor in the development of sports motivation

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Abstract:

The purpose of the empirical study was to establish and substantiate the correlations between the dominant types of young athletes' time perspectives and their motivations for participating in sports; to compare motivations for sports among respondents with optimal (Group 2) and general time perspective profiles (Group 1). **Research Methods:** "Zimbardo Time Perspective Inventory" ("ZTPI") (Zimbardo & Gonzalez, 1984) and "Motives for Playing Sports" ("MPS") (Shaboltas, 2004) were used as valid test methods that were relevant to the subject of the study; targeted observation using standard protocols; methods of mathematical processing of empirical data were used. **Results.** The feasibility of conducting a time perspective study on the continuum of motivation of young athletes: "Need (past) – Sports Activity Plan (present) – Goal (future)" was substantiated. The time perspective Future (F) was discovered to have the most statistical relationships – eight ($p \leq .05$; $p \leq .01$). The strongest positive correlation was established with the motive of SS (.311; $p \leq .01$), indicating that the desire to achieve success in combination with youthful maximalism is a strong psycho-emotional formation. It is noted that such a combination has a significant mental resource for the development of young athletes. Future (F) time perspective is the most important and dependent time orientation of young athletes in general. The motivations for sports were compared among respondents with optimal (Group 2) and general time perspective profiles (Group 1). Statistical differences were found that demonstrated Group 2's advantage on the following scales: CPM ($t = 3.34$; $p < .01$), SS ($t = 3.12$; $p < .01$), and SCM ($t = 2.03$; $p < .05$). Group 1 had a significant advantage for ES ($t = -2.42$; $p < .05$) and SSA ($t = -2.09$; $p < .05$). The identified differences highlight the significance and role of time perspective in the development of young athletes' motivation to participate in sports. **Conclusions.** It has been empirically verified and substantiated that in youth, the time perspective vector moves quickly from the present to the future. It is summarized that the proposed study's findings can increase young athletes' mental resourcefulness and help them achieve high sports results.

Key words: time orientation, achievement motivation, mental resource, youthful maximalism, psychological preparation.

Introduction

Time perspective in sports psychology is a scientific problem that has been little talked about and undeservedly ignored. Time perspective is an exceedingly intriguing aspect of sports life and sports subject behavior. The fact – why sometimes the subject of sports activities in the present moment does not focus on what is happening but devotes their attention, thoughts, memories, or dreams to the past or future – is of scientific interest. How much time do they spend, in what dimensions of time, and how does this affect their pregame mindset, drive to perform, and sporting results? Finally, it has an impact on focus during training and performance at sporting events.

The time perspective is known to combine several dimensions: orientation to the future, or a period of time during which a person is mentally transferred to the future; orientation to the past, or a period of time during which a person is mentally transferred to the past; a list of past or future events they are thinking about; the organization of events in the personal time matrix "past-present-future"; a sense of pace toward the future (Zimbardo & Gonzalez, 1984). In his research on the time perspective, P. Zimbardo (2002) brought attention to the individual's unconscious attitude toward time. A person, in his opinion, strives to organize and provide meaning to their existence as a result of specific attention to certain events in their life. The scientist understands the key factor in the development of psychological time as time perspective, which originates from cognitive processes that split a person's life experience into time frames of the past, present, and future (Zimbardo, 2002). These cognitive processes are capable of duplicating subjective reality in this manner, prompting young athletes to spend a substantial amount of their time thinking about future aspects, planning, and fantasizing. During youth, in particular, the sensation of quick passage from the past to the future peaks, but the experience of the future does not (Zimbardo & Boyd, 1999). All of the mentioned content elements connected to time perspective

and the uniqueness of youth require us to direct our scientific searches in the plane of the best combination of time perspective types in the context of the development of sports motivation. Probably, there is a latent potential in this combination that, if considered, will allow young athletes to continue to claim and dream of the best sports accomplishments without slowing down their progress in sports life.

