Abstract

Background: The aim of the research was to determine the health locus of control (HLC) of undergraduates of Józef Piłsudski 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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