

Abstract

The thesis focuses on the negative conditions of performance sport. This is an extension of our previous work that was specifically focused only on burnout syndrome and its connection with performance motivation in athletes. In this thesis we are looking at multiple possible factors that can have a major impact on the athletes. The first which contain them is the performance motivation, which we conceptualized on the basis of 3 theories: self-determination, goal perspective and growth mindset theory. Next the motivational climate created by the coach, perfectionism and sport identity. We were the last to address the mood, in relation to the evaluation of the emotional state of the athlete in the context of the management of increased training load. These aspects can negatively affect individuals and in the extreme it can be symptoms of over-training or burnout syndrome. The aim of the work was therefore to determine whether there was a link and, if so, what between the examined predictors and the manifestations of overtraining and burnout syndrome in performance athletes and, based on this, defining the negative conditions of performance sport. The data collection was carried out using a questionnaire survey covering 9 questionnaires, namely: Athlete Burnout Questionnaire (ABQ), Sport motivation Scale (SMS), Perception of Success Questionnaire (POSQ), Dweck Mindset Instrument (DMI), Empowering and Disempowering Motivational Climate Questionnaire - Coach (EDMCQ-C), Performance Perfectionism Scale for Sport (PPS-P), Profile of Mood States (POMS), Athletic Identity Measurement Scale (AIMS) and Training distress scale (TDS). Research of study 1 consisted of 115 elite athletes (73 women and 42 men). Research of study 2 consisted of 123 performance athletes (72 women and 51 men). The data obtained were statistically evaluated in the SPSS program – 23 and program R. In the research part, 8 research hypotheses were examined. The results showed statistically significant associations between internal motivation (Intrinsic), task orientation (Task) and ego (Ego) and burnout syndrome (Burnout). Furthermore, among others, they demonstrated a statistically significant effect of perfectionism on burnout syndrome (Burnout) and a negative statistically significant link between empowering climate (Empowering) and Burnout syndrome (Burnout).

Key words: burnout syndrome, overtraining syndrome, performance motivation, personality, sport