

PhD thesis, entitled “Determinants of the quality of life of high school students. A psycho-pedagogical study” is an attempt to systematize psychological and pedagogical knowledge about the quality of life of youths.

The work has adopted the definition of quality of life understood as well-being, which is the result of a cognitive-emotional assessment of one's own life.

The main goal of the study was to examine the psychosocial determinants of the quality of life of high school students. Research and analysis was carried out in the years 2016-2018 on a group of 451 students from three general upper secondary schools: XXXVII High School Józef Dąbrowski in Warsaw, II High School Kazimierz Jagiellończyk in Elbląg and I High School Stanisław Wyspiański in Mława.

In order to collect the empirical material, the following psychological methods were used: Questionnaire for Quality of Life KPJŻ Straś-Romanowska, Personality Questionnaire NEO-FFI Costa and McCrae, Inventory of School Stress Sources IŻSSM Skowronski and Pabicha, Questionnaire for Difficulties CISS Endler and Parker in Difficult Situations Polish adaptation of Szczepaniak, Strelaua and Wrześniewski, Short Scale of Social Support Evaluation for Youth KSWSM-18 Skowronski and Pabich, Huber's Center of Religiosity C-15 in the Polish adaptation of Zarzycka, Scale of Sense of Coherence for SOC-13 Antonovski's Youth in the adaptation of Jelonkiewicz, Kosińska -Dec and Zwoliński, Questionnaire of the Life of MLB Stegera in the Polish adaptation of Kossakowska, Scale of Resilience SPP18 by Ogińska-Bulik and Juczyński, Questionnaire of Social Competences KKS Matczak, Scale of Feeling Stress PSS-10 Cohen, Kamarek, Mermelstein in the Polish adaptation of Juczyński and Ogińska-Bulik, and the Skowronski and Talik Environmental Inventory.

The following dissertation raises importance and current issues concerning the quality of life of high school students and is part of the trend of research in the field of psychology and pedagogy. In the changing, after the impact of the development of new technologies, especially the Internet, the "global village", the analysis of objective and subjective conditions that make up the high school students' quality of life becomes an important source of knowledge about youth, which in turn can give psychologists and pedagogues significant inspiration in understanding, shaping and educating the young generation.

The collected material was divided into the theoretical and empirical part. The theoretical part consists of two chapters. The first chapter attempts to systematize the terminology associated with a sense of quality of life. Various definitions and ways of capturing the quality of life, selected psychological and pedagogical models of quality of life as well as determinants of the quality of life were presented.

The last paragraph provides an overview of foreign and domestic research on the quality of life of young people. The second chapter contains the psychological characteristics of the adolescence

period, presents the contemporary cultural conditions of the youth generation and presents the most important educational environments of the youth.

The next three chapters are the empirical part of the work: the third chapter presents the methodology of own research. This part presents the purpose of the work, research problems and hypotheses. In addition, the characteristics of the persons studied and the research methods by which the variables were measured were presented.

The next, fourth chapter presents the determinants of the quality of life in the light of the results of own research. Correlation relationships of explanatory variables with a sense of quality of life are shown. The fifth chapter is an analysis of the results of own research and verification of hypotheses. The whole thesis is closed by the ending, a bibliography and an annex containing own tools.

Specific questions and hypotheses, which were formulated on the basis of psychological and pedagogical literature, included explanatory variables grouped into three categories: subjective conditions (personality traits, sense of life, personal resilience, styles of coping with stress, religiosity, sense of coherence, social competences) , social determinants (parental support, teacher support, peer support) and sociodemographic variables (gender, material situation, place of residence, access to culture).

The culmination of the whole is the discussion of the results, including the verification of the hypotheses presented earlier and the ending in which the pedagogical implications were included. Among the most important pedagogical implications, it is worth emphasizing the important role of educators in the process of searching for and determining the meaning and goals of youth's life, shaping the hierarchy of values leading to personal development, developing coping skills (especially coping strategies, enhancing personal resilience, sense of coherence), recognizing and developing networks support, youth involvement in school initiatives and student organizations, shaping and developing social competences among young people.

The proposed research program may become the basis for further research and theoretical discussions on the assessment of the quality of life and its psycho-social determinants of high school youth. In the future, it would be worthwhile to carry out an analysis of the quality of life among young people, taking into account the hierarchy of values that young people use. This area of knowledge is likely to develop more and more, as future generations will increasingly seek answers to how to live to achieve a high quality of life.