



Monika Guskowska

Adres e-mail: monika.guskowska@awf.edu.pl

DOŚWIADCZENIE ZAWODOWE

2015 – OBECNIE

NAUCZYCIEL AKADEMICKI, PROFESOR AKADEMIA WYCHOWANIA FIZYCZNEGO JÓZEFA PIŁSUDSKIEGO W WARSZAWIE, WYDZIAŁ REHABILITACJI

2012 – 2015

NAUCZYCIEL AKADEMICKI, PROFESOR AWF AKADEMIA WYCHOWANIA FIZYCZNEGO JÓZEFA PIŁSUDSKIEGO W WARSZAWIE, WYDZIAŁ TURYSTYKI I REKREACJI

2006 – 2012

NAUCZYCIEL AKADEMICKI, PROFESOR AWF AKADEMIA WYCHOWANIA FIZYCZNEGO JÓZEFA PIŁSUDSKIEGO W WARSZAWIE, WYDZIAŁ WYCHOWANIA FIZYCZNEGO

1995 – 2006

NAUCZYCIEL AKADEMICKI, ADIUNKT AKADEMIA WYCHOWANIA FIZYCZNEGO JÓZEFA PIŁSUDSKIEGO W WARSZAWIE, WYDZIAŁ WYCHOWANIA FIZYCZNEGO

1986 – 1995

NAUCZYCIEL AKADEMICKI, ASYSTENT AKADEMIA WYCHOWANIA FIZYCZNEGO JÓZEFA PIŁSUDSKIEGO W WARSZAWIE, WYDZIAŁ WYCHOWANIA FIZYCZNEGO

WYKSZTAŁCENIE I ODBYTE SZKOLENIA

2015

PROFESOR NAUK O KULTURZE FIZYCZNEJ

2005

DOKTOR HABILITOWANY NAUK O KULTURZE FIZYCZNEJ Akademia Wychowania Fizycznego Józefa Piłsudskiego, Wydział Wychowania Fizycznego

1995

DOKTOR NAUK O KULTURZE FIZYCZNEJ Akademia Wychowania Fizycznego Józefa Piłsudskiego, Wydział Wychowania Fizycznego

1985

MAGISTER PSYCHOLOGII, SPECJALIZACJA PSYCHOLOGIA KLINICZNA Uniwersytet Warszawski, Wydział Psychologii

1990

PSYCHOLOG SPORTU Podyplomowe Studia Psychologii Sportu, AWF Warszawa

PUBLIKACJE

1. Guskowska M., Bołdak A. (2010), Sensation seeking in males involved in recreational high risk sports. *Biology of Sport*, 27, 157-162.

2. Pisarek A., Guskowska M., Zagórska A., Lenartowicz M., (2011), Characteristics of athletes' approach to the question of physical health and health behaviors: Do athletes lead healthy lifestyles? *Journal of Applied Sport Psychology*, 23, 459-473.

