

WHAT DOES SPORT GIVE US?

THE IMPACT OF SPORT ON INDIVIDUAL SUCCESS AND CAREER

Sport can develop so many qualities in people, that they can use later on, either in their personal lives, but most importantly in building a successful career. The goal of my research is to gain significant insight into the career planning of competitive athletes and to explore any supportive tools that can help individuals develop their careers. I'm looking for connections between the concept of success and the concept of career.

My hypotheses and research questions (formulated during the research) are as follows: Is it possible to prove that athletes have the qualities at a high level which necessary for success. Also, whether it can be justified that athletes consciously deal with and prepare for their careers.

The logical structure of my thesis consists of using the literature to describe the main chapters and basic concepts, such as success, career and the conditions which necessary for this. Through the subsections, the reader can gain insight into the characteristics of career planning, and management, but at the same time the factors that influence them are also illustrated. The previously mentioned factors are compared in both "civilian" people and people who do spoorts competitively. So I'm going to illustrate everything we can find in the topic of career and success by expanding it onto athlete life. Next, the individual (age-group) career goals are presented, and after that I will describe the details of my empirical research.

The research includes a questionnaire survey completed by team athletes (100 people) and individual athletes (51 people) for a full examination. The athlete sample is mostly deals with learning in addition to doing sports, which is confirmed by the age-group appearance, as the age of the respondents ranges from 13 to 33 years old. In the first part of the questionnaire, I ask about the basic information: how old have they been playing sports competitively, what age groups do they play in, and whether they study or work in addition to playing sports. Then I asked the main questions. The thematics of the questions fully follow the order of the literature review, so that a parallel can be drawn in this as well. Initially I asked the questions on the topic of success (15 pieces), followed by the career-oriented questions (18 pieces). There are also 3 demographic questions at the end of the questionnaire, which ask about the gender, age and academic qualifications of the respondents.

Through the research, I would like to verify my preliminary problem hypothesis, whether there are notable differences between the sexes, when we examine career planning, and whether all this information differs between different age groups (all of this also applies to sports). I would like to receive an answer to whether sport and its characteristics contribute to an easier implementation of civilian life and career paths, and to what extent the listed test characteristics appear in athlete's life.

The empirical research proved the justification of the research questions. So it can be said that athletes have the qualities at a high level which is necessary for success. Stronger characteristics are developed through sports, and achieving success is easier for athletes. Athletes consciously deal with and prepare for their careers. It is extremely important for them to start a career, they show an early career orientation, moreover career goals and career planning appear intensively in their case.

As a summary of my thesis, I can say that I received all the relevant answers to my research questions, which allowed me to get closer to the strong positive effects of sport during an individual's career. Furthermore, with my study, I can even transform the thinking of parents, in the direction that as many children as possible start playing/doing sports, because it has positive effects in terms of career and success. The communal interest of sport can also be used in the field of employment, with which the discussed positive effects can be amplified. The practical benefit of the thesis may even be that we can use sport as a tool to learn the success factors more easily and quickly, and to consciously build our career in this way, because success is easier to achieve and careers can be built more consciously through sport.