

Bibliography:

- Antonovsky, A. (1979): *Health, Stress and Coping*. San Francisco: Jossey-Bass.
- Antonovsky, A. (1984): *The Sense of Coherence as a Determinant of Health*. In: Miller J.D., Matarazzo N. (ed.), *Behavioral Health, A Handbook of Health Enhancement and Disease Prevention*, Wiley: New York.
- Ashton, P.; Webb, R. (1986): *Making a Difference: Teachers' Sense of Efficacy and Student Achievement*. New York: Longman.
- Bandura, A. (1977): Self-Efficacy: Toward a Unifying Theory of Behavioral Change. *Psychological Review*, 1977, 84, 191–215.
- Bandura, A. (1997): *Self-Efficacy: The Exercise of Control*. New York: Freeman.
- Basom, Margaret R.; Frase, Larry (2004): Creating Optimal Work Environments: Exploring Teacher Flow Experiences. *Mentoring and Tutoring*. August 2004, Vol. 12, No. 2, p. 241–258.
- Baum, Angela; King, Margaret A. (2006): Creating a Climate of Self-Awareness in Early Childhood Teacher-Preparation Programs. *Early Childhood Education Journal*. Feb. 2006, Vol. 33 Issue 4, p. 217–222.
- Beck, A.T.; Shaw, A.J.; Emery, G. (1979): *Cognitive Therapy of Depression*. New York: Guilford.
- Best, J. (2006): Poetry Summons Us To Life: A Conversation with Adam Zagajewski. *Sarmatian Review*. Jan 2006. www.ruf.rice.edu/~sarmatia/106/261best.html.
- Boehnke, K.; Schwartz, S.; Stromberg, C. & Sagiv, L. (1998): The Structure and Dynamics of Worry: Theory, Measurement, and Cross-National Replications. *Journal of Personality*. Oct 1998, Vol. 66, No. 5.
- Boyd-Wilson, B.M.; McClure, J. & Walkey, F.H. (2004): Are Well-Being and Illusory Perceptions Linked? The Answer May Be Yes, But... *Australian Journal of Psychology*. May 2004, vol. 56 Issue 1, p. 1–9.
- Burnett, P.C. (1999): Children's Self-Talk and Academic Self-Concepts. *Educational Psychology in Practice*. October 1999, Vol. 15 Issue 3, p.195–200.
- Chorzempa, R. (1993): *Polish Roots*. Baltimore: Genealogical Publishing Company, Inc., 240pp.

- Christopher, J.Ch. (1999): Situating Psychological Well-Being: Exploring the Cultural Roots of its Theory and Research. *Journal of Counseling and Development*. Spring 1999, vol. 77 Issue 2, p. 141–153.
- Csikszentmihalyi, M. (1990): *Flow: The Psychology of Optimal Experience*. New York: Harper and Row.
- Csikszentmihalyi, M. (1997): *Find Flow: the Psychology of Engagement with Everyday Life*. New York: Basic Books.
- Davies, N. (2001): *Heart of Europe: The Past in Poland's Present*. Oxford: Oxford University Press, 483pp.
- Ferguson, N. (2006): *The War of the World: History's Age of Hatred*. London: Penguin, 816pp.
- Friedman, I.A. & Farber, B.A. (1992): Professional Self-Concept as a Predictor of Teacher Burnout. *Journal of Educational Research*. Sep-Oct 1992, Vol. 86, Issue 1, p. 28–36.
- Gana, K. (2001): Is Sense of Coherence a Mediator between Adversity and Psychological Well-Being in Adults? *Journal of the International Society for the Investigation of Stress*. Mar 2001, Vol. 17 Issue 2, p. 77–83.
- Hamman, D. & Hendricks, C. (2005): The Role of the Generations in Identity Formation. *Bret. Clearing House*. Nov-Dec 2005, Vol. 79 Issues 2, p. 72–75.
- Harris, P.R.; Lightsey, Jr. & Owen, R. (2005): Constructive Thinking as a Mediator of the Relationship between Extraversion, Neuroticism, and Subjective Well-Being. *European Journal of Personality*, Aug 2005, Vol. 19 Issue 19, p. 409–426.
- Henson, R.K. & Chambers, S. (2003): Personality Type as a Predictor of Teaching Efficacy and Classroom Control in Emergency Certification Teachers. *Education*. April 2003, Vol. 124, No. 2, p. 261–268.
- Hoffman, D. (2000): Pedagogies of Self in American and Japanese Early Childhood Education: A Critical Conceptual Analysis. *The Elementary School Journal*. 2000, Vol. 101, No. 2, p. 193–208.
- John-Borys, M. (2005): Sense of Coherence in Adolescents in the Context of Parents' Attitudes and Support. *The New Educational Review*. 2005, Vol. 5, No. 1 (5), p. 91–103.
- Juszczyk, S., ed. (2000): *Transforming Educational Reality in Poland at the Threshold of the 21st Century*. Katowice: Wydawnictwo Uniwersytetu Śląskiego, 268pp.
- Love, K.M.; & Murdock, T.B. (2004): Attachment to Parents and Psychological Well-Being: An Examination of Young Adult College Students in Intact Families and Stepfamilies. *Journal of Family Psychology*. Dec 2004, vol. 18 Issue 4, p. 600–608.
- LoVette, O.S. (1997): To Achieve School Reform Education Leaders Must Focus on Teacher Self-Concept. *Education*. Chula Vista, CA, Vol. 118, Winter, 1997, p. 303–306.

