

## **ABSTRACT**

The thesis deals with the issue of athletes returning to training and match process after injury, with focus on their mental health.

The goal is to identify negative psychological states that subsequently affect the performance of athletes, and their frequency in athletes returning to the training and match process after injury. A sub-goal is to find out the following possible variables involved in increasing/moderating these conditions.

The work verifies the frequency of occurrence of negative psychological states; investigates the influence of repeated injuries, differences between woman and man athletes, differences in individual and team athletes, and also verifies the frequency of use of coping strategies and their specific form.

The work is divided into a theoretical and a research part. The theoretical part was prepared on the basis of Czech and foreign language professional literature. In the research part, we use the psychological questionnaire CSAI-2 to determine the occurrence of anxiety and its influence on the performance of individuals in sportsman, who have suffered injuries.

We expected that the injury would increase the athletes's anxiety at the time of returning to the training and match process.

## **KEYWORDS**

Mental states, Emotions, Injuries, Return to Sport, Stress, Anxiety, Fear, Coping Strategies, Self-Confidence