

# ABSTRACT

**Title:** Music as an element of motivation during training

**Objectives:** The aim of the bachelor thesis is to analyze the influence of music on athletes' motivation during the training process. To find out to what extent music influences psychological stimulation and the influence of emotions, and whether its effect is reflected in athletic performance during different parts of the training process.

**Methods:** The research was conducted under controlled conditions where participants completed three training units with musical accompaniment. The research population included 41 athletes ranging in age from 11 to 25 years from the fields of karate, floorball and kick-ball, supplemented by their coaches. The training sessions took place in the athletes' natural environment, while adhering to the ethical principles of the research. After completing each training unit, the athletes completed a pre-designed Likert scale-based questionnaire to capture their subjective perceptions, motivational level and emotional experience in training accompanied by music. The results were then processed and converted into clear tables and graphs.

**Results:** Based on the results of the questionnaire survey and the confirmation of two of the three research hypotheses, it can be concluded that musical accompaniment has a demonstrable effect on athletes' motivation during the training unit. However, the effectiveness of music varies depending on the different phases of training, with the choice of music genre also playing a significant role - rap was identified by respondents as the most motivating.