

## **Abstract**

**Author:** Bc. Petra Kvardová

**Title:** The impact of COVID-19 pandemic in the field of sport

**Objectives:** The diploma thesis examines the long-term impact of COVID-19 in professional and semi-professional athletes. The main objective of this thesis is to evaluate the most common problems and difficulties that accompanied professional and semi-professional athletes of selected team sports in the Czech Republic after experiencing COVID-19 and after returning to full load in their sport.

**Methods:** The thesis has the character of quantitative research, in which a questionnaire survey based on theoretical background was used. The questionnaire uses two evaluation scales, DASS-21 and SMS-28. The data from the questionnaires were processed in MS Excel, which was used for descriptive statistics and displaying the results into graphs. The SPSS statistical program was used to verify the hypotheses, in addition to the creation of contingency tables, tests such as the  $\chi^2$  independence test, the Fischer exact test, the Mann-Whitney test and the Spearman coefficient were used.

**Results:** In total, 218 respondents participated in the survey, of which 77 were players at the top level, 131 players at the performance level, 9 recreational athletes, 1 coach. The last two categories mentioned were excluded from the rating. In total, 113 women, 104 men and 1 person of another gender were involved in the survey. The most common problem after COVID-19 and after returning to sports is increased fatigue in all athletes (64.9%). 55.2% of athletes have faced sleep problems that have affected concentration and concentration after experiencing COVID-19. A graded return to full load after experiencing COVID-19 and the preparation of an individual plan depends on the level of sport. Higher values of motivation were noted in performance athletes, during the pandemic motivation decreased in 55% of them. The decrease in sports activity due to the limited ability to train in athletes did not contribute to the development of psychological problems, namely stress, anxiety and depression. According to the rating of the DASS-21 scale, athletes face these problems. Moderate stress is experienced by 15.9% of all athletes, mild depression by 3.4% and anxiety by 2.9%. Stress and anxiety occur even in severe form, depression does not.

**Keywords:** COVID-19, team sport, training, decreased physical activity, fatigue, stress, depression, anxiety, motivation.