

ABSTRACT

The aim of this thesis is to study physical self-evaluation and generalized self-efficacy within the self-concept of women. This is put in context with their regular physical exercise. a number of other variables are being examined to add the complexity to the topic of self-concept and sports. Among them there are Body Mass Index (BMI), subjective self-confidence, level of professional involvement in particular sport activity and whether the woman has children. The theoretical part of this work looks at the self-concept paradigm focusing on the physical self-concept of women and self-efficacy in sports. Furthermore it examines how the physical exercise is related to the mind. In the empirical part of the thesis physical self-evaluation of women was researched in context with the type of exercise they had been doing. This was examined in quantitative analysis of a group of 100 women who did sports. The research includes also relationship among physical self-evaluation, generalized self-efficacy and other variables. The research method used was the Physical Self-Perception Profile (PSPP) and Generalized Self-Efficacy Scale (GSES). The results of the research are: There is no statistically relevant difference in physical self-evaluation of women based on the type of exercise they do regularly. Furthermore, there is statistically remarkably higher physical self-evaluation among women who do sports on a professional level than among those who do them only as a leisure activity. It was proven that there is a statistically strong positive connection between self-confidence of women and their physical self-evaluation, while their self-confidence and generalized self-efficacy correlate positively as well. The research also concludes that there is statistically remarkably high negative correlation relation between body mass (as stated by BMI) and evaluation of one's physical attractiveness, physical self-esteem and generalized physical self-evaluation. The research on the group of women proved that physical self-evaluation remarkably positively correlates with generalized self-efficacy. Finally, there is no relation between physical self-evaluation and the fact whether the women have or have not children.

KEY WORDS

self-concept, physical self-concept (body image), physical self-evaluation, self-efficacy, exercise