

Abstract

- Name:** Level of Aspiration and psychomotor speed of squash players
- Aims:** The aim of this thesis is to find out the differences between professional and performance squash players in the area of aspirations, psychomotor speed and resistance to stress. Further, to verify the hypothesis that professional players have a higher level of all these categories than performance players
- Methods:** The thesis uses the quantitative questionnaire TATSO (2017), which is supplemented with a qualitative interview with trainers of squash professional players. Data are evaluated by statistical functions of Microsoft Excel and verified by f-test and T-test at 5% and 1% level of significance.
- Results:** Research reveal statistically significant differences between professional and performance players at psychomotor speed and aspirations, while professional players showed significantly higher values, the results of this group proved above average even compared to the current test standards. The results of both groups were above average when tested for resistance to stress, but there was no significant difference between the selected test groups.
- Key words:** Personality test, speed diagnostics, squash, Czech Republic, psychological training