Abstrakt anglicky

Objectives: This thesis aims to investigate whether we can predict the general and sport-specific quality of life of athletes with physical disabilities based on selected positive psychological constructs (resilience, hardiness and grit).

Method: Forty players of para ice-hockey and wheelchair rugby (of which only two were women) underwent this study. The data were obtained by a questionnaire, compiled by Professor Martin from Wayne State University, which contains six parts: general information, life satisfaction, grit, resilience, sports engagement and hardiness. The "translation and reverse translation" method was used to translate the questionnaire. We used the statistical program IBM SPSS 2200 to analyze the obtained data.

Results: Life satisfaction can be best predicted on the basis of hardiness (R = 0.686), but also resilience (R = 0.496) and grit (R = 0.340). We can predict sports engagement only based on resilience (R = 0.374). We recommend searching for other possible positive constructs that could better predict sports engagement.

Key words: quality of life, sport engagement, life satisfaction, resilience, hardiness, grit, para ice hockey, wheelchair rugby