K. Levin (2000) expressed an interesting viewpoint, defining time perspective as an individual's vision of the future or past in the present and assuming that cognitive activity and emotions about the past or future affect actions, emotions, and cognitive activity in the present, and even shape future aspirations (Levin, 2000). Young athletes' actions, emotions, and cognitive activity serve as the working material for future sporting successes (Popovych et al., 2022b). In research on the spatial-temporal orientation of volleyball players, it was shown that athletes aged 16 and older who played professionally showed favorable statistical differences in the features of orientation in space and time when compared to non-athletes (Artemenko, 2020). A. Bunas (2020) investigated the role of time perspective in the development of prognostic competence. It has been shown that time perspective is a personal idea generated by cognitive processes that influences a person's prognostic capacity and is a condition of the system of internal resources that can impact the outcome of the action (Bunas, 2020). Popovych et al. (2021d; 2021e) demonstrated the effect of cognitive processes on the winning outcome in a series of research that defined the location and role of cognitive processes in the mental states of training, competing, and recuperation activities (Popovych et al., 2020b; 2022a). According to O. Senyk's (2016) research, the cognitive processing of requirements and objectives leads to the formulation of plans. Plan implementation in the form of specific activities influences objective accomplishment. Thus, motivation has a clearly defined time element and a relationship with the temporal view of young athletes as a continuum "Need (past) – Sports Activity Plan (present) – Goal (future)".

Time perspective was investigated as a predictor of student academic motivation (Pavliuk et al., 2018). It was discovered that the time orientation of the positive past and the hedonistic present is connected to the cognitive motive, the self-respect motive, and the value perception of information. The external control of predicted activities is indicated by time orientation to the future, which is connected to learning motivation (Pavliuk et al., 2018). These scientific findings are supported by a study of the subject's preparedness for urgent actions while doing a variety of sensorimotor response activities (Cheban et al., 2020; Plokhikh, 2021; Plokhikh & Yanovska, 2022). In the context of the functional capacity of time orientations, an interesting study found that subjects' time orientations are determined not by the crisis situations in which they find themselves, but by a complex of social, economic, and political factors and the respondents' evaluation of these factors (Senyk et al., 2022). There has been a tremendous amount of research done on the motivation of young athletes. The viewpoint of Yu. Portnykh (2002), who identified the goal of success as the primary motivation in young sports, is noteworthy. The study found that young athletes compete against one another, themselves, the environment, and the passage of time and place. That is, in regard to both external and internal factors (Portnykh, 2002). Achievement motivation has been demonstrated to be a crucial requirement for young athletes to continue participating in sports (Rottensteiner et al., 2015).

The attention of respondents was focused on the propensity of young athletes to set a long-term goal and the meaningfulness of the components of vitality in the study by R. Bilous and V. Okhrimenko (2015) about the relationship between the time perspective and the vitality of young athletes and students (Bilous & Okhrimenko, 2015). Clearly, what P. Zimbardo and J. Boyd (1999) refer to as "a perception of quick movement from the past to the future", R. Bilous and V. Okhrimenko (2015) refer to as "a predisposition to set a long-term goal". Youth, according to researchers, is the most advantageous stage for the capacity to plan and foresee the likely course of events and one's future. Of course, this has an impact on young athletes' sporting successes and achievements. In this regard, it is necessary to note S. Menting et al.'s (2019) work on the combination of training planning, motivation development, and management of the tempo of physical effort in youth with the goal of achieving an elite level. This argument is another indication of the validity and importance of our research subject – the time perspective of young athletes as a factor in the development of sports motivation.

Hypotheses. 1. The time perspective of young athletes influences their sports motivations, particularly the motive to succeed in sports (SS); 2. There are substantial variations in sports motivations among respondents with optimal (Group 2) and general time perspective profiles (Group 1).

Purpose. To identify and validate the associations between the main kinds of young athletes' time perspectives and their motivations for participating in sports; to compare respondents' motivations for participating in sports with the optimal (Group 2) and general profiles of time perspective (Group 1).

Material and methods

We studied and incorporated a substantial list of recent empirical works while developing the empirical picture and the algorithm of the ascertaining research strategy. The following four primary directions can be used to incorporate all the researched experience: 1) Youth age patterns research (Popovych et al., 2021c; 2021g); 2) Expected, anticipatory, and prognostic difficulties of subjects of activity (Hornik & Zakay, 1996; Lawler et al., 2021; Popovych & Blynova, 2019a; 2019b; Popovych, 2007; 2014a; 2014b; 2014c; Popovych et al., 2021b); 3) Regularities of training, competitive, tactical training, (Kozina et al., 2019; Popovych et al., 2021a; 2021f;

2022b) and educational activities (Hudimova, 2021; Hudimova et al., 2021; Kobets et al., 2021a; 2021b); 4) Construction of a safe space (Mamenko et al., 2022; Nosov et al., 2021a; 2021b; Popovych et al., 2020a; Zinchenko et al., 2020) and excessive loads and extreme activity environments (Blynova et al., 2019; Nosov et al., 2020; Zinchenko et al., 2021; 2022). The studies described above resulted in the development of an algorithm for ascertaining the strategy of researching the time perspective of young athletes as a factor in the development of sports motivation.

