

Physical activity of women in the discipline of football and its determinants in the opinions of players, coaches and fans. A socio-pedagogical study

Summary

What has been presented in the submitted doctoral dissertation is the physical activity of women in the discipline of football and the determinants of this activity.

In the theoretical construction of the undertaken discussion, the author refers to: the humanistic theory of motivation (Abraham Maslow's theory of needs), the theory of social categorization and the socio-ecological (holistic) model of health. Taking into account the complexity of women's activity in the discipline of football and its determinants, the author has made an attempt to familiarize with this issue from the perspective of the normative, interpretative, socio-ecological and feminist paradigm.

The dissertation has a structure typical of empirical studies. It consists of the introduction, three theoretical chapters, the chapter presenting the methodological assumptions of the author's own research, four empirical chapters, the conclusions, bibliography, as well as the list of tables, figures, charts, and the annex.

The research was conducted with the use of: the Health Behaviour Inventory and the List of Personal Values, the diagnostic survey method – the questionnaire technique, the sociometric method – the technique of kindness and dislike ranking and of the free interview.

One of the methods of random sampling (group sampling) was used in the study. The research comprised three groups: players from female football teams (Extra League, 1st, 2nd, 3rd, 4th, 5th League), coaches of the investigated teams and fans participating in women's matches. Therefore, the dissertation presents a comprehensive and coherent approach to the researched issues, taking into account the groups directly related to and interested in women's football.

The research area was chosen on purpose due both to the different level of games in the Lesser Poland Voivodeship and to their accessibility for the researcher.

Keywords: physical activity, women's football, “male” and “female” sports