- Luo, L. (2004): Culture and Conceptions of Happiness: Individual-Oriented and Social-Oriented Subjective Well-Being. *Journal of Happiness Studies*. Sept. 2004, vol. 5, Issue 3, p. 269–291.
- Michener, J. (1983): *Poland*. New York: Random House, 616pp.
- Milosz, C. (2004): *Second Space*. New York: HarperCollins, 102pp.
- Ng, A.K.; Ho, D.Y.F.; Wong, S.S. & Smith, I. (2003): In Search of the Good Life: A Cultural Odyssey in the East and West. *Genetic, social and General Psychology Monographs 1*, Nov 2003, Vol. 129 Issue 4, p. 317–363.
- Norlander, T.; Von Schedvin, H. & Archer, T. (2005): Thriving as a Function of Affective Personality: Relationship to Personal Factors, Coping Strategies, and Stress. *Anxiety, Stress, and Coping*. June 2005, Vol. 18, Issue 2, p. 105–116.
- Oginska-Bulik, N. (2005): The Role of Personal and Social Resources in Preventing Adverse Health Outcomes in Employees of Uniformed Professions. *International Journal of Occupational Medicine and Environmental Health*. 2005, Vol. 18, Issue 3, p. 233–240.
- Oishi, S. & Sullivan, H.W. (2005): The Mediating Role of Parental Expectations in Culture and Well-Being. *Journal of Personality*. Oct 2005, Vol. 73 Issue 5, p. 1267–1294.
- Oishi, S.; Diener, E.; Suh, E. & Lucas, R.E. (1999): Value as a Moderator in Subjective Well-Being. *Journal of Personality*. Feb 1999, vol. 67, Issue 1, p. 157–184.
- Park, C.L. (2005): Religion as a Meaning-Making Framework in Coping with Life Stress. *Journal of Social Issues*, Dec 2005, Vol. 61, Issue 4, p. 707–729.
- Pienaar, J.M.; Beukes, R.B. & Esterhuysen, K.G. (2006): The Relationship between Conservatism and Psychological Well-Being in Adolescents. *South African Journal of Psychology*. June 2006, Vol. 36 Issue 2, p. 391–406.
- Plaut, V.C.; Markus, H.R. & Lachman, M.E. (2002): Place Matters: Consensual Features and Regional Variation in American Well-Being and Self. *Journal of Personality and Social Psychology*. Jul 2002, vol. 83 Issue 1, p. 160–184.
- Roothman, B.; Kirsten, D.K. & Wissing, M.P. (2003): Gender Differences in Aspects of Psychological Well-being. *South African Journal of Psychology*. Nov 2003, Vol. 33 Issue 4, p. 212–218.
- Rosenberg, M.; Schoenbach, C.; Schooler, C. & Rosenberg, F. (1995): Global Self-Esteem and Specific Self-Esteem. *American Sociological Review*. 1995, Vol. 60, p. 141–156.
- Ryff, C.D. (1989): Happiness is Everything, or Is It? Exploration of the Meaning of Psychological Well-Being. *Journal of Personality and Social Psychology*, 57, p. 1069–1081.
- Ryff, C.D. & Keyes, C.L.M. (1995): The Structure of Psychological Well-Being Revisited. *Journal of Personality and Social Psychology*, 69, p. 719–727.

