

UNIVERZITA KARLOVA V PRAZE

FILOZOFICKÁ FAKULTA

KATEDRA PSYCHOLOGIE



FILOZOFICKÁ FAKULTA
UNIVERZITY KARLOVY
V PRAZE

DIPLOMOVÁ PRÁCE

Klára Englertová

Sebekoučování - dosahování cílů metodou "malých kroků"

Self-coaching - attainment of goals by "small steps"

Praha, 2014

Vedoucí práce: doc. MUDr. Mgr. Radvan Bahbouh, PhD.

PŘÍLOHY

STUDIJNÍ STYL A PROKRASTINACE

```
T-TEST GROUPS=VAR00002(1 2)
/MISSING=ANALYSIS
/VARIABLES=VAR00001
/CRITERIA=CI(.95).
```

T-Test

Notes

Output Created		09-APR-2014 10:11:40
Comments		
Input	Active Dataset	DataSet0
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	156
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=VAR00002(1 2) /MISSING=ANALYSIS /VARIABLES=VAR00001 /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00,05
	Elapsed Time	00:00:00,04

[DataSet0]

Group Statistics

	studijni styl	N	Mean	Std. Deviation	Std. Error Mean
prokrastinace	bez odkladu	17	2,8235	,88284	,21412
	s odkladem	137	3,5109	,68725	,05872

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
prokrastinace	Equal variances assumed	4,057	,046	-3,763	152
	Equal variances not assumed			-3,096	18,484

Independent Samples Test

		t-test for Equality of Means		
		Sig. (2-tailed)	Mean Difference	Std. Error Difference
prokrastinace	Equal variances assumed	,000	-,68742	,18267
	Equal variances not assumed	,006	-,68742	,22203

Independent Samples Test

		t-test for Equality of Means	
		95% Confidence Interval of the Difference	
		Lower	Upper
prokrastinace	Equal variances assumed	-1,04832	-,32652
	Equal variances not assumed	-1,15300	-,22184

```
T-TEST GROUPS=VAR00004(1 2)
/MISSING=ANALYSIS
/VARIABLES=VAR00003
/CRITERIA=CI(.95).
```

T-Test

Notes

Output Created		09-APR-2014 10:47:08
Comments		
Input	Active Dataset	DataSet0
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	156
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=VAR00004(1 2) /MISSING=ANALYSIS /VARIABLES=VAR00003 /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00,03
	Elapsed Time	00:00:00,03

Group Statistics

	studijni styl	N	Mean	Std. Deviation	Std. Error Mean
prokrastinace	bez odkladu	17	2,8235	,88284	,21412
	s odkladem	110	3,4727	,71304	,06799

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
prokrastinace	Equal variances assumed	2,735	,101	-3,380	125
	Equal variances not assumed			-2,890	19,360

Independent Samples Test

		t-test for Equality of Means		
		Sig. (2-tailed)	Mean Difference	Std. Error Difference
prokrastinace	Equal variances assumed	,001	-,64920	,19205
	Equal variances not assumed	,009	-,64920	,22465

Independent Samples Test

		t-test for Equality of Means	
		95% Confidence Interval of the Difference	
		Lower	Upper
prokrastinace	Equal variances assumed	-1,02930	-,26910
	Equal variances not assumed	-1,11882	-,17958

VNÍMANÝ POSUN

```
T-TEST GROUPS=VAR00002(1 2)
/MISSING=ANALYSIS
/VARIABLES=VAR00001
/CRITERIA=CI(.95).
```

T-Test

Notes

Output Created		09-APR-2014 11:18:41
Comments		
Input	Active Dataset	DataSet0
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	154
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=VAR00002(1 2) /MISSING=ANALYSIS /VARIABLES=VAR00001 /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00,03
	Elapsed Time	00:00:00,02

[DataSet0]

Group Statistics

skupina	N	Mean	Std. Deviation	Std. Error Mean
posun kontrolní	85	1,6471	2,76761	,30019
experimentální	69	2,4348	2,68700	,32348

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
posun	Equal variances assumed	,101	,751	-1,779	152
	Equal variances not assumed			-1,785	147,186

Independent Samples Test

		t-test for Equality of Means			
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence ...
Lower					
posun	Equal variances assumed	,077	-,78772	,44267	-1,66231
	Equal variances not assumed	,076	-,78772	,44131	-1,65984

Independent Samples Test

		t-test for Equality of Means
		95% Confidence Interval of the ...
		Upper
posun	Equal variances assumed	,08686
	Equal variances not assumed	,08439

```
T-TEST GROUPS=VAR00004(1 2)
/MISSING=ANALYSIS
/VARIABLES=VAR00003
/CRITERIA=CI(.95).
```

