

## ***Abstract:***

**Title: Motivational factors contributing to the changing lifestyles of athletes during adolescence**

The main goal of this dissertation is to identify the main reasons of dropping out from sport in adolescence. In order to make a better interpretation of the results and to better understand the respondents' testimonies another goal of this study was set and that is to define the positive benefits but also the negative effects of sport on the lifestyle of the studied participants as well as an impact on the whole society.

The main aim reflects the scientific questions in which we are interested what demotivational factors are involved in changing the lifestyle of athletes in the period of adolescence, and how the non-fulfilment of basic psychological needs (autonomy, competence and the need of relatedness) influence the change of lifestyle of athletes in adolescence that dropped out from sport.

In order to thoroughly investigate the goals of the work, we decided to use qualitative scientific procedures, multi-case studies. Using semi-structured interviews, we have collected data from eight participants (4 boys, 4 girls, 4 representatives of collective sports, 4 representatives of individual sports) in the form of their narrative about motivational or demotivational factors leading to leaving the sport environment. For the analysis and interpretation of the data, we used a thematic analysis where we created the category and subcategories into which we encoded the individual reasons for leaving the sporting environment. The main subject of the analysis of the interviews was the subjective significance, which gave the respondents a situation emerging in their development. The aim of the analysis of our study was to find out what motivational or demotivational factors contributed to the decision of the respondents to terminate their careers, thus changing their lifestyle so far dominated by sport-focused sport. We used the NVivo 12 program to analyse the data.

According to our results, demotivating factors related mainly to the inner motives, namely "*the uncertainty of the future*", are most involved in the abandonment of the sporting environment. This factor is linked to the category of demotivational factors related mainly to external motives, such as "*too much time consuming*", "*the impossibility of reconciling the requirements of the sport with the requirements of*

*school/job*" and *"economic inconvenience, disadvantage"*. All of these subcategories appear to be very similar, having a common denominator and that is the impossibility to do the sport at highest level along with other interests. The second major area of the reasons people have identified as leading out of sport belongs to the subcategory *"loss of pleasure and enjoyment of sport"*. The athlete - coach relationship, which was mentioned in more subcategories as a reason, is also essential. The sub-category *"negative effect of the family environment"* was less significant.

Non-fulfilment of the needs of competence, autonomy and relatedness is not represented to such an extent as demotivational factors. From the above-mentioned needs, when was coded their non-fulfilment, the study participants report the most unfulfilled need of relatedness, the unfulfilled need of competence, and the last need of autonomy. Here was the basic position of a coach in the sporting adolescent life too.

The most positive benefits are relationships established in a specific sport environment, which, as respondents report, go beyond the field of sport. Furthermore, self-discipline, problem-solving and better orientation in situations requiring quick and accurate solutions, sometimes even in stressful situations. Negative impacts are the most commonly reported health injuries and complications, which, according to respondents, sometimes go beyond sport. Nevertheless, it is almost always stated that it is an integral part of the sport and more or less none of the participants put the same emphasis on this negative impact as on the positive benefits of sport. The most important negative impact is the emptiness created after the end of an active sports career.

**Key words:** lifestyle, adolescence, motivation, sebedetermination, top-level sport, drop-out, thematic analysis