Participants. The sample consisted of Kherson Higher School of Physical Culture athletes (Kherson, Ukraine). Respondents participate in the following sports: table tennis – 4 participants; bullet shooting– 5 participants; canoe dam– 4 participants; academic dam – 7 participants; trampoline jumping – 4 participants; athletics – 6 participants; gymnastics – 5 participants; kayak dam – 4 participants; handball – 10 participants; freestyle wrestling– 14 participants. There were 63 participants in total: 35 young males (55.56 %) and 28 young females (44.44 %). The respondents vary in age from 16 to 17 years ($M=16.23$; $SD=2.54$).

Organization of research. The research was carried out during the first semester of the 2021-2022 academic year (from September 2021 to December 2021). The survey and purposeful observation were carried out in collaboration with the Kherson Higher School of Physical Culture’s administration, ethical committee, and coaching and teaching staff (Kherson, Ukraine). The experiment’s participants were notified in advance, and the survey was done anonymously. The subjects’ involvement was entirely voluntary. A positive friendly atmosphere was observed. Such an organization assured the reliability and validity of the empirical data received.

Procedures and instruments. The questionnaire “Zimbardo Time Perspective Inventory” (“ZTPI”) was used as the psychodiagnostic instrument for our research (Zimbardo & Gonzalez, 1984). The version adapted by O. Senyk (2012) was used. The method’s authors originally identified seven time orientations, but through factor refinement, they arrived at the final version with five dimensions. These time orientations are as follows: Positive Past (PP), Negative Past (NP), Hedonistic Present (HP), Fatalistic Present (FP), and Future (F). Time orientation to PP refers to a warm, sentimental attitude toward the past, in which former events and periods are viewed as pleasant with a touch of nostalgia. Time orientation to NP: a repulsive sense of one’s own history, the objective experience of unpleasant, traumatic events, and negative reconstruction of tough life situations. Time orientation to HP: a dangerous attitude toward one’s own time of life, seeking immediate pleasure without regard for the consequences. Time orientation to FP: helpless attitude toward life, confidence in fate, insecurity, helplessness to impact the direction of one’s life, the events of one’s life. Time orientation to F: dominance in the behavior of efforts for the purpose of a predetermined goal, for the sake of a potential reward in the future. The α -Cronbach coefficient, which measures data homogeneity or consistency, was $\alpha=.812$, which is an acceptable average for empirical research.

The next method, which was used in our research, is also regarded as fundamental since it made it possible to identify several reasons why the participants chose to participate in sports and how those reasons were reflected in the motivational structure. The questionnaire “Motives for Playing Sports” (“MPS”) (Shaboltas, 2004) allowed us to identify the main personal meanings of young athletes in the dimensions of ten scales, or what we term the purpose of playing sports. Here is a list of all the scales from the questionnaire: Emotional Satisfaction (ES), Social Self-Assertion (SSA), Physical Self-Assertion (PSA), Social-Emotional Motive (SEM), Social and Moral Motive (SMM), Succeeding in Sports (SS), Sportive-Cognitive Motive (SCM), Recreational Motive (RM), Preparation for Professional Activity (PPA), Civic-Patriotic Motive (CPM). Each scale has nine statements. A three-point scale with values ranging from 1 to 3 was used. The data received on the scales range from nine to twenty-seven points. The α -Cronbach coefficient was $\alpha=.904$, a high indication that corresponds to the requirements for empirical research.

Statistical analysis. The standard computer software “SPSS” v. 23.0 was used for mathematical data processing, while the graphic editor “MS Word” was used for graphic depiction. The following empirical data statistical reliability coefficients were used: Spearman’s correlation coefficients (r_s), α -Cronbach coefficient and Student’s t-test. Data with a level of $p < .05$ or above is considered reliable.

Results

Table 1 presents the descriptive frequency characteristics of the research using the questionnaire “Zimbardo Time Perspective Inventory” (“ZTPI”) (Zimbardo & Gonzalez, 1984).

