

Abstract

Title: Differences in the level of aspiration and stress resistance in female floorball players of Tatran Střešovice

Objectives: The main aim of this research is to contribute to the search for a relation between the level of aspirations and performance in athletes. Furthermore, whether there is a difference in stress resistance in female floorball players of different ages. The general aim is to contribute to the current knowledge base in this area with new partial results based on the implementation of my own research investigation.

Methods: The TATSO test was used for this research. The author of this version of the test is Janák, who modified the original test by Hošek from 1979 into its current form. The test measures the level of aspiration, resistance to stress and psychomotor tempo. The test is suitable for group investigations, but personal presence is required (it cannot be distributed electronically). It is a pencil-and-paper type of performance test.

Results: I found that the older group of female floorball players had higher aspirations compared to the younger group, so the first hypothesis was confirmed. The second hypothesis, which states that the older group of female floorball players have higher load resistance, was not confirmed, as my research showed that both groups have the same load resistance.

Keywords: aspiration, motivation, resistance, female floorball, stress resistance