

Abstract

Title: Children's attitudes to football and physical activities at the age of 8-11 years at selected clubs

Objectives:

The aim of this thesis was to find out the attitudes of children to football and physical activity at the age of 8-11 by means of an anonymous questionnaire survey in two intentionally selected clubs, including a comparison of the degree of agreement in individual attitudes. To achieve this goal, two questionnaires, a standardized PACEScz questionnaire and a non-standardized questionnaire designed for the needs of this work were used to find out more about respondents and their relationship and attitudes to football and football training.

Methods

To meet the goal of the thesis I have used the knowledge of the literature I studied dealing with the attitudes of children to physical activity and football and questionnaire survey of children aged 8-11 in two intentionally selected football clubs. With the help of relevant sources I chose and slightly supplemented the standardized PACEScz questionnaire and I also compiled an anonymous non-standardized questionnaire for the purposes of this work. Both questionnaires were distributed personally after each team's training unit. Due to the objectivity of the PACEScz questionnaire, I also had to draw up a template for the training unit before it was investigated so that it would fit the age and skills of all respondents. Of course, I divided the results into two parts. First I compared the results in the PACEScz questionnaire using Kruskal-Wallis test with respect to age or club membership. In the second part I evaluated the results in questions from the non-standardized questionnaire both in the overall text and with the differences between the two clubs. I then interpreted the results and discussed the reasons for differences in some attitudes.

Results

This work has shown that there are small but, in some cases, noticeable differences in some of children's attitudes to physical activity and football. It was evident that Tempo's players showed much stronger acceptance of positive statements in individual attitudes (I, IV, V, VII, IX, X, XI, XIII, XIV, XVII), except XVI, and sometimes strong disagreement sometimes, even of 100%, with negative statements in individual attitudes (II, III, VI, VIII, XII, XV, XVIII) as compared to all Sparta players. Furthermore, we failed to confirm the assumption that if we found statistically significant differences

in attitudes between individual age groups between the two clubs, it would be correlated with the increasing age of respondents, as the selection of individual players is escalating in Sparta, the pressure on individual players increases and only the most talented players in the club continue to play, while they still must continue to work hard not to be replaced later by even more skilful and better performing players. On the contrary, in the youngest category we found the most statistically significant differences in attitudes about physical activity in the PACEScz questionnaire in the half of these attitudes. In the U10 category we did not find any statistically significant difference in these attitudes and in the U11 category there were seven statistically significantly different results in the positions of the PACEScz questionnaire. Therefore, we cannot say with certainty what influences the attitudes of children the most in this comparison, but in addition to the size and membership of the club, important influences are certainly also parents, coaches and teammates. Furthermore, it was interesting to see the results of the reasons why children actually go to football at age 8-11. According to the results of the survey, the respondents most often referred to the answer "we are trained by a good trainer and we have good trainings" - 42% of them. However, surprisingly close behind this answer was the "I like to move" option, which was chosen by 33% of the respondents, according to the percentage result. The expected response, because "we have a great team", was only recorded for 15% of responses. Even less was attributed to the option of "coming here with my friend", which was chosen by only 10 respondents from the Tempo, which was 8%, and only 2% of the respondents play football because of the parents. Again, these results are from Tempos players. Among Sparta's players, a good coach and good practice is the most prominent reason for playing in football with 44% of the respondents, and the "I like to move" factor, which was also indicated by many respondents - 40%. Just 16% of Sparta's players are here for a great team. Last but not least, it was surprising to find out that 55% of respondents do not come to another sports club or club except football, which is a rather unpleasant finding in younger school age. Because as Plachý and Procházka (2014) wrote, the basis is that the child should move ideally every day, not only playing football, but also participate in other spontaneous physical activity or even go to complementary sports like gymnastics, swimming, athletics, or martial arts that are also generally developing children.

Key words

football, sports preparation of children, physical activity, attitudes, PACES, PACEScz, category U9-U11