

**Summary of the PhD dissertation entitled 'Health behaviors and subjective dispositions of Lublin universities' students written by Anna Kopacz, MA,
in the Department of Pedagogics and Health Education
under the direction of**

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The topic of the dissertation is related to the issue of health behaviors in relation to the presented subjective dispositions of students of Lublin Universities. Behaviors of a young person are shaped during childhood and youth, in particular, those that determine a responsible attitude to life and health while entering adulthood. All activities undertaken by young people can be characterized in terms of pro-health and anti-health effects. The academic youth is a group especially susceptible to cultural, sociological, psychological as well as to economic influences. Therefore, it is hugely important to recognize their behavior motives.

The own research was conducted on a sample of 495 students belonging to four Lublin Universities: Maria Curie-Skłodowska University, Medical University, Lublin University of Technology and Catholic University of Lublin. The surveyed youth were educated in science, social and medical faculties. The purpose of the research was to acquire knowledge of students 'psychosocial properties such as self-esteem, preferred values, locus of health control, self-efficacy in relation to lifestyles and health behaviors.

The aim of the research of this dissertation was achieved by obtaining answers to the main and detailed questions and by verifying the assumed hypotheses. The paper presents the results of research obtained with the use of: Z. Juczyński's Index of Health Behavior, LSQ-Cavendish J.M. Cavendish, GSES Generalized Self-Efficacy Scale by R. Schwarzer, M. Jerusalem, Z. Juczyński, SES Self-Esteem Scale by M. Rosenberg, I. Dzwonkowska, K. Lachowicz-Tabaczek, M. Łaguna, Personality Questionnaire by S.H. Schwartz, J. Cieniuch, Multidimensional Health Locus of Control Scale MHLC K.A. Wallston, B.S. Wallston, R. DeVellis, Z. Juczyński. In order to obtain metric data and supplement the research tools with more detailed information about the surveyed group, the Questionnaire of the Survey was formulated.

The obtained research results indicate a low level of presented health behaviors and the presence of anti-health styles among university students. The obtained data of own research allowed to distinguish dependency models among the analyzed groups of students, which confirmed the existence of dependencies at the level of significance. Given the multitude

of personality traits of the surveyed students, it can be concluded that they strive for their goals, want to make their dreams come true and lead a life without forgetting about their own needs and values. They do not allow the thought that their fate depends on random situations.

The deliberation, presented in this paper on the issue of health behaviors considered in the context of subjective dispositions of students of Lublin universities, should become stimulus for further, in-depth exploration of these phenomena.

Key words: health, health behaviors, lifestyle, students, health education

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