

SIGNIFICANCE OF AWARENESS ABOUT WELLNESS IN SPORTSMEN

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Abstrakt

Wellness is a complex phenomenon, which relates to lifestyle and health promotion and therefore becomes a part of the health promotion in sportsmen as well. The basic aim of this study was to verify the attitude of selected sample of Czech athletes to the issue of wellness, in relation to well-being and to a healthy lifestyle. Partial aim was to find out the level of practical use of wellness resources in the life of athletes and the impact of wellness on their lifestyle. The questionnaire method "Well_Aware_In" (Krejčí, Vacek, 2013) was used to obtain the data. In total 536 Czech sportsmen from all over the Czech Republic participated in the research. The answers in the questionnaire had the character of verbal variables, and a good-match test (chi-square test of independence) was used to analyse gender and age responses, which is used primarily to verify the dependence of two word variables. Hypotheses about the independence of two variables against alternative hypotheses that these variables are dependent have been sequentially tested. From the results we can conclude that Czech sportsmen generally have a positive relationship to wellness, but unfortunately they do not try to engage in activities of this type in everyday life, especially due to lack of time. Another important outcome of this work is the finding that young people have poor wellness support from health insurance companies and sports clubs.

Keywords

Health, sport, circadian habits, sleep, well-being, wellness, healthy lifestyle.

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INTRODUCTION

Wellness becomes a part of the protection and promotion of mental health in young athletes with a tendency to initiate self-control. It contributes to the cultivation of young sportsmen actions and behaviour. Sportsman's awareness about wellness may help to eliminate excessive mental and physical stress and to develop the sport potential. It includes art to be aware of "Self" and own feelings, to have empathy to other people and be able to use the information contained therein (Krejčí, 2013; Krejčí, Tuli, Krásová, 2014). Trainers and coaches

should understand the bio-psycho-social benefits of wellness and should implement well-being strategies in their work with athletes. Especially this means to support health of athletes in such way that they will be able accept it and develop it according to the individual aims in a sport discipline. In relation to the athlete's health support is very important to control and to regulate circadian regime and to take care about daily relaxation, enough sleep, good nutrition and mental health techniques as concentration development and resilience.

Sportsmen face to multiple pressures at various stages in their careers and

lives, which can affect their on-field performance and their off-field lives. Athletes in many sports are surrounded by sport science experts to help them achieve their athletic best, but there is now recognition that athletes' off-field lives can greatly influence their on-field performance. Many national sporting organizations are being proactive in enhancing athlete wellbeing; however this response may not be uniform across all sports, and could even be fragmented within sports (Dunn, 2014). In 2000 WHO member countries have expressed the definition of wellness as follows "Wellness is the optimal state of health of individuals and groups. There are two focal concerns: the realisation of the fullest potential of an individual physically, psychologically, socially, spiritually and economically, and the fulfilment of one's role in the family, community, place of worship, workplace and other settings in a humane sense" (WHO, 2000).

Harada, Krejčí et al. (2016) declare that the fatigue signals in athletes, especially in juvenile athletes, need to be eliminated through health sleep. Tired sportsman is irritated, causes conflict and can be aggressive or apathetic. When in the addition he was forced upon the tiredness, the rest is not of his free choice, with irritability and restlessness growing. Tiredness (especially physical) can help to asleep, but if sport training is implicated 1-2 hours before bedtime, it can bring complication in asleep. Therefore it is recommended, as a rule of the sleep hygiene, sport training realize minimally 3 hours before bedtime. In the framework of awareness about wellness athletes should pay attention to individual sleep regime and to eliminate sleep problems by following guidelines:

- To reduce or eliminate the time spent in front of any screen and other sources of "blue" lights late evening. Reading SMS, chatting, playing on computer, or any type of

social IT "nettism" have a negative impact on sleep and quality of sleep, and scrolling on smart-phone in midnight shifts time to fall-asleep delayed to midnight. The problem is that emit flashing of "blue" light stimulates the brain activity and suppresses melatonin production at night.

