

Abstract

Title: Psychosocial aspects influencing relationships in women's beach volleyball teams in the Czech Republic

Objectives: The main aim of this work is to find out what psychosocial aspects are perceived by female players as the most important for the best and longest tenure in a beach volleyball team and what aspects negatively affect the relationship in a beach volleyball team.

Methods: The method used for the research was a semi-structured interview and Big Five Personality Questionnaire (BFI-10). Five female players born from 1980 to 1995, who played at least 8-10 national scoring ABV ČV tournaments in one season with one such. The season runs from April to September. Data collection was carried out in the period February 2024–June 2024. The form of data collection was carried out in person at safe places in the vicinity of the research participants' workplaces (cafes, etc.). The data collected was subsequently processed and analyzed in the form of thematic analysis.

Results: The positive aspects lie mainly in effective communication and honesty. A key factor is the ability to have an open dialogue and clearly defined expectations and goals from the very beginning of the cooperation. Furthermore, personal relationships play a role, as for some players it is important to maintain good relationships off the field, which promotes the overall well-being and cohesion of the team. Last but not least, a common goal is a key factor: players who share the same playing and competitive goal are more likely to have a long-term partnership. Negative aspects that can lead to team breakdown are lack of communication and lack of honesty. Another problematic factor is the different perception of goals and values among female players.

Keywords: Self determination theory, team breakdown, partnership, team cohesion, mind set.