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*The role of pedagogical support provided by parents and coaches in the formation of salutogenetic resources and quality of life among children and adolescents*

The doctoral dissertation concerns the determination of the role of commitment and pedagogical support provided by parents and trainers in the process of developing salutogenetic resources and quality of life among children and adolescents. Research was carried out in the group of: children practicing or not practicing sports outside of physical education classes at school, children's parents, teachers and trainers. 144 relational triads were also analyzed: young player - coach - parent. The obtained results showed that children who regularly play sports have a higher sense of coherence, resilience, and experience a higher quality of life compared to children exercising only in physical education lessons at school. Moreover, the TZR relationship influences the development of salutogenetic resources and the perceived quality of life. The predictors of a positive relationship between the young athlete, coach and parent are: the child's appropriate attitude to sports (perception of valuable development opportunities), the relationship strategy of parents and coaches (focused on conflict management and openness), and training styles aimed at supporting the relationship and autonomy of the young athlete. The result of the work is the creation of a diagnostic program aimed at developing salutogenetic resources and improving the quality of life in the group of children and adolescents.