

# DOCTORAL DISSERTATION

## ABSTRACT

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Doctoral thesis on the topic: "*Training System Model in Standard Style Sports Dancing at Master Level in Terms of the AHP Analytical Hierarchical Process Method*"

In the dissertation, two main research objectives are pursued:

1. Theoretical goal, aimed at expanding knowledge on the essence of dance, with particular emphasis on sports dance.
2. Applicative goal: using expert knowledge on sports dancing to develop a model of conditions for winning a medal at the world championships by a dance couple preparing for these championships in standard style sports dancing, using the Analytical Hierarchical Process (AHP) method.

To achieve the research objectives, the following were used:

- a) a typical phenomenological approach applied in aesthetics *sensu largo*, using a review of available literature (over 600 bibliographic items) and methods of analysis used in social sciences to solve the theoretical issues of dance and sports dance,
- b) the applicative objective was attempted to be achieved via the expert method developed by Thomas L. Saaty. This technique is considered the most modern in the world and is the most popular in operative research. It is used to solve decision-making problems. In the author's research, it was implemented to develop a model for making an optimal decision in selecting the most effective variant of preparing a dance couple in standard style sports dancing to participate in the world championships, with the aspiration to win a medal.

The work is of typical structure for scientific papers. It consists of four basic parts, supplemented with unnumbered chapters: *Introduction, References, Annex*.

In the introductory section (*Introduction*), the topic is presented as well as a schematic method of implementing the two main research objectives presented above.

In the introductory part to the research issues (*I. Introduction to the research issues*), the selection was justified, taking the personal experience of the author of the work into account (in the recent past, an international class S competitor in standard style sports dancing, an Instructor and judge of sports dancing, a member of the Polish, Lithuanian and international organisations bringing together dancers practicing competitive dance sports). The chapter ends

with research objectives (main and secondary), and regarding the empirical part: research questions and hypotheses.

In the methodological section (II. *Research material and methods*), the methods and research tools allowing to achieve the assumed theoretical goal are presented in detail (proving the thesis that sports dance creates art at the highest level of artistry, which is assessed in various forms of competition, starting from the 8<sup>th</sup> century BC, according to criteria similar to sports regulations), and above all, to develop and select the most effective model for preparing the world championships of dance couples in standard style sports dancing.

The empirical section (III. *Research results*) is divided into two subgroups, in which the effects of achieving the theoretical goal were presented in the following chapters and subchapters, as well as reports on the creation of the decision-making model: winning a medal at the world championships in standard style dancing. This is based on the analysis of the significance of the weights (priorities) regarding components, which consequently led to the selection of the most appropriate variant of preparation for the world championships.

The presented evidence from the analysis of documents and existing archaeological archetypes clearly confirmed the validity of the hypothesis that, contrary to the views of some sports dance theorists, presentation and evaluation at sports tournaments is not a condition for disqualifying beauty and, therefore, dance belongs to art. However, the condition is to achieve the heights of artistry in its creation.

From a statistical (global) point of view, the Russian model could be considered the optimal preparatory model for the standard-style world championships, but taking the structure of the model into account, it turned out that this was determined by the advantage only in terms of emphasizing technical preparation. In other components, the Italian variant of preparations is of greater effectiveness. The Lithuanian model, probably as an eclectic method of preparation, does not prove to be competitive with the classic training models: Russian and Italian.

In Chapter IV - *Summary and Discussion*, further evidence supporting the art of creating beauty in standard sports dancing and the usefulness of the AHP method in solving decision-making problems in training dance couples in sports dancing is noted.

Chapter ending:

a) *Verification of hypotheses*

b) *Conclusions* of theoretical nature, emphasizing the contribution of the results of the author's research, expanding knowledge on dance itself and standard style sports dance, as well as applicative (practical) conclusions - indicating the possibility of using knowledge (theory and

results of own research) in creating the art of dance at the highest level of artistry, which is verified and assessed according to the criteria used in sports competitions of sports dancing as an artistic sport.

The work includes a List of References given according to the Harvard referencing system.

The Annex contains: a list of Tables and Figures, tables not used in the work (in Roman numerals), questionnaires in Polish and English, and a description of the decision-making model in English.