Table 1. Descriptive frequency characteristics of results by the “ZTPI” questionnaire (n=63)

Time Orientation	Min	Max	M	SD
Positive Past (PP)	2.31	4.91	3.69	±.75
Negative Past (NP)	1.81	4.04	2.34	±.65
Hedonistic Present (HP)	2.23	4.45	3.32	±.54
Fatalistic Present (FP)	1.34	3.12	2.10	±.47
Future (F)	2.56	4.94	3.91	±.56

Note: Min – mean square of the minimum on the scale; Max – mean square of the maximum on the scale; M – arithmetic mean of the parameter on the scale; SD – mean square deviation of the parameter on the scale.

After comparing the obtained descriptive frequency characteristics to the test norms using the “ZTPI” method (Zimbardo & Gonzalez, 1984), it was determined that there were differences, with a tendency observed in young athletes towards higher indicators in the parameters of time orientations of PP (M = 3.69; SD = ±.75) and F (M = 3.91; SD = ±.56), but these differences were not statistically significant. There were changes when we compared our results to the data of the authors that investigated the youth sample (Pavliuk et al., 2018) and the author who adapted the method (Senyk, 2012), but they were not statistically significant. Therefore, our empirical results were within the limits of the test norm and the data obtained by other researchers.

Table 2 displays the results of the research based on the “MPS” questionnaire (Shaboltas, 2004) using descriptive frequency characteristics.

Table 2. Descriptive frequency characteristics of results by the “MPS” questionnaire (n=63)

Scale	Min	Max	M	SD
Emotional Satisfaction (ES)	5.31	23.09	19.12	±2.11
Social Self-Assertion (SSA)	6.81	25.01	23.32	±1.91
Physical Self-Assertion (PSA)	5.23	20.12	17.05	±2.08
Social-Emotional Motive (SEM)	6.34	21.67	18.94	±1.84
Social and Moral Motive (SMM)	6.56	22.44	18.33	±1.83
Succeeding in Sports (SS)	13.31	26.03	24.04	±2.19
Sportive-Cognitive Motive (SCM)	5.81	19.34	16.95	±1.74
Recreational Motive (RM)	6.23	23.16	19.01	±1.89
Preparation for Professional Activity (PPA)	12.45	26.09	24.47	±2.41
Civic-Patriotic Motive (CPM)	6.96	22.69	18.35	±1.69

Note: Min – mean square of the minimum on the scale; Max – mean square of the maximum on the scale; M – arithmetic mean of the parameter on the scale; SD – mean square deviation of the parameter on the scale.

A comparison of the obtained descriptive frequency characteristics with the test norms using the “MPS” method (Shaboltas, 2004) revealed that the indicators obtained by us for a significant number of parameters, specifically ES (M = 19.12; SD = ±2.11), SSA (M = 23.32; SD = ±1.91), SS (M = 24.04; SD = ±2.19) and others, tended to increase, but no statistical differences were recorded. In sports psychology studies, there were no statistical differences in comparison to the results of this method (Blynova et al., 2020). As a consequence, the empirical data obtained were within the limits of test norms and findings reported by other researchers and did not raise doubts.

It is acceptable in the context of analyzing the results of our research subject to provide a graphic visualization of the structure of the motives of young athletes (Fig. 1).

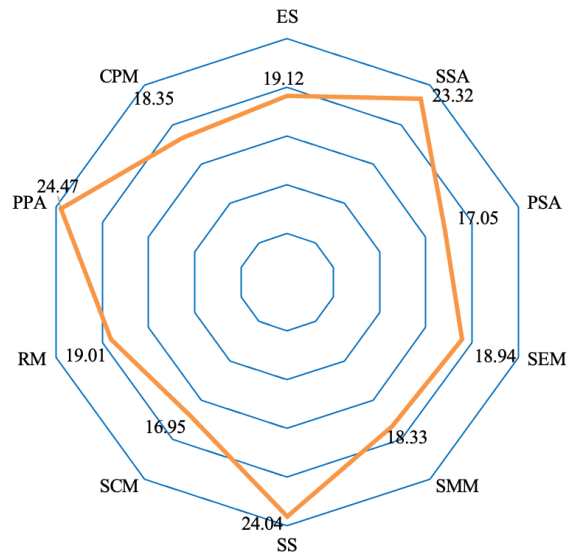


Figure 1. The structure of young athletes’ motivation

The visualization of respondents’ motives for sports enabled for comparison of the motive’s distance from the extreme (minimum values) and internal contours (maximum values). The following motives were found to be closest to the maximum values among young athletes: SSA (M = 23.32), SS (M = 24.04), and PPA (M = 24.47). The building of the structure of young athletes’ motivation allowed the building of separate structures and comparing them using the overlay method; it was also beneficial for comparing two training periods. A comparison of motivation factors between winter and summer sessions, for example. The red contour delineated the mental resource of the subjects’ motivation.

