

Abstract

Title: COMEBACK AFTER INJURY ASSOCIATED WITH MOTIVATION ISSUES OF ELITE TENNIS PLAYERS

The goal of thesis: The aim of this study was to describe comeback to competition after injury associated with motivation issues of elite tennis players. To meet the objective there were some scientific questions created.

Scientific questions: In total there were three scientific questions created. For the concrete answers there was an anonymous questionnaire, which help us to get answers on our goal. These scientific questions follow: How did players feel, react and what they were interested in during convalescence? How did players doubt themselves during comeback period? How did players come up to psychological conditions during comeback?

Methods: In the thesis, method of questioning was applied. There was an anonymous questionnaire composed of 18 questions created. The sample was 48 players older than 15 years, ranked up to 200th place of national ranking in the Czech Republic. The questionnaire was created largely based on a personal experience gained by the author and also based on professional expertise.

Results: Results shows that comeback to competition is very tough part of player's career and it is accompanied by negative sort of minds and doubts. During convalescence period all players have usually problems with anxiety, sadness, frustration and fear from future. In order to simplify comeback period tennis players shall take advantage of consultations with sport psychologist. Unfortunately, this still seems to be underestimated part of tennis preparation. Finally, the most important result of the study is observation, that nearly half of all participants quit their tennis career due to injury. Thus, both players and coaches shall realize what the real reason of player's injury is and if they even effort to prevent it.

Keywords: motivation, injury, comeback after injury, physical statement, performance