- To plan sport training activities in the morning time or in the afternoon time - in any case not to late evening, otherwise the effect can be the opposite.
- To analyse a week overview of the reduce of night watching TV, smart phone and computer with subsequent analysis and evaluation for the personal level of performance development, esp. in endurance and concentration level, reaction speed, reducing errors and confusing behaviour.

(Harada, Krejčí et al. 2016)

Examining of the well-being quality of athletes is currently most widely used in the research area (e.g. Harada, Krejčí, et al. 2016; Kornatovská, Válková, Harada, Kawamata 2018) in connection with the creation and production of melatonin and serotonin in athletes. The description of the hormone melatonin effects is mined in the area of sport performance directly revolutionary. And not only that – it is an extremely important hormone for anyone. Melatonin molecule is chemically simple, arises from the essential amino acid tryptophan through serotonin. Melatonin production is highest in infants (maintained in the range from one year up to about 15 years), followed by a rapid decline, so in the age of 50 years is one sixth of the original. However, melatonin production is adversely influenced by many factors. Melatonin is primarily a regulator of the circadian rhythms. Melatonin is also referred as an "anti-aging hormone", because its production

reduces the risk of arthritis, slowing down the natural aging process, removes disorders resulting from shift work, supports the immune system, reduces the negative effects of prolonged adaptation when traveling across several time zones, eliminates most cases of insomnia, limits negative effects of radiation, reduces the risk of cataracts, acts as a preventative agent in the case of a genuine risk of breast cancer and as a treatment for women affected by cancer, limits the negative effects of chemotherapy the treatment of cancer, lowers cholesterol, and even reduces high blood pressure.

Very important part of the athletes' well-being represents concentration development and effective stress management. Using yoga techniques, as observation of breathing process, synchronising of breathing with movements, release state in combination with autosuggestion, and "Self-Inquiry Meditation" it can be the well-being athletes can be secured and developed (Maheshwarananda, 2001). Yoga techniques help effectively in positive mood changes, in emotions control, esp. of sportsmen's anxiety states, in the self-esteem development, promotion of mental health (memory, reaction time, etc.) and self-control promotion.

The importance of the mental health and well-being development and monitoring of athletes is in the nowadays sport, in which demands and expectations are soaring, a necessary factor of the athletes' health life style. It is imperative to look beyond their performance and monitor their well-being. There is no doubt that performance and well-being influence each other. Athletes and coaches remain aware of fluctuations in their mental health and well-being, and develop skills to cope with day-to-day stressors (Durand-Bush, 2015).

AIMS, HYPOTHESES

The main aim of the study was to analyse the sportsmen awareness about wellness and well-being as the phenomena of athletes' health support and development in relation to well-being and to a healthy lifestyle. Partial aim was to find out the level of practical use of wellness resources in the life of athletes and the impact of wellness on their lifestyle.

Based on the aims and the content analysis next hypotheses were determined:

H1: At least 50% of the Czech monitored sportsmen under term of "wellness" associate health and health support.

H2: The main obstacle to the implementation of wellness activities of the monitored Czech sportsmen is lack of time.

METHODS

Material, procedure

The investigation was carried out in 2017, conducted in all regions of the Czech Republic. Respondents were selected randomly. In total the research was realised in 536 Czech sportsmen selected from all regions of the Czech Republic, 251 males, 285 females. Sportsmen were divided into 3 groups according age period, see Table 1, i.e. sportsmen in the age period 15-27 (average 23.1), sportsmen in the age period 28-39 (average 31.8) and the sportsmen in age 40+ (average 55.9).

The sportsmen cohort was compiled from 78 kinds of sports. For the interpretation of the results the sports were divided into 3 subgroups – anticipatory collective sports, functional mobilisation sports and aesthetic coordination sports, see Table 2.

