

Title in English:

e Motivation to Climbing and Mountaineering

The aim of the work:

Our aim was to contribute to a deeper understanding of the motivation of climbers and mountaineers the implementation climbing and mountaineering activities. To attempt to categorize and to compare our results with the results of the research held in the UK.

Furthermore, we tried to identify and interpret any differences in motivation between climbing disciplines.

Methods:

In our work, we have chosen the method of public inquiry. Results were statistically processed in Excel and SPSS.

results:

We found that the motivation of climbers and mountaineers fluctuates between internal motives Incentive and external. In our research among the most important

categories of motivation for climbing and mountaineering "nature" ("Environment"), the "socialization" ("Friends") and "Challenge" ("overcoming your own boundaries").

When compared with the research from the UK results are comparable only

In some categories there are differences. We found several advantages tant differences between the intrinsic climbing disciplines and extrinsic motivation.

Keywords:

climbing, mountaineering, the intrinsic and extrinsic motivation