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3. Guskowska M. (2012), Uzależnienie od ćwiczeń fizycznych – objawy i mechanizmy. *Psychiatria Polska*, 46, 845-856.
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4. Guskowska M., Kuk A. (2012), Health locus of control of undergraduates of Józef Piłsudski University of Physical Education in Warsaw. *The New Educational Review*, 29, 290-301.
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5. Guskowska M., Langwald M., Dudziak D., Zaremba A. (2013), Influence of a single physical exercise class on mood states of pregnant women. *Journal of Psychosomatic Obstetrics and Gynecology*; 34: 98-104. DOI: 10.3109/0167482X.2013.767794.
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6. Guskowska M., Langwald M., Sempolska K. (2013), Influence of a relaxation session and an exercise class on emotional states in pregnant women, *Journal of Reproductive and Infant Psychology*; 31: 121-133. DOI: 10.1080/02646838.2013.784897.
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7. Boldak A., Guskowska M. (2013), Are skydivers a homogenous group? Analysis of features of temperament, sensation seeking, and risk taking. *The International Journal of Aviation Psychology*; 23: 1-15. DOI: 10.1080/10508414.2013.799342.
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8. Guskowska M. (2013), The effect of exercise and childbirth classes on fear of childbirth and locus of labor pain control. *Anxiety, Stress & Coping: An International Journal*, 27: 176-189. DOI: 10.1080/10615806.2013.830107
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9. Zagórska A., Guskowska M. (2013), A program to support self-efficacy among athletes. *Scandinavian Journal of Medicine & Science in Sports*, DOI: 10.1111/sms.12125
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10. Guskowska M., Langwald M., Zaremba A., Dudziak D. (2014), The correlates of mental health of well-educated Polish women in the first pregnancy. *Journal of Mental Health*, 23, 328-332. DOI: 10.3109/09638237.2014.971144
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11. Guskowska M., Langwald M., Sempolska K. (2015), Does physical exercise help maintain mental health during pregnancy? A comparison of changes in mental health in participants of physical exercise classes and childbirth classes. *Journal of Physical Activity & Health*, DOI: <http://dx.doi.org/10.1123/jpah.2012-0393>
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12. Kuk A., Guskowska M. (2018). Changes and predictors of the sense of meaning in life in Polish university students participating in psychological workshops Communication-Forgiveness-Love. *Journal of Religion and Health*, doi: 10.1007/s10943-018-0631-1
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13. Kuk A., Guskowska M., Gala-Kwiatkowska A. (2019), Changes in emotional intelligence of university students participating in psychological workshops and their predictors. *Current Psychology*, doi: <http://dx.doi.org/10.1007/s12144-018-0115-1>
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14. Leś A., Guskowska M., Piotrowska J., Rutkowska I. (2019). Changes in perceived quality of life and subjective age in older women participating in Nordic Walking classes and memory training. *The Journal of Sports Medicine and Physical Fitness*, 59, 1783-1790.
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15. Guskowska M. (2013), *Aktywność fizyczna i psychika – korzyści i zagrożenia*. Toruń, Wyd. Adam Marszałek, ss. 340.
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16. Guskowska M., Gazdowska Z., Koperska N. (red.) (2019). *Narzędzia pomiaru w psychologii sportu*. Warszawa: Wyd. AWF.
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17. Barczak A., Guskowska M., Adamczyk J.G., Sołtyszewski I. , Safranow K., Boguszewski D., Sozański H., Peplowska B., Żekanowski C. (2019). Aggression in the Polish elite combat sports athletes. *Studies in Sport Humanities*, 26, 7-15.
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18. Leś A., Guskowska M., Piotrowska J., Rutkowska I. (2019). Changes in perceived quality of life and subjective age in older women participating in Nordic Walking classes and memory training. *Journal of Sports Medicine and Physical Fitness*, 59, 1783-1790
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19. Kuk A., Guskowska M. (2019). Changes and predictors of the sense of meaning in life in Polish university students participating in psychological workshops Communication- Forgiveness- Love. *Journal of Religion and Health*, 1095-1106.
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20. Leś A., Guskowska M., Kozdroń E., Piotrowska J., Niedzielska E., Krynicki B. (2019). Changes in the quality of life of female participants from the University of the Third Age and their predictors. *Advances in Rehabilitation*, 33, 19-25.
-
21. Guskowska M., Szczypińska M., Samełko A. (2020). The mood of elite Polish athletes and P.E. students during the first wave of the COVID-19 pandemic. *Studies in Sport Humanities*, 28, 19-24.
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22. Samełko A., Szczypińska M., Guskowska M. (2020). Styles of coping with stress presented by female and male students of Physical Education during the pandemic. *International Journal of Physical Education, Fitness and Sports*, 9, 85-90.
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23. Piotrowska J., Guskowska M., Leś A., Rutkowska I. (2020). Changes in the static balance of older women participating in regular nordic walking sessions and nordic walking combined with cognitive training. *International Journal of Environmental Research and Public Health*, 17, 1-13.
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24. Samełko A., Guskowska M., Kuk A. (2020). Subjective rank of the competition as a factor differentiating between the affective states of swimmers and their sport performance. *Frontiers in Psychology*, 11, 1-6.
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25. Leś A., Guskowska M., Kozdroń E., Piotrowska J., Bobowik P. (2021). Predictors of quality of life in elderly women with diverse life activity. *RASP-Research on Ageing and Social Policy*, 9, 184-204.
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26. Szczypińska M., Samełko A., Guskowska M. (2020). What predicts the mood of athletes involved in preparations for Tokyo 2020/2021 Olympic Games during the Covid-19 pandemic? The role of sense of coherence, hope for success and coping strategies. *Journal of Sports Science and Medicine*, 20, 421-430.
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27. Szczypińska M., Samełko A., Guskowska M. (2021). Strategies for coping with stress in athletes during the COVID-19 pandemic and their predictors. *Frontiers in Psychology*
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28. Truszczyńska-Baszak A., Guskowska M., Dadura E., Tarnowski A. (2012). Prognostic factors of post-traumatic stress disorder risk in patients with surgical treatment of hip acetabular fracture. *Current Psychology*, 42, 1034-1043.
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29. Kuk A., Guskowska M., Gala-Kwiatkowska A. (2021). Changes in emotional intelligence of university students participating in psychological workshops and their predictors. *Current Psychology*, 40, 1864-1871.
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30. Guskowska M., Wójcik K. (2021). Effect of mental toughness on sporting performance: review of studies. *Baltic Journal of Health and Physical Activity*, Suppl. 1, 1-12.
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31. Guskowska M., Dąbrowska-Zimakowska A. (2022). Occupational balance, changes in occupations and psychological well-being of university students during the COVID-19 pandemic. *Scandinavian Journal of Occupational Therapy*, 8, 1-12.
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32. Guskowska M., Dąbrowska-Zimakowska A. (2022). Coping with Stress During the Second Wave of the COVID-19 Pandemic by Polish University Students: Strategies, Structure, and Relation to Psychological Well-Being. *Psychology Research and Behavior Management*, 15, 339-335.
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33. Samełko A., Szczypińska M., Guskowska M. (2022). What enables elite athletes to maintain vigour during a pandemic? The importance of personal resources in coping with stress. *Kwartalnik Naukowy Fides et Ratio*, 3, 151-158.
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34. Guskowska M., Dąbrowska-Zimakowska A., Tarnowski A. (2022). Polish University students mood changes during the second wave of the COVID-19 pandemic; relationships with gender, academic variables and coping. *Advances in Mental Health: Promotion, Prevention and Early Intervention*, 21, 1-15.

