

Abstract

Title: Sport motivation in competitive rhythmic gymnasts

Objectives: The main aim is to investigate the commitment to sport in rhythmic gymnasts at the performance level at different age categories and the relationships between commitment and different forms of motivation. Based on the results obtained, to make recommendations for coaches.

Methods: The research was conducted using a quantitative method with an online questionnaire survey. 91 modern gymnasts from the West Bohemia region, mostly practicing sports at the performance level, participated in the research. The questionnaire battery was divided into four parts according to the sub-questionnaires. The first one measured the female athletes' involvement in the sport using the Athlete Engagement Questionnaire. The second questionnaire addressed team cohesion using "The Youth Sport Environment Questionnaire". The third questionnaire investigated what is the motivational climate created by the coach based on „Empowering and Disempowering Motivational Climate Questionnaire-Coach". The last questionnaire in this section measured goal orientation using the „Perception of Achievements Questionnaire".

Results: The results show significant relationships between motivational constructs and motivational climate and sports engagement in modern gymnasts-participants of the study. According to the results, the following aspects have the highest relationship with engagement: motivational climate supporting task orientation, autonomy and relationships, and task-oriented motivational orientation. Engagement in sport was also negatively related to ego- and control-focused motivational climate. These results support the hypotheses based on the presented theories of motivation.

Keywords: motivation, performance motivation, motivational climate, extrinsic and intrinsic motivation