T-Test

Notes

Output Created		09-APR-2014 11:26:07
Comments		
Input	Active Dataset	DataSet0
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	154
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=VAR00004(1 2) /MISSING=ANALYSIS /VARIABLES=VAR00003 /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00,03
	Elapsed Time	00:00:00,02

Group Statistics

skupina	N	Mean	Std. Deviation	Std. Error Mean
posun 1 kontrolni	41	,5854	1,44872	,22625
experimentální	33	1,2121	1,45253	,25285

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
posun 1	Equal variances assumed	,001	,981	-1,848	72
	Equal variances not assumed			-1,847	68,583

Independent Samples Test

		t-test for Equality of Means			
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence ... Lower
posun 1	Equal variances assumed	,069	-.62676	,33920	-1,30294
	Equal variances not assumed	,069	-.62676	,33930	-1,30371

Independent Samples Test

		t-test for Equality of Means
		95% Confidence Interval of the ... Upper
posun 1	Equal variances assumed	,04943
	Equal variances not assumed	,05020

```
T-TEST GROUPS=VAR00006(1 2)
/MISSING=ANALYSIS
/VARIABLES=VAR00005
/CRITERIA=CI(.95).
```

T-Test

Notes

Output Created		09-APR-2014 11:29:08
Comments		
Input	Active Dataset	DataSet0
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	154
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=VAR00006(1 2) /MISSING=ANALYSIS /VARIABLES=VAR00005 /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00,02
	Elapsed Time	00:00:00,02

Group Statistics

skupiny	N	Mean	Std. Deviation	Std. Error Mean
posun 2 kontrolní	44	2,6364	3,30673	,49851
experimentální	36	3,5556	3,06542	,51090

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
posun 2	Equal variances assumed	,081	,776	-1,278	78
	Equal variances not assumed			-1,288	76,747

Independent Samples Test

		t-test for Equality of Means			
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence ...
					Lower
posun 2	Equal variances assumed	,205	-,91919	,71930	-2,35122
	Equal variances not assumed	,202	-,91919	,71382	-2,34066

Independent Samples Test

		t-test for Equality of Means
		95% Confidence Interval of the ...
		Upper
posun 2	Equal variances assumed	,51283
	Equal variances not assumed	,50227

VNÍMANÁ NÁROČNOST

```
T-TEST GROUPS=VAR00002(1 2)
/MISSING=ANALYSIS
/VARIABLES=VAR00001
/CRITERIA=CI(.95).
```

T-Test

Notes

Output Created		09-APR-2014 11:37:53
Comments		
Input	Active Dataset	DataSet0
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	154
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=VAR00002(1 2) /MISSING=ANALYSIS /VARIABLES=VAR00001 /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00,02
	Elapsed Time	00:00:00,02

[DataSet0]

Group Statistics

skupiny	N	Mean	Std. Deviation	Std. Error Mean
náročnost kontrolní	85	,5412	2,56605	,27833
experimentální	69	,3043	2,00224	,24104

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
náročnost	Equal variances assumed	2,707	,102	,627	152
	Equal variances not assumed			,643	151,783

Independent Samples Test

		t-test for Equality of Means			
		Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence ... Lower
náročnost	Equal variances assumed	,532	,23683	,37768	-,50934
	Equal variances not assumed	,521	,23683	,36819	-,49062

Independent Samples Test

		t-test for Equality of Means
		95% Confidence Interval of the ... Upper
náročnost	Equal variances assumed	,98300
	Equal variances not assumed	,96427

```
T-TEST GROUPS=VAR00004(1 2)
/MISSING=ANALYSIS
/VARIABLES=VAR00003
/CRITERIA=CI(.95).
```

T-Test

Notes

Output Created		09-APR-2014 11:41:23
Comments		
Input	Active Dataset	DataSet0
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	154
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=VAR00004(1 2) /MISSING=ANALYSIS /VARIABLES=VAR00003 /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00,02
	Elapsed Time	00:00:00,02

Group Statistics

skupiny		N	Mean	Std. Deviation	Std. Error Mean
náročnost 1	kontrolní	41	,1707	2,12017	,33111
	experimentální	33	,2727	1,85864	,32355

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
náročnost 1	Equal variances assumed	,079	,780	-,217	72
	Equal variances not assumed			-,220	71,440

Independent Samples Test

		t-test for Equality of Means		
		Sig. (2-tailed)	Mean Difference	Std. Error Difference
náročnost 1	Equal variances assumed	,829	-,10200	,46964
	Equal variances not assumed	,826	-,10200	,46295