Tab. 1 Base characteristics of investigated sportsmen (N=536; 251 males, 285 females)

AGE	SEX		Σ
	Males	Females	
15-27	102	183	285
28-39	122	82	204
40+	27	20	47
Σ	251	285	536

Tab. 2 Base characteristics of investigated sportsmen (N=536; 251 males, 285 females)

SUBGROUPS OF SPORTS	Σ SPORTSMEN
Anticipatory collective sports	228
Functional mobilisation sports	221
Aesthetic coordination sports	87
Σ Sportsmen	536

Diagnosics and statistics

Diagnosics – Questionnaire

"Well_Awar_In" (Krejčí, Vacek 2013)

The Wellness Aware Inquiring Questionnaire "Well_Aware_In" (Krejčí, Vacek, 2013) is based on the method of data collection, data editing and statistical analysis. The questionnaire examines the type of sport, gender, age, residence and education of respondents. It consists of ten questions, seven of which are open and three partially open with a choice of answer options.

Statistical analysis (Jirásko, 2018)

A representative quota selection was made, generalized from selection to baseline with acceptable statistical expression. Results were assessed based on relative frequencies. The representativeness of the respondents' samples was improved by balancing of the sample of respondents by age and sex to the population of the country in relation to the

current year of data collection. Sample balancing was done by multiplying of the actual response rates found in the questionnaire survey by balancing coefficients in such way that the relative numbers correspond to the population. Subsequently, the sum of the whole question was summed up and the proportion of the total number of respondents is a balanced frequency. This results in percentages from which interval estimates of relative frequencies are based. Questionnaire responses have the character of verbal variables, and a Chi-square test of goodness-of-fit good-fit test (chi-square test of independence) was used to analyse gender and age responses. The hypothesis of independence of two variables against the alternative hypothesis that these variables are dependent was tested. For the purposes of this and confirming or refuting the hypotheses of the work, a comparative analysis of selected categories from individual questionnaire surveys was used.

RESULTS AND DISCUSSION

The results can be considered as an estimate of the answers of athletes of the Czech Republic over 15 years of age with the following accuracy: numbers at the level of one percent can no longer be considered estimates. All estimates are with a probability of 95% in the interval of + - 4.2%. Furthermore, the results can be considered as an estimate of the answers of athletes in the Czech Republic and in the three below mentioned age bands with the following accuracy estimates:

- Age period 15-27: Numbers below 4% cannot be considered estimates. All estimates are with a probability of 95% in the interval of max. + - 5.8%;
- Age period 28-45: Numbers below 5% cannot be considered estimates. All estimates are with a probability of 95% in the interval of max. + - 6.8%;
- Age 40+: Numbers below 26% cannot be considered estimates. All estimates are with a probability of 95% in the interval of max. + - 14.2%.

In addition, the questionnaire survey of Czech athletes on sex, age and type of sport was investigated. We present the results of the statistical analyses in the groups of sportsmen with verification on the level of $p=0.05$ of hypotheses according the 10 questions (Q1 – Q10) of the Questionnaire "Well_Awar_In" (Krejčí, Vacek 2013) The questionnaire consists from 10 questions to monitor the state of public awareness on the impact of wellness for quality of life and health support.

Question 1: What is on your mind when hear word „wellness“?

From the presented results in the Table 3 is evident that both groups of the Czech sportsmen associate under the word "wellness" the category No 6, i.e. "Relax, rest", but with significant differences between males (57%) and females (71%), when female athletes need significantly more relaxation and rest than males. The next important categories are "Massage" and "Spa" with same significance for female and male athletes.

