

Abstract

Title: The relationship of perceived quality of life, sport engagement and psychological resilience of para swimmers.

Objectives: The main aim of the thesis is to investigate whether selected traits in the area of psychology (resilience, hardiness, grit) are related to perceived quality of life and sport engagement of para swimmers. Furthermore, whether we can predict quality of life and sport engagement based on these characteristics.

Methods: Thirty-two adult respondents (13 females, 18 males), aged 19 to 59 years (mean age 29.2 ± 8.5 years), participated in a survey. Data were collected using a questionnaire focusing on general information, life satisfaction, grit, resilience, sport commitment and hardiness (Martin et al., 2015), which was translated into czech by Jiskrova (2019).

Results: Life satisfaction (LS) is statistically significantly correlated with resilience ($r=0.61$) and hardiness ($r=0.41$). Sport engagement (SE) was only statistically significantly correlated with hardiness ($r=0.46$). Life satisfaction, based on regression analysis, can be best predicted from resilience, which explains LS from about 37 %. SE can only be predicted from hardiness, which can explain SE from about 21 %.

Key words: physical disability, para sport, endurance, mental toughness, grit, resilience, hardiness