35. Guskowska M., Piotrowska J., Leś A., Rutkowska I. (2022). Nordic walking combined with simple cognitive exercises improves older women ability to select visual stimuli proportionally to the increase in physical fitness. *Acta Kinesiologica*, 16, 93-98.

36. Guskowska M., Bodasińska A. (2023). Fear of COVID-19 and future anxiety among Polish university students during a pandemic. *Health Psychology Report*, 11, 252-262.

37. Niedzielska E., Guskowska M., Mikicin M. (2023). Cognitive task performance in sitting and standing: A pilot study. *Biomedical Human Kinetics*, 15, 249-25.

38. Okrasa J., Guskowska M. (2024). Knowledge about disease and health behaviours in elderly stroke survivors as a context of occupational therapy implementations. *Physical Culture and Sport. Studies and Research*, 106, 17-30.

● **KONFERENCJE I SEMINARIA**

1. 13th FEPSAC European Congress on Sport Psychology "Sport and exercise psychology: Human performance, well-being and health", Madeira, Portugal, 12-17.07.2011.

2. XXI International Scientific Congress Olympic Sport and Sport for All, Warszawa, 14-17.09.2017.

3. International Society of Sport Psychology (ISSP) 15th World Congress, Taipei, TWN, 30.09-04.10.2021

4. 1 ST INTERNATIONAL SCIENTIFIC CONFERENCE OCCUPATIONAL THERAPY EVIDENCE-BASED PRACTICE, 27.10.2023

● **PROJEKTY**

2010-2012 Aktywność ruchowa kobiet ciężarnych a stan ich zdrowia psychicznego i fizycznego oraz przebieg ciąży i porodu. Projekt własny - NN 404 017838, kierownik

2010-2014 Systematyczne ćwiczenia fizyczne jako czynnik kształtowania u kobiet poczucia własnej skuteczności oraz pozytywnych postaw wobec aktywności fizycznej. Projekt promotorski - NN 404 047239, kierownik, wykonawca – Sylwia Sionek.