Tab. 3 Results of the associations of the word "wellness" of the Czech sportsmen (N=536; 251 males, 285 females)

CATEGORY	ALL	FEMALES	MALES
1 - Spa	19%	18%	20%
2 - Health	12%	15%	9%
3 - Sport	11%	5%	18%
4 - Beauty	3%	3%	2%
5 - Mantra "Om"	2%	1%	4%
6 - Rest, relax	64%	71%	57%
7 - Healthy mind	4%	6%	1%
8 - Exclusive things	1%	1%	1%
9 - Walk	0%	0%	0%
10 - Whirlpool, pool	18%	20%	17%
11 - Nothing	1%	0%	1%
12 - Massage	20%	20%	20%
13 - Sauna	17%	18%	16%
14 - Fitness	1%	1%	1%
15 - Regeneration	16%	21%	12%
16 - Nourishment	3%	3%	3%

Question 2: Do you think that „wellness” helps to better health?

From the results presented in the Table 4 it is evident that in total 87% of all investigated Czech sportsmen understand that wellness is a tool for

maintaining their health. It is a very positive result, especially therefore that there are no significant differences analysed between females and males.

Tab. 4 Results of the opinion, if “wellness” helps to better health of the sportsmen of the Czech Republic (N=536; 251 males, 285 females)

CATEGORY	ALL
1 - Yes	87%
2 - Rather Yes	4%
3 - No	7%
4- Rather No	2%

Question 3: What do you do to protect and improve your health?

From the results presented in the Table 5 it is evident that some positive findings were analysed in the groups of the Czech sportsmen. First it is “Sport and Exercises” in very high percentage (80%). We can declare that monitored female and male athletes like sport and don’t suffer of burn-out syndrome in sport milieu. The second positive result

represents the analysed category “Healthy food”, but significantly more in females (63%) comparing with males (49%). It means that female athletes care very much about the quality of food. It is interesting that only a very small percentage of sportsmen state that health can improve “Abstinence”, “Drinking mode” and “Wellness procedures” as well.

Tab. 5 Results of the activities which are focused to improve health of the monitored Czech sportsmen as an estimate of the responses in total and by age (N=536; 251 males, 285 females)

CATEGORY	ALL	FEMALES	MALES
1 - Walk	7%	6%	8%
2 - Spa	4%	5%	3%
3 - Biking	3%	2%	3%
4 – Healthy food	56%	63%	49%
5 - Prevention	6%	7%	4%
6 - Nothing	3%	2%	5%
7 - Sport, exercises	79%	80%	79%
8 - Yoga	3%	4%	1%
9 - Abstinence	4%	5%	4%
10 - Relax	11%	14%	8%
11 – Positive thinking	3%	5%	1%
12 - Dietary supplements	5%	5%	6%
13 - Sleep	8%	11%	6%
14 - Sauna	8%	6%	10%
15- Drinking regime	1%	2%	0%
16 - Massage	7%	6%	7%
17- Whirpool	4%	3%	5%

Question 4: Is there any „wellness” and health prevention support at your workplace or of insurance company?

From the results presented in the Table 6 it is evident that almost one half of the respondents have no “wellness” prevention support of insurance company

or workplaces. But the situation in sportsmen is significantly better then in monitored intact population, see Chapter 4.1.2, where 80% and more respondents have no support at all.

Tab. 6 Results of the “wellness”and health prevention support in workplaces of the Czech sportsmen as an estimate of the responses in total and by age (N=536; 251 males, 285 females)

CATEGORY	ALL	FEMALES	MALES
1 - Yes	48%	47%	48%
2 - No	43%	42%	44%
3 - Pensioner	2%	2%	2%
4 - Businessmen	3%	2%	4%
5 - Student	5%	8%	2%

Question 5: Do you have any holiday’s monetary benefits from your employer/ insurance company?

From the results presented in the Table 7 it is evident that over 70% of the respondents have no contribution from employer/ insurance company for their vacations. This result is completely different and a opposite to the result as it was analysed in the staff of the Prison

servis in the Czech Republic, when the source of the contribution is the Fund of Cultural and Social Needs in almost 80% of monitored respondents, what is great, see results of the chapter 4.1.3. It means that “Work Place Wellness” in Czech sportsmen is still not common the Czech Republic.

