

## Abstract

**Title:** Achievement motivation of competitive football players in the category U19–U21.

**Objectives:** The aim of this paper was to examine the relationships between social environment, performance motivation and motivational consequences according to our theoretical framework. Using descriptive, correlational and regression analyses, we wanted to investigate the impact of this on the achievement of footballers in the U19-U21 age group.

**Methods:** The research population consisted of 75 respondents, namely semi-professional and professional football players in the U19-U21 category from three football clubs (FK Dukla Praha, SK Dynamo České Budějovice and Aritma Praha). The study was conducted using a quantitative questionnaire, which consisted of six standardized questionnaires in their Czech version. The proximal social environment, the motivational climate, was analyzed through two measurement tools, namely the Coach - Created Empowering and Disempowering Motivational Climate Questionnaire (Appleton et al., 2015) and the Youth Sport Environment Questionnaire (Eys et al., 2009). Goal orientations were identified through the Perception of Success Questionnaire (Roberts et al., 1998). Sport motivation was measured through the Sport Motivation Scale-6 (Mallet et al, 2007). Motivational consequences were ascertained through the Athlete Burnout Questionnaire (Raedeke et al., 2001) and its conceptual opposite, the Athlete Engagement Questionnaire (Martins et al., 2014). The data obtained were analysed through descriptive, correlational and regression analyses to explore the relationships of each dimension with motivational consequences and to test the hypotheses arising from our theoretical framework.

**Results:** Descriptive analysis of the data, the first part of our theoretical framework, collected through questionnaires found that a task-oriented environment and high team cohesion prevailed in our research population. The second part of the descriptive analysis, according to our theoretical framework, found that integrated regulation and task orientation prevail among players. This confirmed to us that soccer players are more intrinsically motivated and that they perform the activity because it brings them pleasure and intrinsic satisfaction. Furthermore, a task-oriented motivational climate prevailed in our research set, which deepens intrinsic motivation even more. In our research we further focused on correlation and regression analysis. In the correlation analysis, we examined all dimensions with respect to burnout syndrome and level of engagement. We found that intrinsic motivation has a negative relationship with burnout and a positive relationship with level of engagement. Task orientation

and task-oriented environment had the same relationship. We also wanted to assess the results by regression analysis. In the regression analysis, we sought to find the degree of burnout syndrome and the degree of engagement with each of the subjects of our study. Unfortunately, we did not find any significant relationships and only confirmed some results from the correlation analysis.

**Keywords:** Self – determination theory, Achievement goal orientation theory, burnout, drop out, football