

ABSTRACT

Title of work:

Combat sports motivation.

Work objective:

The aim of this diploma thesis is to determine motives for participating in certain combat sports and to examine if the individual combat sports vary from each other or whether there is a common motive. The further objective is to examine a motive for combat sports in general.

Used methods:

The diploma thesis is designed as a quantitative research using a questionnaire survey. To compile the anonymous questionnaire, the international multidimensional standardized questionnaire The Sport Motivation Scale „SMS-28“ was used. The standardized questionnaire was supplemented by questions to determine the sex, age and type of combat sport. The data acquired were then statistically evaluated using pivot tables and research questions were acquired by Pareto analysis.

Results:

It was discovered that the most important component of motivation for combat sports in general is the inner motivation to experience, on the contrary, the least important for the respondents was the external regulation. The individual combat sports differentiated then by a different spectrum of motivation. However, there were three combat sports, in particular, karate, MMA and judo, which had common type of motivation, particularly to experience the inner motivation. Regarding wrestling, the motivation was the introjected regulation and for boxing was achievement the most important inner motivation.

Keywords:

Motivation of human behaviour, external motivation, internal motivation, motives, combats sports.