Tab. 7 Results of the associations of the word “wellness” of the intact persons of the Czech Republic in total and by age, education and size of the (N=536; 251 males, 285 females)

CATEGORY	ALL	FEMALES	MALES
1 - Yes	26%	23%	30%
2 - No	74%	77%	70%

Question 6: Do you try to include wellness activities in to your everyday life?

From the results presented in the Table 8 it is evident that more than half of the respondents’ answered “Yes” what is

a very positive result. It means that monitored sportsmen, females and same in males try implement wellness in their daily life, see Figure 1.

Tab. 8 Results of the including of “wellness” in daily life of the monitored Czech sportsmen in total (N=536; 251 males, 285 females)

CATEGORY	ALL
1 - Yes	56%
2 - No	27%
3 - Rarely	16%

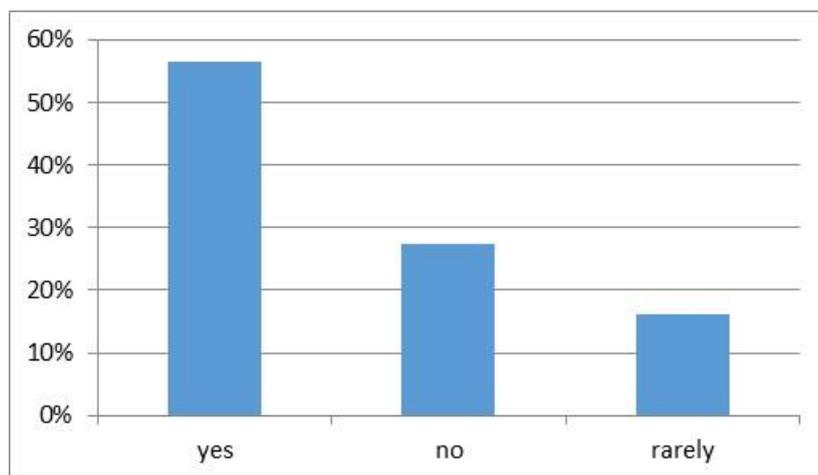


Figure 11 Results of the including of “wellness” in daily life of the monitored Czech sportsmen in total (N=536; 251 males, 285 females)

Question 7: Do you ever purchase wellness holiday packages? What do you prefer?

It is very surprised that 38% of the analysed respondents use not to go in wellness stay. The reason may be is in

context of financial availability. In case, that they use to go to, they wish to enjoy a wellness stay and therefore prefer very much natural scenery, and especially “Quality of customer service”, see Table 9.

Tab. 9 Results of the preferences of the “wellness packages” of the Czech sportsmen as an estimate of the responses in total and by age (N=536; 251 males, 285 females)

CATEGORY	ALL
1 - Natural scenery	31%
2 - Culture	8%
3 - Price	22%
4 - Quality of accommodation	24%
5 - Quality of service	36%
6 - No	38%

No statistical dependence

Question 8: Which of the wellness services do you prefer?

From the results presented in the Table 10, Figure 2, it is evident that both groups of the monitored athletes prefer

massages followed by hydrotherapy and outdoor activities. This results are very similar to other investigated Czech samples, see chapters 4.1.2, 4.1.3, etc.

Tab. 10 Results of the preferences of the “wellness services” of the Czech athletes as an estimate of the responses in total and by age (N=536; 251 males, 285 females)

CATEGORY	ALL	FEMALES	MALES
1 - Yoga	17%	25%	10%
2 - Massage	80%	82%	79%
3 - Meditation	7%	8%	6%
4 - Cosmetics	11%	19%	3%
5 - Outdoor activities in nature	43%	45%	41%
6 - Pilates	7%	12%	2%
7 - Exercises	18%	18%	18%
8 – Hydrotherapy	46%	41%	52%
9 - Wraps	15%	20%	10%