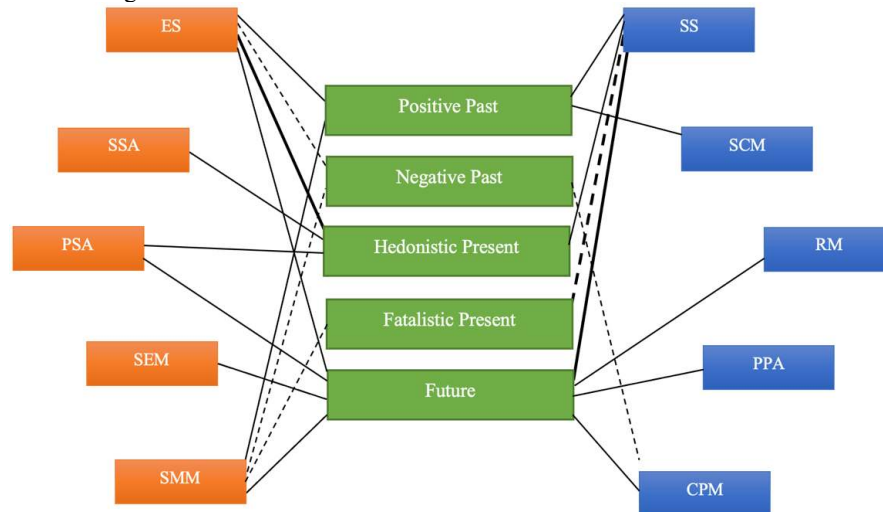
Table 3 shows a correlation matrix demonstrating the correlations between young athletes’ motivations for participating in sports and the different types of time perspectives.

Table 3. Correlation matrix of connections between motives for sports participation and types of time perspective (n=63)

Scale	PP	NP	HP	FP	F
ES	.086*	-.096*	.223**	-.046	.293**
SSA	-.025	.035	.125*	.067	.084
PSA	.043	.033	.093*	.076	.129*
SEM	.079	.019	.089*	.081	.086*
SMM	.129*	-.087*	.029	-.091*	.111*
SS	.184*	.014	.089*	-.221**	.311**
SCM	.099*	-.038	.044	-.031	.082
RM	.062	.012	.060	.045	.117*
PPA	.049	.009	.078	-.034	.097*
CPM	.116**	-.115*	.066	-.041	.089*

Note: PP – Positive Past; NP – Negative Past; HP – Hedonistic Present; FP – Fatalistic Present; F – Future; ES – Emotional Satisfaction; SSA – Social Self-Assertion; PSA – Physical Self-Assertion; SEM – Social-Emotional Motive; SMM – Social and Moral Motive; SS – Succeeding in Sports; SCM – Sportive-Cognitive Motive; RM – Recreational Motive; PPA – Preparation for Professional Activity; CPM – Civic-Patriotic Motive; * – $p < .05$; ** – $p < .01$; statistically significant correlations are marked in bold.

A graphic illustration of statistically significant associations in the form of a correlation galaxy between the content parameters of the time perspective and the dominating personal meanings of young athletes' sports activities is shown in Figure II.



Note: - - - negative correlations at $p \leq .01$; - · - negative correlations at $p \leq .05$; — positive correlations at $p \leq .05$;

— positive correlations at $p \leq .01$; ES – Emotional Satisfaction; SSA – Social Self-Assertion; PSA – Physical Self-Assertion; SEM – Social-Emotional Motive; SMM – Social and Moral Motive; SS – Succeeding in Sports; SCM – Sportive-Cognitive Motive; RM – Recreational Motive; PPA – Preparation for Professional Activity; CPM – Civic-Patriotic Motive.

