

## SUMMARY

The main subject of the thesis refers to the psychosocial determinants of satisfaction and coping with difficult situations among 15-18-year-old swimmers.

The thesis contains the results of qualitative and quantitative research assuming multiple measurement of the players' satisfaction level. The first part of the research lasted from mid of September 2019 year to mid of March 2020, and the second part took place in early July 2020 once all the players returned from social isolation caused by the COVID-19 pandemic. In the first part of the study participated 41 players and 4 coaches, while in the second part 13 players and 4 coaches. The lower number in the second part of the study in comparison of the first part was caused by the imposed restrictions, which did not allow many players to return to training. The tested players were divided into two groups: 1) with additional feedback, which was given on the day of satisfaction measurement, and 2) without additional feedback, but also with satisfaction measurement.

In the research the following tools were used: R. Schwarzer, M. Jerusalem (GSES) Generalized Self-Efficacy Scale - Polish adaptation by Z. Juczyński (1997), Pelletier, Vallerand and Sarrazin's Scale of Motivation in Sport (SMS-6) - Polish adaptation by J. Blecharz et al. (2015), Chelladurai and Saleh Sport Leadership Scale (LSS-3) – Polish adaptation by Z. Wałach – Biśta (2013), personal questionnaire, self-designed questionnaire on coping with difficult situations, self-designed questionnaire on satisfaction with swimming, self-designed questionnaire on the perception of the pandemic situation and coach-athlete communication. In addition, at the beginning of the study, two swimming skills tests of 400 m freestyle and 200 m medley were used.

The main aim of the research was to find out the relationship between the level of satisfaction with swimming and the ways of coping with the following variables: self-efficacy, motivation, coping strategies, sports level, and the level of meeting players' expectations towards the coach. Furthermore, in the thesis tried to compare the results obtained during the period of stabilization and the COVID-19 pandemic. Moreover, it was planned to determine the relationship between the feedback provided by the coach and the level of satisfaction of the players. In addition, an important element of the research was getting to know the opinions of players and coaches on the course of the communication process during a pandemic situation.

Based on the obtained results, it was observed that feedback can have an important influence on the level of satisfaction of swimmers. Autotelic motivation, the level of meeting players' expectations towards the coach, as well as the sense of effectiveness turned out to be

significantly related to the level of players' satisfaction swimming and problem-focused coping strategies. Moreover, in the research it was shown that the pandemic situation with the social isolation which was applied caused to this, had a negative impact on the well-being and training process of the players.

Key words: motivation, leadership, satisfaction, coping strategies, feedback, swimming, self-efficacy, pandemic.