Independent Samples Test

		t-test for Equality of Means	
		95% Confidence Interval of the Difference	
		Lower	Upper
náročnost 1	Equal variances assumed	-1,03820	,83421
	Equal variances not assumed	-1,02499	,82100

```
T-TEST GROUPS=VAR00006(1 2)
/MISSING=ANALYSIS
/VARIABLES=VAR00005
/CRITERIA=CI(.95).
```

T-Test

Notes

Output Created	09-APR-2014 11:42:52	
Comments		
Input	Active Dataset	DataSet0
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	154
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax	T-TEST GROUPS=VAR00006(1 2) /MISSING=ANALYSIS /VARIABLES=VAR00005 /CRITERIA=CI(.95).	
Resources	Processor Time	00:00:00,02
	Elapsed Time	00:00:00,02

Group Statistics

skupiny	N	Mean	Std. Deviation	Std. Error Mean
náročnost 2 kontrolní	44	,8864	2,90321	,43768
experimentální	36	,3333	2,15141	,35857

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
náročnost 2	Equal variances assumed	2,903	,092	,949	78
	Equal variances not assumed			,977	77,307

Independent Samples Test

		t-test for Equality of Means		
		Sig. (2-tailed)	Mean Difference	Std. Error Difference
náročnost 2	Equal variances assumed	,346	,55303	,58273
	Equal variances not assumed	,331	,55303	,56580

Independent Samples Test

		t-test for Equality of Means	
		95% Confidence Interval of the Difference	
		Lower	Upper
náročnost 2	Equal variances assumed	-,60709	1,71315
	Equal variances not assumed	-,57355	1,67961

PROKRASŤINACE A EFEKTIVNÍ SPRINT

```
T-TEST GROUPS=VAR00001(1 2)
/MISSING=ANALYSIS
/VARIABLES=VAR00002
/CRITERIA=CI(.95).
```

T-Test

Notes

Output Created		09-APR-2014 12:11:01
Comments		
Input	Active Dataset	DataSet0
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	90
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax		T-TEST GROUPS=VAR00001(1 2) /MISSING=ANALYSIS /VARIABLES=VAR00002 /CRITERIA=CI(.95).
Resources	Processor Time	00:00:00,02
	Elapsed Time	00:00:00,02

[DataSet0]

Group Statistics

skupiny		N	Mean	Std. Deviation	Std. Error Mean
prok. posun	kontrolni	52	1,5000	2,59336	,35963
	experimentální	38	1,9737	2,52005	,40881

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
prok. posun	Equal variances assumed	,031	,861	-,866	88
	Equal variances not assumed			-,870	81,163

Independent Samples Test

		t-test for Equality of Means		
		Sig. (2-tailed)	Mean Difference	Std. Error Difference
prok. posun	Equal variances assumed	,389	-,47368	,54694
	Equal variances not assumed	,387	-,47368	,54448

Independent Samples Test

		t-test for Equality of Means	
		95% Confidence Interval of the Difference	
		Lower	Upper
prok. posun	Equal variances assumed	-,156061	,61325
	Equal variances not assumed	-,155700	,60963

```
T-TEST GROUPS=VAR00001(1 2)
/MISSING=ANALYSIS
/VARIABLES=VAR00003
/CRITERIA=CI(.95).
```

T-Test

Independent Samples Test

		t-test for Equality of Means		
		Sig. (2-tailed)	Mean Difference	Std. Error Difference
prok_narocnost	Equal variances assumed	,534	,30061	,48176
	Equal variances not assumed	,529	,30061	,47563

Independent Samples Test

		t-test for Equality of Means	
		95% Confidence Interval of the Difference	
		Lower	Upper
prok_narocnost	Equal variances assumed	-,65678	1,25800
	Equal variances not assumed	-,64534	1,24655

Notes

Output Created	09-APR-2014 12:13:22	
Comments		
Input	Active Dataset	DataSet0
	Filter	<none>
	Weight	<none>
	Split File	<none>
	N of Rows in Working Data File	90
Missing Value Handling	Definition of Missing	User defined missing values are treated as missing.
	Cases Used	Statistics for each analysis are based on the cases with no missing or out-of-range data for any variable in the analysis.
Syntax	T-TEST GROUPS=VAR00001(1 2) /MISSING=ANALYSIS /VARIABLES=VAR00003 /CRITERIA=CI(.95).	
Resources	Processor Time	00:00:00,02
	Elapsed Time	00:00:00,02

Group Statistics

skupiny	N	Mean	Std. Deviation	Std. Error Mean
prok_narocnost kontrolni	52	,3269	2,33239	,32344
prok_narocnost experimentalni	38	,0263	2,14963	,34872

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means	
		F	Sig.	t	df
prok_narocnost	Equal variances assumed	,004	,951	,624	88
	Equal variances not assumed			,632	83,312