Abstract:

This thesis deals with the topic of motivation, specifically with the dynamic aspect of motivation in achieving a distant goal. The theoretical part of the thesis can be divided into two main parts, the first one is based on key motivational concepts and hopes targets on the most relevant theories, the second one focuses on the dynamic side of motivation as viewed from the perspective of the concept of goals. Emphasis is placed on psychologically distant and difficult goals. The thesis, especially the section focused on goals, reflects the latest theoretical findings, which serve not only to describe the problem, but underly many interventional techniques.

The empirical part, concept of an quantitative research, is based on the previous theoretical findings. The research aims to assess the possible impact of the proposed intervention technique focused on achieving a distant goal.