

The topic of this dissertation is the meaning of life vs. selected personal resources of foster care youths standing on the threshold of independence.

This dissertation consists of six chapters. The first is devoted to the issue of the meaning of life, with particular emphasis on Viktor E. Frankl's logotherapy, which forms the theoretical basis of the thesis. The second chapter contains a description of selected personal resources: resilience, coping with stress, self-efficacy and self-esteem in the context of foster care alumni, which were chosen because each is related to human psychosocial functioning. The third chapter of the dissertation deals with contemporary foster care, which consists of two complementary forms: institutional and family. The fourth chapter presents the methodology of our own research and the main objective of the study, which is to determine the relationship between the meaning of life and selected personal resources of family and institutional foster care alumni standing on the threshold of independence, as well as to determine the types of foster care alumni based on their meaning of life and their resources. The fifth chapter is a description of the results obtained. The last chapter is a summary and discussion of the results of our own research. The finalization of the work includes conclusions and practical implications.

The empirical material was collected by means of a diagnostic survey method using a questionnaire technique. The following tools were used in the study: The Meaning of Life Scale constructed by the author of this dissertation, the Stress Measurement Scale (SPP-18) by Oginska-Bulik and Juczynski, the Coping with Stressful Situations Questionnaire (CISS) by Endler and Parker, and in the Polish adaptation by Strelau, Jaworowska, Wrzesinski and Szczepaniak, the Generalized Self-Efficacy Scale (GSES) by Schwarzer, Jerusalem and Juczynski, and the Rosenberg Self-Esteem Scale (SES).

The obtained results of the research are characterized by cognitive and applied value by indicating the direction and nature of work with foster care alumni and revising the previous negative perception of institutional foster care.

Keywords: meaning in life, resilience, coping with stress, self-efficacy, self-esteem, foster care, process of independence