

Abstract

Title: The Relationship between a Coach and an Athlete Suffering from Eating disorder: Case Studies

Objectives: The bachelor thesis aims to evaluate the relationship between a coach and an athlete suffering from an eating disorder. I aim to identify correlations emerging from individual case studies of participants who were coached, while also dealing with an eating disorder. My primary focus is analyzing the coach's behavior and its impact on the athlete within this context, particularly regarding trust and communication.

Methods: In my thesis, I decided to do qualitative research in the form of semi-structured interviews. Then I created 4 case studies describing the stories of sportswomen who suffered from an eating disorder in the past.

Results: Research results show that coaching behaviors and interactions can play a key role in the development of eating disorders in athletes. The analysis of the cases of female respondents shows that coaches who show insufficient understanding, inappropriate communication, and pressure to perform can contribute to negative self-evaluation and a decrease in self-confidence in athletes. These are all factors associated with the development of eating disorders.

Keywords: eating disorders, anorexia, bulimia, binge eating, coach-athlete relationship, mental health, the influence of the coach