

Abstract

This bachelor thesis deals with a to this day very briefly studied topic of aspirations and their dynamics when achieving more demanding goals. From the scope of the thesis' structure, the text is divided into five theoretic chapters and an empirical one presenting the design of the research. The first part of the thesis is preoccupied with the outline of the aspirations problem, the description of basic terms, the history of the scientific research in this field and with the motivational tendencies to succeed and to avoid failure in general. A major part of the text is dedicated to the level of aspiration theory. The structure of the aspiration levels is depicted, so as their settings, possible modifications and studies that have dealt with this issue. The next chapter deals with the impact of aspiration on achieving goals, factors that determine the level of aspiration and changes in self-perception. The fifth and final chapter in the theoretic part contains chosen findings from the field of sport psychology and other applied disciplines related to the aspiration phenomenon. The core of the subsequent empirical section is the design of a study from the field of sport psychology.