

Abstract

Title: Stress and coping strategies in sport

Objective: The aim of this thesis was to investigate, based on the information obtained, how elite and recreational athletes cope with stress in a stressful situation. Whether there are significant differences within gender, level and type of sport performed.

Methods: A quantitative research design with a survey method was chosen to meet this objective. The chosen questionnaire SVF-78 was sent to the selected respondents by email. The information obtained was analysed in a discussion.

Results: The findings of the research are presented in tables, graphs and are accompanied by comments for better clarity. The data obtained were evaluated and compared with the literature.

Key words: stress, research, questionnaire, athlete, success