

Abstract

Title: The Influence of actual psychological states on performance in rhythmic gymnastics

Objectives: The aim of the study work is to describe the interdependence of actual psychological states and performance in rhythmic gymnastics. Collected data should bring an overview of the positive and negative influences of psyche to gymnast's competitions performance.

Methods: The chosen research is qualitative, because the research sample is small. The research is implemented mainly by structured observation, which is accompanied by a simple questionnaire. During the competitions the research observed previously selected categories of actual psychological states, which were evaluated on a range of five degree. Then the performance was evaluated.

Results: The results shown the link between all psychological states and performance and they confirmed, that the psyche is an important factor during every competition. The high anxiety was the key factor, which negatively affected the performance. Also the activity of gymnasts in competition and looking forward to the competition influenced the quality of their routines.

Keywords: psychological states, performance, psychological training, rhythmic gymnastics