

Abstract

The thesis focuses on performance motivation and its connection to burnout syndrome among top athletes. We described the performance motivation in terms of 3 theories from which the goal of the work subsequently resulted. The aim of the work was to find out what is the relationship between the expressions of Burnout syndrome and motivation among top athletes. The data collection was conducted using a questionnaire survey including Sport motivation Scale (SMS), Athlete Burnout Questionnaire (ABQ), Perception of Success Questionnaire (POSQ) and Dweck Mindset Instrument (DMI). The research set consisted of 115 elite athletes (73 women and 42 men), with an age average of 22.4 years. Subsequently, the data were statistically evaluated and analyzed by Pearson correlation and regression analysis in the SPSS – 23 program. In the research part, 5 hypotheses were examined in turn. The Pearson correlation results showed statistically significant associations between intrinsic motivation (Intrinsic), task/competition orientation (Task) and ego (Ego) and Burnout syndrome. In addition, 3 predictors of Burnout syndrome were found, namely: Type of sport and kinds of motivation Intrinsic and Integrated. From practical perspective, the results may contribute to better understanding of Burnout syndrome and the consequent provision of suitable conditions eliminating its occurrence.

Key words: burnout syndrome, achievement motivation, elite athletes