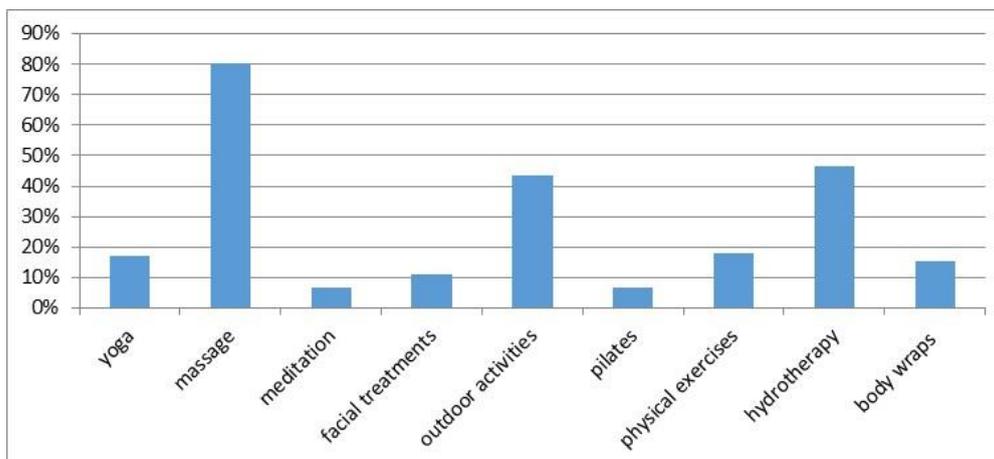


Figure 2 Results of the preferences of the “wellness services” of the Czech athletes as an estimate of the responses in total and by age (N=536; 251 males, 285 females)

Question 9: What do you expect from wellness stay and services?

From the results presented in the Table 11, Figure 3 it is evident that all investigated groups of the female and male athletes expect of the wellness area in first “relax” (very high 90%). Next preference represents the category

“Improving feelings about self” with a higher significance for female athletes, and next the category “Improving of the chronic problems in muscles and joints with a higher significance for male athletes.

Tab. 11 Results of the expectations of the “wellness stay and services” analysed in the groups of the Czech athletes as an estimate of the responses in total and by age (N=536; 251 males, 285 females)

CATEGORY	ALL	FEMALES	MALES
1 - Relax	90%	91%	89%
2 – Health support	65%	66%	64%
3 – Improving of appearance	16%	22%	10%
4 - Improving feelings about self	34%	39%	28%
5 - Improving of the chronic problems in muscles and joints	32%	25%	39%

