

## ***ABSTRACT***

### **Title of the thesis**

### **STRESS SITUATIONS IN TENNIS MATCH**

### **The goal of the thesis**

The aim of the work is to contribute to the understanding of the psyche of a tennis player, especially in the relation to a tennis match in singles. Specifically, I wanted to identify the mental states and factors that can affect the game performance of tennis players and the rate of use of psychological training in tennis. To meet the goal, the following scientific questions were created:

- *To what extent do tennis players use psychological training?*
- *Is inspiration, motivation and determination important for the players to maintain the high-quality performance?*
- *Can players concentrate or maintain concentration during the match?*
- *What thoughts and feelings do players have before beginning the match? How do they react to their current state of mind?*
- *How do players in model "particular" situation react to stressful situations in the "key moments" of the match?*

### **Method**

In this work, an anonymous written survey was used to collect data, which consisted of 39 questions. The research group consisted of registered and former ČTS players, of different genders, who were over 18 years of age, playing different tournament classes. Personal experience and expert consultations were used to create the survey. The results were processed through plain text and graphically.

### **Results**

The results of the survey show that tennis players are sufficiently resilient to stressful situations in a tennis match, especially men. States of mind are in the optimal degree of activation. Most of the respondents use psychological training. In terms of psychological methods and techniques, self-regulation skills of inner speech, self-instruction, rituals and breathing exercises are used among tennis players.

### **Keywords**

Tennis, psyche, psychological training, psychological factors, performance