

## The Effect of Goal Theory on Use Ergogenic Supplements in Recreational Sports Social Psychology Investigates How a Person's Motivations can Influence Cognitive Functions

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This subject has been approached by several methods which we shall cover. A cognitive approach to motivation is the Goal System Theory Bobmann. The first theory is the Goal System Theory Kruglanski, it analyzes a cognitive approach to motivating the individual. In this theory, however, the goals are dealt with gradually and are differentiated according to the means of success but also with other goals that work in parallel when the person wants to achieve his goal. Therefore, the principle of combining our cognitive values such as replacement, commitment and persistence prevails. Based on how the knowledge of the systems will be used, motivation can also be developed Kopetzke. In detail, the Goal System Theory (Goal System Theory) describes how people first represent the goals in their minds and then make them their property, which results in the means of achievement and smaller goals Kruglanski. The same theory then explains how conflicting goals are selected and pursued in a behavioral situation. It explains how "conflicting" goals are selected and pursued in a behavioral situation. According to Kruglanski the perceptions of objects even if they are strong or even in terms of behavior cannot bring any effect in contrast to human behavior that has the goals in it. To be able to explain the use of substances it is important to understand how they are then formed in the activation phase and finally the implementation in terms of behaviors before during a specific effort. This theory is based on two important variables that reproduce the end result with the means on which they will rely and constitute the behaviors that serve the end goal. If, for example, an athlete really wants to increase his performance, then he is very likely to use prohibited substances and follow the corresponding diet plan. In this system the activation of the variable for the final goal (increase in performance) and with the appropriate means such as supplements, results in the activation of some other variables that have an indirect consequence with the success of the first variable Bodmann. As it has been said by Shaha & Kruglanski, the desire to achieve with the appropriate means (food preparations) serves this direction from both sides respectively. That is, in this particular example, nutrition is linked to the end result of increasing speed and vice versa.

When the practitioner has the final goal in mind, the attitudes he needs to have and the means to achieve it come directly to him. For this specific purpose, the practitioner can be helped by other means, such as very good training, sleep, rest, etc. As in the case

that a trainee does not want to go to a center to exercise, then the goal of increasing performance will have less chance of being achieved. Therefore, we can perceive that the final goal has a direct correlation with the means of success Based on the previous theory there are more chances to achieve the goal if there is a good connection with the medium

More specifically, when the connection is strong there are more chances to achieve the goal, while if the correlation is weak then the goal cannot be achieved. Therefore, goals are directly related to many means If one of the goals is connected to several means to be realized, then it is very likely that some of them will be selected to be realized but the connection will be small.

Alternatively, if a goal does not have many means to be achieved then it is very likely that they will help more to achieve the goal, to make it attainable to a large extent As stated by Kruglanski, every day man is faced with many choices and shapes his behavior with some goals in mind. To realize these goals it will make a visual as well as a practical representation. These two parameters are identical as they have the same rules in the same time period. In many cases one behavior facilitates the other (e.g. someone learns English to get hired for the job they want). That is, to achieve the goal, the corresponding behavior is activate. In the cognitive representation of an individual's goal system, goals are not only associated with the behaviors and means of achieving their implementation but also with the obstacles and obstacles that limit the successful contact with the goal. Such obstacles may be momentary tempting temptations, the existence of a competing high- priority goal, etc. Understanding the nature of these connections, the conditions under which they can be created and their effects on self-regulatory processes are quite important challenges in an individual's internal control. Fishbach studied how self-regulatory goals are linked to emotion in order to achieve them. The findings showed that the emotional transference in this system has an application in self-regulation. This happened by increasing the motivation to develop both the appropriate behaviors and to realize the goals. Therefore, linking emotional experiences to goals rather than linking them to goal achievement is more likely to develop the motivation to adopt the behaviors with the ultimate goal of achieving the ultimate goal. In Goal System Theory there is no mention even today of ergogenic substances

and nutritional supplements for exercise. Therefore, we still cannot see if it has practical results to understand the differences or similarities with doping and in general the various nutritional supplements and more study is needed in the coming years.

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