

## **Abstract**

**Title:** Changes in motivation and fear of selected individuals during the first jumps

**Objectives:** Describe the process of jumping off a plane in terms of emotions experienced during it

**Methods:** In this work is used the method of mixed research, especially the method of case studies that describe the researched object in depth. As a research material, were chose 3 standardized questionnaires (16 PF, EOD-A, Monitoring changes in individual activities) and one non-standardized structured interview on 20 questions examining the experience of fear during the jump and 20 questions identifying motivational motives to perform the jump. The research sample was 3 subjects who participated in the same parachuting course.

**Results:** All subjects were successfully examined for their emotions during the parachute jump process. All respondents stated that the main motivational aspect that caused their participation in the parachuting course was the need to try something new. In terms of fear, individuals showed the greatest concern about not opening the main parachute and the subsequent situation where they would be forced to open a backup parachute. Fear was also expressed about possible slipping out of the parachute harness, landing outside the landing zone somewhere in the meadow or possible fractures of the lower limb during landing.

**Keywords:** skydiving, jump, emotions, fear, anxiety, motivation, temperament

