

# ABSTRACT

**Title: Eating Disorders in Women's Sports**

**Objective:** The aim of this thesis was to identify and analyze the main risk factors contributing to the development of eating disorders among female athletes, to assess the impact of eating disorders on their performance and health, and to propose recommendations for prevention and intervention within sports practice.

**Methods:** The research was conducted using a quantitative method via an anonymous online questionnaire designed by the author. The questionnaire was distributed through social media and by contacting coaches from various sports clubs. A total of 61 women, either currently or formerly engaged in sports at various performance levels, participated in the survey.

**Results:** The results showed that the highest risk of eating disorders is found among athletes competing at national and international levels, where performance pressure is greatest. The main sources of pressure were identified as not only coaches but also the athletes themselves. A significant contributing factor was the lack of nutritional counselling, leading to poor dietary habits and harmful dieting. Surprisingly, eating disorders were also frequently observed in team sports such as ice hockey and basketball.

**Conclusion:** Eating disorders represent a serious issue in women's sports, particularly at higher levels of competition. The findings highlight the need for systematic education and accessible professional nutritional counselling as part of sports training programs.