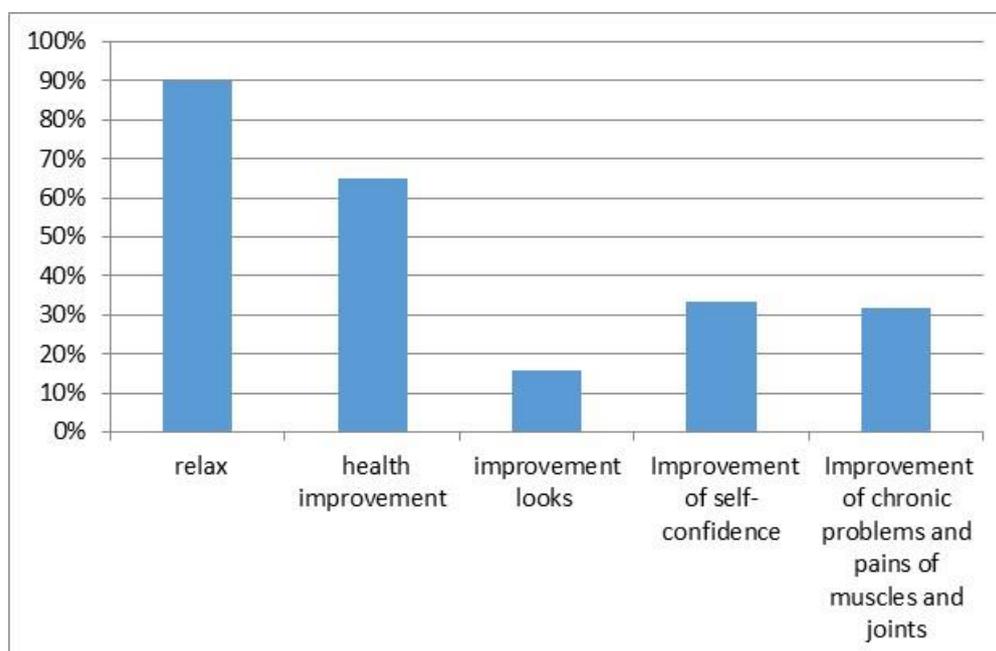


Figure 3 Results of the expectations of the “wellness stay and services” analysed in the groups of the Czech athletes as an estimate of the responses in total and by age (N=536; 251 males, 285 females)

Question 10: What is a main obstacle to implement wellness concept in to your everyday life?

From the results presented in the Table 12 it is evident that the main problem to implement wellness in daily life represents “lack of time”. Unfortunately very significant is also category “Nothing”,

when 28% of athletes may be motivated for wellness from the view of regeneration and of the health support. A negative result of the Czech sportsmen is that in 28% they have not enough finance to participate in wellness.

Tab. 12 Results of the main obstacles to implement “wellness” in everyday life of the monitored Czech sportsmen in total (N=536; 251 males, 285 females)

CATEGORY	ALL
1 - Lack of time	50%
2 - Finance	28%
3 - Laziness	5%
4 - Availability	3%
5 - Nothing	19%
6 - Work	13%
7- Family	3%
8 - Age	0%
9 - Partner	0%
10 - Concentration	0%
11- Quality of service	1%
12 - Illness	0%
13 – Too many people	0%
14 - Stress	0%
15 - Distrust in benefits	0%

The Good Match Test confirms the hypothesis about the dependence of sportsmen's responses in the Czech Republic on the question: What is your mind, when hear the word wellness? with a probability of 99.65%. The athletes were divided into two groups according to the type of sport they were practicing for anticipative (310 athletes) and the other (226 athletes). The dependency of the responses is shown by the value of Cramer's contingency coefficient 0.24. The coefficient measures the dependence in the sample.

The dependency of the responses is also evident in the results of interval estimates of the relative frequencies of the athletes' responses. For the overall answers, with a probability of 95%, there is a maximum of 4% on both sides of the point estimates in the tables below, 5% for anticipative sports and 6% for other sports. The Table 13 shows only high-dependency responses. The most frequent answer is about 64% rest for both groups.

Tab. 13 Results of the associations of the word “wellness” of the Czech sportsmen in the aspect of the sport type (N=536; 251 males, 285 females)

ACTIVITY	TOTAL	ANTICIPATIVE SPORTS	OTHER SPORTS
Spa	19%	13%	28%
Swimming pool, whirlpool	18%	24%	10%
Sauna	17%	22%	11%
Regeneration	16%	20%	12%

The same statistical methods were used for the other 4 questions. However, the above-mentioned test confirms the second hypothesis about the independence of sportsmen's responses in the Czech Republic by the type of sports to the question: Do you think that wellness helps to better health?

Response independence is also evident from the Table 14 and the low Cramer's contingency (0.07). Values below 3% for anticipative athletes' answers and below 5% for other athletes' answers are no longer considered estimates.

Tab. 14 Results of the opinion, if "wellness" helps to better health of the sportsmen of the Czech Republic in the aspect of the sport type (N=536; 251 males, 285 females)

CATEGORY	TOTAL	ANTICIPATIVE SPORTS	OTHER SPORTS
Yes	87%	85%	89%
Rather yes	4%	4%	4%
No	7%	9%	5%
Rather no	2%	2%	2%

The test also confirms the hypothesis of independence of responses to these types of sport for the question "Which of the wellness services do you prefer?"

