

zmiennych. Stosunkowo mało prac wykorzystuje bardziej zaawansowane formy opracowań statystycznych (np. analizę ścieżkową, analizę regresji wielokrotnej), które pozwoliłyby szukać zależności przyczynowo-skutkowych lub tworzyć modele takich związków.

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**On correlates and regulatory functions of the sense of coherence
(an overview of the literature)**

Summary

The paper presents an overview of the literature on the sense of coherence and its relationship to human behavior.

The sense of coherence was used to analyze the family functioning and occupational functioning, as well as in studies on the process of coping with difficult situations, and the process of adaptation to illness.

According to some authors, the sense of coherence (SOC) as a general life orientation may have an „indirect effect” on the individual’s health. Sense of coherence allows to use more effective (under the circumstances) coping strategies, to choose health-promoting behaviors, and to maintain such interpersonal interactions that may be a source of support to the individual. SOC should be considered then as a general resource and possibly, its correlates, collaborating with SOC to start and aid the process of recovery, should be sought.

In the overviewed papers relatively little attention has been devoted to the origins and stability of SOC and to the differential regulative power of the SOC components (subscales).

The problem of gender-specific psychological meaning of SOC seems to be most interesting.

Key words: sense of coherence \ family \ stress

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