Figure II. The correlation galaxy of content parameters of the time perspective and young athletes' motives (n=63)

The correlation matrix (see Tabl. 3) and the correlation galaxy (see Fig. II) indicated that the time perspective Future (F) had the most statistical associations – eight ($p \leq .05$; $p \leq .01$). This number was justified by the fact that motivation, as the respondents' major personal sense, was a projection that represents the continuum "Need (past) – Sports Activity Plan (present) – Goal (future)". The F time perspective had the strongest positive correlation with the SS motive (.311; $p \leq .01$), indicating that the desire for success combined with youthful maximalism is a powerful psycho-emotional alloy. It should be noted that such a combination has a large mental resource for the development of young athletes. The most significant and reliant time orientation of young athletes was time perspective F. The time perspective of FP and NP, which contained five negative correlations, could be dangerous. The correlation between FP and SS motive (-.221; $p \leq .01$) was the strongest. This fact will indicate that the young athlete is overwhelmed by today's unpleasant experiences. If they are worried about everyday events or emotionally experiencing something, they will be unable to adjust to sports work, and the appropriate levels of motivation to succeed will be prevented. This is a critical empirically verified conclusion that sports psychologists and tactical training instructors should be aware of. We underline that there were four significant correlations between the motives of Emotional Satisfaction (ES) and SS with time perspectives. Only ES had a strong correlation with HP (.223; $p \leq .01$). We justify this by stating that pleasure orientation, positive emotions, and the hedonistic present are vital in youth and play a significant role in the development of

motivation for sports. This element should not be neglected, and coaches should not ignore youth age patterns. For young athletes, the time perspective of PP was a reasonably comfortable orientation. It also had four significant correlations, all of which were significant at the $p \leq .05$ level.

Participants were separated into two groups in order to determine variations in the motivations of participants with optimal and general time perspective profiles for sports. Group 2 consisted of individuals who had an optimal time perspective profile. The optimal profile is defined by the creators of the concept of time perspective (Zimbardo and Gonzalez, 1984) as the following combination: a high level on the PP scale; above the average and high level on the F scale; average level on the HP scale; and low levels on the NP and FP scales. We chose $n=21$ respondents from the sample population who satisfied the necessary requirements. The remaining $n=42$ participants were all assigned to Group 1 – the general profile of the time perspective.

The motivation scales shown in Tabl. 4 are those for which the Student's t-test revealed statistically significant differences between Group 1 and Group 2.

Table 4. Statistically significant differences between Group 1 and Group 2 ($n_1=42$; $n_2=21$)

The name of the indicator	M_1	M_2	Student's t-test	Level of significance
	Group 1	Group 2		
Emotional Satisfaction (ES)	23.41	17.05	$t=-2.42$	$p < .05$
Social Self-Assertion (SSA)	24.12	19.36	$t=-2.09$	$p < .05$
Social and Moral Motive (SMM)	15.33	21.33	$t=2.03$	$p < .05$
Succeeding in Sports (SS)	19.56	26.74	$t=3.12$	$p < .01$
Civic-Patriotic Motive (CPM)	14.35	23.35	$t=3.34$	$p < .01$

Note: M_1 – arithmetic mean Group 1; M_2 – arithmetic mean Group 2; Group 1 – respondents with a general profile of time perspective; Group 2 – respondents with an optimal time perspective profile.

There were statistical differences between the groups that were studied. Group 2 outperformed in three parameters: CPM ($t = 3.34$; $p < .01$), SS ($t = 3.12$; $p < .01$), and SCM ($t = 2.03$; $p < .05$). The civic-patriotic motive and succeeding in sports were the most important and had the strongest correlation ($p < .01$) for Group 2, which was created using the optimal profile. As a result, a sports psychologist's work on correcting the optimal profile of time perspective, teaching young athletes to plan their time, appreciate the positive moments of the present, and build high-quality projections into the future is critical to sports success. Creating an optimal profile has latent mental potential that can ensure high performance in sports.

Group 1 (general time perspective profile) also outperformed in two parameters: ES ($t = -2.42$; $p < .05$) and SSA ($t = -2.09$; $p < .05$). These motivations were undeniably significant. It is critical for sports psychologists and tactical training coaches to diagnose and differentiate young athletes' motivations. Their understanding of what motivates a young athlete, as well as the timely implementation of formative, developmental, and corrective influences, can play an important role in an athlete's career.

