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DIPLOMOVÁ PRÁCE

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Sebekoučování - dosahování cílů metodou "malých kroků"

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

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ABSTRACT:

This diploma thesis deals with methods of achieving goals and methods of increasing efficiency within the postponed activities in the context of self-coaching and self-management and this specifically for university population, which is indicated by the high prevalence of this phenomenon. The strategy of "small steps" or "quick wins" is described as possible self-coaching and self-management intervention.

The validity of Procrastination scale is verified within the overview study by comparison with different studying strategies divided into those with and without delay. At the same time the techniques increasing students' efficiency are mapped, based on their subjective responses. Within the experimental study is then verified "efficient sprint" method, as a strategy of intense concentration on a short-term actions to achieve the goal. There are observed differences in subjectively rated advance toward the target and perceived difficulty of its attainment, specifically in severely procrastinating students.

The results show a significant relation between studying strategy and the measured rates of procrastination, thus confirming the validity of Procrastination scale. Within the "effective sprint" strategy, there is evidence of significant effects of this method on the perceived advance towards goal, while the perceived difficulty of goal attainment slightly increases regardless of the used method. In the context of a specific population of students scoring as heavy procrastinators are no significant difference between "effective sprint" strategy and other methods.

Keywords:

self-coaching, self-management, attainment of goals, small steps, effective sprint, procrastination