

**ARTYKUŁY**  
[Articles]

**POCZUCIE KONTROLOWALNOŚCI SYTUACJI STRESOWEJ  
A STRATEGIE RADZENIA SOBIE ZE STRESEM  
U ADOLESCENTÓW**

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THE SENSE OF CONTROLLABILITY OF STRESSFUL SITUATION AND COPING  
STRATEGIES AMONG ADOLESCENTS

**Summary.** The aim of this study was to analysis relationship between coping strategies with stressful situations and the sense of controllability of this situation. 451 adolescents were investigated (278 girls and 173 boys) with *Ways of Coping Questionnaire* by Uchnast (1995), *Sense of Controllability Scale* and *Survey* by E. Talić. Results show that adolescents with high level of the sense of controllability more frequently choose strategies as follows: confrontive coping, problem solving and accepting responsibility. There are no significant differences between adolescents with different level of the sense of controllability regarding strategies as follows: self-controlling, seeking social support, distancing and escape-avoidance. There are significant differences between boys and girls with different level of the sense of controllability regarding coping strategies.