

PSYCHOLOGICZNE UWARUNKOWANIA ZADOWOLENIA Z ŻYCIA W WIEKU EMERYTALNYM – WYNIKI MODELOWANIA RÓWNAŃ STRUKTURALNYCH

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PSYCHOLOGICAL DETERMINANTS OF LIFE SATISFACTION IN RETIREMENT AGE – STRUCTURAL EQUATION MODELING

Summary. The aim of the study was to analyze the relationship between psychological variables (personality traits and personal resources) and check if their interactions influence life satisfaction in retirement age.

The results show that personality traits are directly and indirectly related to life satisfaction. Nevertheless most of determinants of life satisfaction belong to modifiable variables, so they can be optimized to make adaptation to old age more effective.

FORMALNE I TREŚCIOWE ASPEKTY POJĘCIA AKTYWNOŚCI LUDZI STARYCH

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FORMAL AND ESSENTIAL ASPECTS OF OLD PEOPLE'S ACTIVITY

Summary. Article shows that activity of individual in the last stage of life has a lot of meanings. Trying to understand this idea, theoretical areas were indicated. In this areas, activity of old people was shown in different ways. In literature, activity is treated as a development factor or indicator (Lerner & Hultsch, 1983). In theoretical perspective of a subjective human development, activity of old people is a goal of development (humanistic theories) and it is a context of development (spiritual development) (Gałdowa, 2000; Pietrasiński, 1990). In some cases, activity of old people is treated as an effect of development (competence theory, social role theory, old age subculture theory) (Peterson i Rose, 1965; Worach-Kardas, 1983; Baltes & Wilms, 1995; Synak, 2000, 2003). Article includes empirical research of authors about old people activity, its forms and types.

STYLE STARZENIA SIĘ A SUBIEKTYWNY DOBROSTAN KOBIET W PÓŻNEJ DOROSŁOŚCI, STUDIUJĄCYCH NA UNIWERSYTECIE TRZECIEGO WIEKU¹

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AGEING STYLES AND SUBJECTIVE WELL-BEING OF WOMEN IN THEIR LATE ADULTHOOD STUDYING AT THE UNIVERSITY OF THE THIRD AGE

Summary. The research objective was finding the reasons behind the level of personality, social and emotional subjective wellbeing of women in late adulthood presenting different ageing styles and undertaking cognitive activity in the form of education at the University of the Third Age. It was assumed that a higher level of subjective wellbeing should be prevalent among women with a mature ageing style than in women with a “rocking-chair”, armoured, angry and self-hating style. Furthermore, higher results were expected in the field of level of subjective wellbeing of women undergoing education in the University of the Third Age in comparison to women that did not undertake that type of activity, as well as the occurrence of adaptive ageing styles in them.

The research encompassed 100 women aged 60-72 years old, which included 49 studying women aged 60-72 years old and 51 women aged 60-70 years old who did not undertake studies. The results obtained revealed that women presenting a mature ageing style in comparison to women with different ageing styles experience a higher sense of personality and emotional wellbeing. Women that undertook further education mainly presented a mature ageing style. The level of wellbeing of studying women in comparison with the level of women not involved in studying is higher in the scope of sense of *life goal*, but lower in the field of *social coherence* and *positive affect*.

WSPÓŁCZESNY OBRAZ CZŁOWIEKA STARSZEGO WŚRÓD MŁODYCH DOROSŁYCH

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YOUNG ADULT'S CONTEMPORARY PICTURE OF AN OLD PERSON

Summary. The aim of this article is to present the results of the authors research which apply to a picture of an older person in a group of contemporary young adults. The sample of young adults consisted of 90 people (equal amount of men and women). The picture of an elder was settled on scores received in *Sentence-Completion Test* by P. Golde & N. Kogan. The results show that the picture of a senior (in the sample of young adults) is generally positive and more positive in women than in men. Also the positive vs negative character of the picture depends on a dimension which is included (eg. the elder as a person, their life-style, their economic level of life). Also the essence which consists a picture of an older person is specific for this particular age group. In majority it covers the traits underlined by literature like typical for seniors, but there are also some new elements. The picture of an older person in both essence and evaluative aspects also changes if it applies to a group of seniors or the people who we personally know.

LEWINIAN LESSONS FOR ACTION RESEARCHERS TRAVELING THE SECOND PATH

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“... Social research concerns itself with two... different... questions, namely the study of general laws of group life and the diagnosis of a specific situation”.

Kurt Lewin (1948)

Summary. I explain how the early American Lewinians (1939-1947) took one of two overlapping intellectual paths. Those, on the first path, were theory-centred, hypothesis-testing experimental social psychologists. Those, on the second path, used action research in fostering planned change to build healthy communities. I summarize the profound lessons for action research taught by the second group.

Adhering to Lewin's maxim, “No action without research, no research without action”, second path Lewinians designed interventions to alter concrete group structures, leadership patterns, and cultural norms with the aim of solving actual social problems. They understood planned change to be an integration research, training, and action; and they taught that the management of actual change would depend on: data-based diagnosis, social-skill training, and action plans with measurable outcomes in specific social situations.

I elaborate on: (1) the research methods they developed and used; (2) their belief in cooperative teamwork and democratic relations; (3) the bridges they build to link social psychologist, and educators, and community-action leaders; (4) the regional and local social systems they created to carry out action research; (5) the restraining forces they faced inside university academy and the communities in which they worked; the action research steps and cycles they designed; and (6) the complex three-step design they used for training local action researchers.

I finish by applying the Lewinian lessons from their Connecticut training in community relations of 60 years ago to contemporary Poland. I describe some suggestions for the *Kurt Lewin Center for Psychological Research* in Bydgoszcz about action research in Poland today.

PREDYKTORY DAŻENIA DO SZCZUPŁOŚCI W ANOREKSJI I BULIMII PSYCHICZNEJ¹

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PREDICTIVE FACTORS FOR DRIVE FOR THINNESS IN ANOREXIA AND BULIMIA NERVOSA

Summary. The goal of this study was to determine predictive factors for drive for thinness in a sample of eating disordered patients.

The population consisted of 91 females with anorexia nervosa and 78 females with bulimia nervosa. The questionnaire used were the Eating Disorders Inventory, the Self-Esteem Inventory and the Hospital and Depression Scale.

The regression analysis revealed that body dissatisfaction, bingeing, perfectionism, body mass index and duration of illness were predictive factors for the drive for thinness in anorexia. However, in the case of bulimia, interoceptive awareness, body dissatisfaction and body mass index constituted a risk profile for development of drive for thinness.

MIĘDZYPOKOLENIOWA TRANSMISJA POSTAW WOBEK SEKSUALNOŚCI

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INTERGENERATION TRANSMISSION OF THE ATTITUDES TOWARDS SEXUALITY

Summary. The article presents research results on the intergenerational transmission of the attitudes towards sexuality. In the frame of the research project following questions were asked: (1) what are the attitudes towards sexuality presented by adolescents and their parents, (2) is there a connection between adolescents' attitudes and the attitudes of their parents, (3) is this connection modified by child's sex, parents' education and economic situation of a family. Research results allow to draw a conclusion that in the sphere of sexuality the elder generation affect younger generation in relatively little way.