

Abstract:

Title:

Strategy of dealing with the stress of the swimmers with different sport capacity

Aim of the work:

This diploma thesis is aimed to assess the strategy of dealing with stress of selected swimmers' groups. The recreational swimmers regularly practising swimming and the competitive as well as elite swimmers undergoing a regular training were the selected subjects of examination.

Methods:

In this work, there was used a SVF 78 questionnaire method with the electronic data collection. The questionnaire was processed through tabulation and written description. We were seeking to find the structure of stress dealing of the swimmers' groups and to find differences in strategies of dealing with stress of the particular groups as well as potential differences from the normal values.

Results:

As the statistic interpretation of the sum total of negative strategies demonstrates the strategies are more reflected in the weaker swimmers, both the female and male recreational ones. Within the positive strategies the diversion from the normal values was higher both for men and women. A growth of variability of dealing with stress situations along with a decreasing swimming performance is apparent at both men and women (higher values of the standard deviation). In total, men use the strategy "control of the reactions" at most and, on the contrary, "negative strategies" at least, women choose the strategy "positive self-instruction" at most, while the subtest "refusing of blame" at least.

Key words: stress, emotions, sport, swimming, SVF 78 questionnaire