Discussion

There are numerous studies in the scientific literature that support individuals' time perspectives, explain the nature of this phenomenon, and provide content specifics (McGrath & Kelly, 1986; Pavliuk et al., 2018). There are also many works on the structure, types, and classifications of young athletes' motives (Blynova et al., 2020; Portnykh, 2002; Tušák et al., 2022) and youth time perspectives (Bilous & Okhrimenko, 2015; Senyk, 2016). There are no studies that reveal the determinants of time orientation in the dimensions of motivation of young athletes, but there are several studies that are related to our problem. It is worth noting that O. Senyk's (2016) research found a statistically significant association between the achievement motive among student youth and the future (F) time perspective. This validates the fact that we established the existence of a significant connection between SS's motive (.311; $p \leq .01$) and the future time perspective (F). We can conclude that the achievement motive is important for young people in both educational and professional activities, as well as sports. Researchers C. Rottensteiner et al. (2015) demonstrated that young athletes' achievement motivation and the reinforcement of sports competitions with the results of achievements is an important prerequisite for continuing to participate in sports. According to the findings of our research, this argument also confirms that the SS motive was the most important. However, when the two groups of subjects (Groups 2 and 1) were compared, CPM ($t = 3.34$; $p < .01$) had the highest statistical difference in the optimal profile (Group 2). The civic-patriotic motive was clearly a consolidated dominant personal meaning of young athletes, which was a powerful exhausting resource. This is what motivates one to continue participating for one's team, the country, and representing it honorably at the highest sporting forums, even in the absence of material and infrastructural conditions. This interpretation is an assumption that requires empirical proof or refutation.

It should be noted that the established statistical differences between the studied groups confirm how young athletes' motivations work. The established statistical differences are evidence of a type of "motivational elevator" that encourages young people to participate in sports on a regular basis. The impact of young athletes' and students' time perspectives on their resilience was clarified in a study similar to ours (Bilous & Okhrimenko, 2015). It has been established that among athletes, the positive past predominates over the hedonistic present, which dominates among students. Young athletes lack negative past and fatalistic present time perspectives. The

motive of self-constitution and success is dominant among young athletes, whereas the creative motive is dominant among students. Athletes have more structured time, a tendency to set long-term goals, and the personal components of resilience are more meaningful (Bilous & Okhrimenko, 2015). Such scientific evidence supports our claim that the sample of young athletes we described had a number of characteristics in common. The division into Groups 2 and 1 was also appropriate, as it revealed important substantive features of the respondents' motivations for participating in sports based on their formed profiles. This allowed researchers to focus their attention on the motivations of young athletes in time perspectives, which were previously overlooked. As previously stated, the research connections that we have established are capable of increasing the mental resourcefulness of young athletes and contributing to the achievement of high sports results.

Conclusions

1. It is substantiated that the concept of motivation, as the dominant personal meaning, reflects the continuum of "Need (past) – Sports Activity Plan (present) – Goal (future)".

2. A correlation matrix and a correlation galaxy of interconnections of motivations for participating in sports with different time perspectives were created. The structure of young athletes' motivation to participate in sports is provided. The time perspective Future (F) was discovered to have the most statistical connections – eight ($p \leq .05$; $p \leq .01$). The strongest positive correlation was discovered to be with the SS motive (.311; $p \leq .01$), indicating that the desire to achieve success in combination with youthful maximalism is a strong psycho-emotional formation. It should be noted that such a combination provides a significant mental resource for the development of young athletes. Future (F) time perspective was the most important and dependent time orientation of young athletes in general. The time perspective of FP and NP, which had five negative correlations, was highlighted as potentially dangerous.

3. The motivations for sports were compared among respondents with optimal (Group 2) and general time perspective profiles (Group 1). On the following scales, statistical differences in the Group 2 advantage were established: CPM ($t = 3.34$; $p < .01$), SS ($t = 3.12$; $p < .01$), and SCM ($t = 2.03$; $p < .05$). Group 1 had a significant advantage for ES ($t = -2.42$; $p < .05$) and SSA ($t = -2.09$; $p < .05$).

4. It has been empirically verified and substantiated that in youth, the time perspective vector moves quickly from the present to the future. The work of a sports psychologist on correcting the optimal profile of the time perspective, teaching young athletes to plan their time, appreciate the positive moments of the present, and build high-quality projections into the future was noted as the key to sports success. Creating and maintaining an optimal profile has a latent mental potential that can ensure high performance in sports.

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