Also, the Table 15 and the Cramer contingency coefficient (0.09) document the independence of responses.

Tab. 15 Results of the preferences of the "wellness services" of the Czech athletes in the aspect of sport type (N=536; 251 males, 285 females)

SERVICES	TOTAL	ANTICIPATIVE SPORTS	OTHER SPORTS
Massage	80%	81%	80%
Hydrotherapy	46%	45%	48%
Outdoor activities	43%	41%	47%
Physical exercises	18%	20%	15%
Yoga	17%	14%	21%
Body wraps	15%	15%	16%
Facial treatments	11%	11%	11%

The test confirms the hypothesis of independence of responses to these types of sport also for the question "What do you expect from wellness stay and service?"

Also, the Table 16 and the Cramer contingency coefficient (0.03) document the independence of responses.

Tab. 16 Results of the expectations of the "wellness stay and services" analysed in the groups of the Czech athletes in the aspect of the sport type (N=536; 251 males, 285 females)

Expectation	Total	Anticipative sports	Other sports
Relax	90%	89%	91%
Health improvement	65%	62%	69%
Improvement of self-confidence	34%	32%	36%
Improvement of chronic problems of muscles and joints	32%	30%	34%
improvement looks	16%	16%	15%

The last question “What is main obstacle to implement wellness concept into your everyday life?” however, the test confirmed with the probability of a 90% hypothesis about the dependence of sports responses on athletes in the Czech Republic. The response value is shown by the value of the Cramer's contingency

coefficient of 0.14. The dependency of the responses is also shown in the table below. Only large-dependency responses are captured in the table. The biggest obstacle is the financial cost, which is reported by about 50% of respondents in both groups together, see Table 17.

Tab. 17 Results of the main obstacles to implement “wellness” in everyday life of the monitored Czech sportsmen in the aspect of sport type (N=536; 251 males, 285 females)

OBSTACLES	TOTAL	ANTICIPATIVE SPORTS	OTHER SPORTS
Financial cost	28%	25%	32%
Work	13%	15%	9%

CONCLUSION

Study objectives were accomplished. Verification of hypotheses is as follows:

Hypotheses H1: “At least 50% of the Czech monitored sportsmen under term of “wellness” associate health and health support” was not verified. Sportsmen associate in 64% the category “Relax” and in 20% the category “Massage”. Only 12% of the Czech sportsmen associate the category “Health”. For all of these categories, there is a higher response rate for women. In the "Relax" category, the difference is significant between the sexes.

Hypotheses H2: “The main obstacle to the implementation of wellness activities of the monitored Czech sportsmen is lack of time” was verified. Just 50% of sportsmen declared the category “Lack of time”, in 28% it was Finance problem and in 19% it was the category “Nothing”.

We can conclude that wellness at athletes, or "well-being for elite athletes" is a topic that must be discussed as a part of the training process. In particular, it is the compensatory part of the training process demands and a regeneration that follows the training so that the athletes is

prepared for the next training load. These two phases should be appropriately balanced by the process of 'well-being' it means personal well-being and connection with the others.

The research results of the group of athletes present good awareness of the necessity of wellness activities for their lives, but mainly in the area of relaxation (64%), followed by massages (20%), spa (19%), whirlpool (18%) sauna (17%) (Table 17). However, these are wellness activities are part of 'after training regeneration'.

The well-being of elite athletes is supposed to be a process connecting training and regeneration, establishing mental and social well-being as a part of the sports and personal life. We can start already with the youngest sportsman, their parents and trainers as well. The question 3 of this chapter also showed that athletes protecting and improving their health think mainly about sport in 79%, healthy food 56%, prevention only 6% and positive thinking at 3%.

And just a positive setting with a positive vision could help athletes to long-term sports carrier, knowing the need for appropriate combinations of training,

regeneration and prevention. Question number 6 of this chapter showed that only 56% of respondents include wellness activities in their daily lives.

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