

Abstract

The thesis is focused on the correlation between lifestyle and professional functioning of people who run training courses. With respect to instructors' lifestyle, the theoretical basis of the thesis is the concept of lifestyle from the perspective of A. Siciński (1976). On the other hand, considering the specific character of instructors' work, the theoretical bases concerning the professional career of the studied group are: the *boundaryless career* model by M. B. Arthur and D. M. Rousseau (1996) and the *protean career* model by D. H. Hall (1976).

The main objective of the author's own research was to analyse the correlation between lifestyle and professional functioning of instructors. The detailed objectives were: to explore the selected aspects of lifestyle of the examined instructors, to identify characteristic features of professional functioning of instructors and to distinguish its types, and to determine the correlations between lifestyle and professional functioning of instructors.

The following tools were used to examine the selected aspects of instructors' lifestyle: Satisfaction With Life Scale (SWLS) by E. Diener, R. A. Emmons, R. J. Larson, S. Griffin adapted by Z. Juczyński (2009), Professional Values Orientation Questionnaire by A. Zalewska (2000), Health Behaviour Inventory (IZZ) by Z. Juczyński (2009) and Consumption Orientation Questionnaire (KOK) by E. Wasik (2017). Furthermore, the following tools were used to analyse the selected components of professional functioning: Achievement Motivation Inventory (LMI) by W. Klinkosz and A. E. Sękowski (2013), Man at Work Questionnaire (CzwP) by A. Matczak, A. Jaworowska, D. Fecenec, J. Stańczak and J. Bitner (2009), Coping Inventory in Stressful Situations (CISS) by N. S. Endler and J. D. A. Parker (2005), as well as Link Burnout Questionnaire (LBQ) by M. Santinello (2014). The research also used the Socio-Demographic and Professional Data Questionnaire, the aim of which was to collect information pertaining to the characteristic features of the studied group.

The research was conducted among 206 people who run training courses. The research demonstrated a correlation between lifestyle and professional functioning of instructors. High results with respect to lifestyle were accompanied by high results in the area of professional functioning.

The thesis is directed at a broad circle of people who deal with training courses and at people cooperating with instructors. It can also be a source of information for participants of training courses about the professional functioning of their educators.

Key words: Lifestyle, professional functioning, professional career, training courses, instructor.

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