

Abstract

The Motivation to Mountain Climbing and Mountaineering

The aim of the thesis was to investigate motivational aspects of mountaineering the most successful Czech mountaineers today, and compare these results with international research, undertaken in the past. Furthermore, we focused on Measuring motivation to exercise and its comparison with the kinds of motives.

Methods:

In our work we chose the method of controlled polostrukturovaného interview together with a standardized questionnaire survey questionnaire LMI (motivation to power). The results were statistically processed in Microsoft Excel

Results:

We found that the motivation for climbing affects five factors, which are partially carbonated external incentives and partly by internal motives. These factors are called "Experience," "attractiveness," "Quality of climbing activities," "rivalry" and

"Social recognition". These factors include your own motivational categories that have been more specific. Furthermore, we found that climbing activity shows signs of volitional processes, the state of "flow" while we measured a high degree of motivation to perform.

Key words:

Mountaineering, Performance, Motivation, Will, Risk