

Bibliographical Identification

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Title of the Master's thesis: Translation and cross-cultural validation of the Individual Zones of Optimal Functioning Questionnaire

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Abstract:

The main aim of the present study was a translation of the Individual Zones of Optimal Functioning questionnaire (IZOF), and an intercultural validation of the Czech version.

The IZOF model is a reputable method in the field of sport psychology. This model stresses the importance of both pleasant and unpleasant emotions on an athlete's successful and unsuccessful performance patterns. The main purpose of IZOF is to describe, predict, better understand, and explain the dynamics of the emotion-performance relationship.

The Czech version of IZOF was designed in cooperation with sportmen as translators, using results from qualitative research requesting athletes to describe emotions experienced prior to and during their performance (N = 156); existing emotion and affect scales in Czech (especially POMS and CSAI-II) were also analysed. The first Czech version of the IZOF questionnaire was analysed in a pilot study using protocol analysis and the final version was created with the cooperation of experts from the field of sport psychology.

Keywords: emotions, sport performance, IZOF model, transcultural validation

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