- Sagy, S.; & Antonovsky, H. (1999): Factors Related to the Development of the Sense of Coherence (SOC) in Adolescents: a Retrospective Study. *Polish Psychological Bulletin*, 1999, 30(4), p. 255–262.
- Schuttenberg, E.; Patterson, L. & Sutton, R. (2001): Self-Perceptions of Productivity of Education Faculty: Past, Present, and Future. *Education*. 2001, Vol.107, No. 2, p. 161–172.
- Shechtman, Z.; Levy, M. & Leichtentritt, J. (2005): Impact of Life Skills Training on Teachers' Perceived Environment and Self-Efficacy. *The Journal of Educational Research*. Jan/Feb 2005, Vol. 98, No. 3, p. 144–154.
- Slomczynski, K.M. & Shabad, G. (1997): Continuity and Change in Political Socialization in Poland. *Comparative Education Review*. 1997, Vol. 41, Issue 1.
- Smith, K.E. & Croom, L. (2000): Multidimensional Self-Concepts of Children and Teacher Beliefs About Developmentally Appropriate Practices. *Journal of Educational Research*. May–June 2000, Vol. 93 Issue 5, p. 312–322.
- Steverink, N. & Lindenberg, S. (2006): Which Social Needs are Important for Subjective Well-being? What Happens to Them with Aging? *Psychology and Aging*. June 2006, Vol 21 Issue 2, p. 281–290.
- Taylor, Ch. (1989): *Sources of the Self: The Making of Modern Identity*. Cambridge, MA: Harvard University Press.
- Tonelson, P. (2001): The Importance of Teacher Self-Concept to Create a Healthy Psychological Environment for Learning. *Education*. 2001, Vol. 102, No. 1, p. 96–100.
- Uskul, A. & Greenglass, E. (2005): Psychological Well-Being in a Turkish- Canadian Sample. *Anxiety, Stress, and Coping*. Sept. 2005, vol. 18, No. 3, p. 269–278.
- Uszynska-Jarmoc, J. (2004): The Conception of Self in Children's Narratives. *Early Childhood Development and Care*. Jan 2004, Vol. 174, Issue 1, p. 81–97.
- Van Horn, J.E.; Taris, T.W.; Schaufeli, W. & Schreurs, P.J. (2004): The Structure of Occupational Well-Being: A Study of Dutch Teachers. *Journal of Organizational Psychology*. 2004, Vol. 77, p. 365–375.
- Von Eye, A. & Lerner, R. (2003): Spirituality, Religiosity, and Thriving Among Adolescents: Identification and Confirmation of Factor Structures. *Applied Developmental Science*. 2003, Vol. 7, No. 4, p. 253–260.
- Wasko, A. (2006): Sarmatism or the Enlightenment: the Dilemma of Polish Culture. *Sarmatian Review*. Vol. XVII, Issue 2. www.ruf.rice.edu/~sarmatia/497/wasko.html.
- Woodside, B.M.; Wong, E.H. & Wiest, D.J. (1999): The Effect of Student-Faculty Interaction on College Students' Academic Achievement and Self-Concept. *Education*. Chula Vista, CA, Vol. 119, No. 4, Summer 1999, p. 730–733.
- Zamoyski, A. (2006): *The Polish Way: A Thousand-Year History of the Poles and Their Culture*. New York: Hippocrene Books, 422pp.