ABSTRACT

Title: Motivation for Physical Activities among highschoolers

Objectives: The aim of the theoretical part of this thesis was to define the concept of motivation, its types, and the factors that influence it. Furthermore, some of the most significant psychological theories of motivation were introduced, including Maslow's hierarchy of needs, achievement motivation theory, self-determination theory, and Bandura's self-efficacy theory, with an emphasis on their relevance to the field of sports. The theoretical framework was enriched by the specifics of adolescence in the context of motivation, as well as the influence of the environment and gender differences.

The practical part aimed to identify, through a questionnaire survey, which factors influence motivation for sport among secondary school students aged 15 to 19, and how motivation differs between genders. The results were interpreted in relation to the theoretical background.

Results: The results showed that the most dominant motivation for both genders was interest/enjoyment, representing 23% of total motivation in boys and 22% in girls. Gender differences were observed as follows: boys were more motivated by performance, competition, and self-improvement (e.g. the item "because I want to improve in this activity" reached an average score of 5,6 for boys vs. 5,39 for girls). Girls, on the other hand, placed greater emphasis on health, appearance, and social aspects. The most dominant appearance-related motive for girls was "because I want to maintain or lose weight to look better" (average score 5,34), while for boys it was "because I want to have developed muscles to look better" (4,7). Social factors played more of a supportive role rather than being the main driver of motivation. However, their representation was higher for girls (17% of total motivation) compared to boys (15%)

KEYWORDS: Motivational theories, Self-determination theory, Achievement motivation, Physical activity motivation, MPAM-CZ questionnaire, Adolescent motivation, Adolescent