



SELECTED PSYCHOLOGICAL FEATURES IN THE GROUP OF WOMEN VOLLEYBALL PLAYERS - FINALISTS OF THE POLISH JUNIOR CHAMPIONSHIPS

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Keywords: sport psychology; sense of control; emotional intelligence

Abstract. The aim of the research presented in this work was to analyze the sense of control in specific sports activities and the level of emotional intelligence among the group of the best volleyball players in their age category in Poland. The authors present the results of research conducted during the final tournament of the Polish Junior Championships (Cadets) in volleyball. During the study, three research tools were used: a questionnaire (own study), a questionnaire to diagnose a sense of control in sports applications - PKSPwS, Emotional Intelligence Questionnaire - INTE. In addition, it is stated that the team's sports result achieved during the tournament is associated with a certain level of sense of control of the players (referring to the training situation). Players from the winning teams have more internalized LOC. The research results can be used to develop guidelines useful in the process of planning psychoeducational and psychocorrective actions dedicated to sport adepts. The authors argue that it is reasonable to shape and strengthen emotional intelligence, as well as a sense of internal control of young people practicing sports.

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