

Abstract

This bachelor's thesis examines the development of mental skills in Canadian athletes. It does this by linking Urie Bronfenbrenner's Ecological Theory to the underlying themes of sport psychology.

In the literature review section, chapters on motivation, specific mental strategies, talent perception, athlete development and education, and the Canadian context are developed in addition to the person-process-context-time model. The thesis offers various connections between the theories and emphasizes certain factors that most influence an athlete's personality and development. At the end of the theoretical section, an overview of several Canadian projects that influence the Canadian sport context is offered.

The content of the practical section is qualitative research that examines the development of mental skills in Canadian university athletes. Data were collected through semi-structured interviews and then evaluated through thematic analysis. The results of the research offer an overview of the themes related to motivation, the process of mental skills training and the associated role of sport psychology, followed by the characteristics and mind-set of the athletes, and finally the athlete's environment.