

Abstract

Title: Motivational climate and achievement motivation in athletes

Objectives: The main goal of this bachelor's thesis is to determine the motivational climate and performance motivation of selected athletes using the questionnaire method and to analyze the extent to which they interact. Examine their internal and external motivation, environment and climate in which they are located, and thus identify the main influencing factors of sports performance.

Methods: The research was carried out using a quantitative method based on a questionnaire, which was composed of four parts. The first part measured the athlete's interest in sports using the "Athlete Engagement Questionnaire". The second part measured the motivational climate created by the coach using the "Empowering and Disempowering Motivational Climate Questionnaire-Coach". The third part measured the target orientation through the "Perception of Success Questionnaire". The fourth part measured internal and external motivation based on the theory of self-determination for which the questionnaire "Sport motivation scale-6" was used.

Results: The measured data of motivational aspects for athletes of the Central Bohemian Region in relation to the motivational climate generated by the coach prove the general assumption valid for other performance athletes. The highest measured values of the respondents were in the following motivational aspects: task orientation, athlete's engagement and climate supporting autonomy. These results show a good motivation of the respondents strengthening their performance motivation. The results also show that task orientation outweighs ego orientation, which says that respondents are more motivated to improve than to win over others. Overall, positive relationships were measured to strengthen the performance motivation of the athlete in a climate that supports autonomy and socially supportive climate. The performance motivation of the athlete is negatively affected by the climate oriented to the ego and the climate controlled by the coach.

Keywords: motivation, motivational climate, performance motivation