

Summary

Caregiving is undoubtedly one of the oldest forms of interpersonal activity that has been alluded to throughout the ages in describing what nursing and nurturing are. Contemporary nursing, as a profession, is defined as a professional field in health care.

It is also a human-centered scientific discipline with its own organizational structure, legal regulations, education system and prepared professional staff. The role of the nurse practitioner is to provide professional care to individuals, families, groups, assisting them to assess and achieve their own physical, mental and social potential in the environment in which they live. Coaching, on the other hand, which is becoming increasingly popular and is used in many fields, is a method of working with people, as a result of which they discover their potential and are able to fully exploit it and achieve success in their professional life, as well as a sense of fulfillment in their personal life.

The aim of the undertaken research was to determine the nature of the relationship between the demand for coaching and psychosocial resources of nurses. The main research problem was framed in the question: Is there, and if so, what is the relationship between the demand for coaching and psychosocial resources of nurses. According to the assumptions of the study, the research group included nurses from 3 hospitals and randomly selected primary health care units (PHCUs) in Lublin, Chełm, and Krasnystaw.

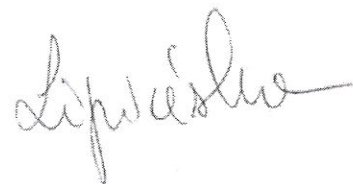
In order to identify significant variables, the focus was on selected personal resources, i.e.: coping strategies and social support. In order to answer the research question and to broaden the knowledge about coaching and the above-mentioned personal resources, the diagnostic survey method was used. The following research tools were used in the research process: Multidimensional Inventory for the Measurement of Coping with Stress by Charles S. Carver, Michael F. Scheier and Jagdish K. Weintraub in the Polish adaptation of Z. Juczyński and N. Ogińska-Bulik and the Berlin Social Support Scale by R. Schwarzer and U. Schutz in the Polish adaptation of A. Łuszczynska and M. Kowalska and the author's questionnaire verifying nurses' opinions about their interest in coaching in their professional work. The respondents were classified into three groups - those ready for coaching, those not ready for coaching and those hesitant. This division allowed for a more accurate understanding of nurses' readiness for coaching, as well as the level of personal resources. A one-way ANOVA was used to determine the nature of the relationship between individual resources and readiness to coach. Multivariate stepwise regression analysis was also used to determine

predictors of readiness for coaching. The obtained answers to the research problem of this dissertation may contribute to the broadening of knowledge on the possibilities of using coaching in nursing and also the relationship of coaching with nurses' personal resources.

In practical terms, the thesis may contribute to wider research showing the possibilities and usefulness of coaching in professional work and personal life of nurses. It may also provide guidance to nursing leaders and medical facility executives for planning professional development.

Keywords:

Coaching, nursing, nurse, resources, stress, support.

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