

Abstract

This bachelor thesis deals with the so far neglected area of sports psychology, specifically the postinjury rehabilitation period in athletes, with a focus on the effect of stress. The literary review part is divided into two chapters. At the beginning of the first chapter, models of psychological response to sports injury are briefly described. Next, there is devoted space to the role of stress in the context of the immune system and wound healing. Important stressors during postinjury rehabilitation are also described. Subsequently, the work provides an introduction to the issue of adherence to rehabilitation and emotions in postinjury rehabilitation. The second chapter describes some psychological interventions suitable for the period of postinjury rehabilitation in athletes. In connection with stress reduction, more space is devoted to relaxation techniques. The research project proposal aims to explore the relationship between athletes' perceived stress in the first month after injury and the length of rehabilitation. At the same time, its goal is to obtain basic information about the familiarity of Czech athletes with psychological interventions suitable for the period of postinjury rehabilitation.

Keywords

Sports psychology; Sport injury; Rehabilitation; Stress; Immune system; Adherence; Psychological interventions; Relaxation techniques