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## Health Locus of Control of Undergraduates of Józef Piłsudski University of Physical Education in Warsaw\*

### **Abstract**

**Background:** The aim of the research was to determine the health locus of control (HLC) of undergraduates of Jozef Pilsudski University of Physical Education in Warsaw.

**Material and Methods:** The subjects were 241 undergraduates (111 female and 130 male). **Polish version of Multidimensional Health Locus of Control Scale** (MHLC; Wallston & DeVellis) was applied.

**Results:** Results show that Polish undergraduates presented a moderate level of belief personal control over their health. Investigated group is quite homogeneous with regard to HLC.

**Conclusions:** Comparisons with earlier research data show that greater differences in HLC appear for undergraduates of the same faculties but from different universities than for students from various faculties within one university.

**Key words:** *health locus of control, undergraduates, physical education*

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\* The study was supported by the Ministry of Science and Higher Education, Grant No. AWF I. 56 "Spirituality, health locus of control and hope as health determinants of J. Pilsudski University of Physical Education in Warsaw students".