

ABSTRACT

Title:

Motivation of children to athletics

Objectives:

The main goal of this Diploma thesis was to find out the level of motivation of children from the category U15 and U13 from athletic club. In general, I focused on the motivation of young athletes that can be affected not only by the past pandemic situation but also by modern technology and the time we live in. What type of motivation dominate in children, how is it related to the behavior, what impact does it have on children and if there is an increase of amotivation because of the covid pandemic situation. Other goal was also to collect an information about children's feelings regarding to functioning of Dipoli Athletics club and share the results with the leaders of the club to increase the quality.

Methods:

The research was carried out using a quantitative method using a questionnaire survey. The questionnaire contained five sections of different types of motivation. The first part examined the basic information of respondents (gender, age,..). For the second part I chose the Sport Motivation Scale questionnaire which evaluates how much the reasons of why the children are doing sport are related to the children's participation in sport using self- determination continuum. The main research question is „Why are they doing sports? “ and examines the main reasons of participating in sport. The third part consisted of the Athlete Engagement Questionnaire examining four subareas: confidence, determination, enthusiasm, and vigor. Fourth part examined the burnout using the “Athlete Burnout Questionnaire” which measures RedSenseAcc, emotional / physical exhaustion and devaluation. In the fifth part I was measuring what success in sport means for the athletes (task/ego) using the „Perception of Success Questionnaire “. The sixth part of questionnaire consist of questionnaire regarding to satisfaction of children with functioning of the Dipoli athletics club.

Results:

The research has showed that the intrinsic motivation prevails over external motivation in for children U15 and U13 from athletics club. High values were measured for the engagement model while low values were measured for the burnout model. The highest numbers were recorded in the subareas of enthusiasm and task. In the subregions detecting burnout model (RedSenseAcc, exhaustion, devaluation) the values were low, so burnout does not occur in athletes. The interviewed athletes were not motivated by external factors and at the same time they were not amotivated. Frequent reasons for doing sport were satisfaction in mastering difficult tasks (task) and improvement (intrinsic motivation). Most children are motivated by the desire to improve and cope the challenging tasks. The more interested the individuals were, the more they were internally motivated and focused only on their own performance. On the other way insufficient interest led to signs of amotivation. Parents who are actively involved in sports have positively influenced the beginning of children's sports training.

Keywords:

motivation, sport motivation, children's motivation, athletics, self-determination theory, goal achievement theory