

MSc Patrycja Guja

Abstract of the doctoral dissertation titled „**PROFESSIONAL ACTIVATION OF SINGLE PARENTS RAISING CHILDREN FROM THE AREA OF THE SILESIAN VOIVODSHIP**” written under the scientific supervision of the Promoter dr hab. Andrzej Rączaszka, EU professor

Justification for the choice of topic.

The year 1989 marked the beginning of a period of great political changes in Poland.

On 4 June 1989 the first semi-free elections to the Sejm were held and the Senate, which were attended by 62 percent of those entitled to vote. These were the first such elections in the history of Poland after the Second World War. Since then, a period of change, both economic and social, has begun, aimed at shaping the structures of a democratic state. On 1 January 1990, the Government Economic Stabilization Programme came into force, aimed at stabilizing the economic situation and change the economic system in Poland. Priority was given to controlling inflation, which stood at 640% for the whole of 1989. A rigorous implementation of monetary policy and a series of measures aimed at the complete marketisation of the economy were initiated. As a result, the Polish economy has stabilised and opened up to the world. The banking system and monetary policy were reformed. A capital market and a labour market have been created in Poland. In July 1990, a privatisation law was passed by the Sejm. In the following years personal income tax (July 1991) and VAT (1992) were introduced. In 2004 Poland became a member of the European Union. Accession was preceded by a multi-year preparatory phase.

By 1 May 2004, Poland had to implement the EU standards contained in Community law in a timely manner. Accession entails a number of changes, also reflected in the demographic situation of Poland and the silesian voivodeship. High dynamics of changes have been observed since the beginning of the system transformation process family life, in particular fertility.

This paper presents the title issue, in relation to the transformation period, and on the basis of population statistics for the silesian voivodship since 1999.

Under the Act of 18 July 1998 on the new administrative division of Poland, on 1 January 1999, the silesian voivodship was created, which included: Katowickie voivodship, częstochowskie voivodship and bielskie voivodship. The area of silesian voivodship is 12 333 km<sup>2</sup>, while the total population of silesian voivodship as of 30 June 2021 was 4472. 7 thousand.

In 2000, the silesian voivodeship consisted of three subregions: North Silesian, South Silesian and Central Silesian. Since 2002, the silesian voivodeship has been divided into four subregions: Bielsko-Bialski, Central Silesian, Częstochowa and Rybnicko-Jastrzębski, which differed significantly in demographic terms.

In 2008, as part of the revision of NUTS 2006, silesian voivodship was divided into 8 subregions:

- Bielsko subregion,
- Bytom subregion,

- Częstochowa subregion,
- Gliwice subregion,
- Katowice subregion,
- Rybnik subregion,
- Sosnowiec subregion,
- Tysk subregion.

The division into subregions is determined by the legislation of the European Union – Nomenclature of Territorial Units for Statistics (NUTS). Eurostat established the NUTS classification as early as the 1970s, a uniform system for the division of the territory of the European Union for the production of regional Community statistics. Initially, the NUTS classification was implemented and updated as part of "gentlemen's agreements" between the Member States and Eurostat. Legal status of the NUTS classification was adopted in May 2003 by Commission Regulation (EC) No 1059/2003, which entered into force in July 2003.

The NUTS level is determined on the basis of demographic thresholds. The following levels were distinguished: NUTS 1 from 3 to 7 million, NUTS 2 from 800 000 to 3 million and NUTS 3 from 150 000 to 800 million.

Where, for a given NUTS level, there are no administrative units of adequate size in a Member State, it shall be formed from a combination of smaller, contiguous administrative units to form: thus 'non-administrative' units .

The NUTS classification was introduced in Poland on 26 November 2005, with the entry into force of Regulation (EC) No 1888/2005 of the European Parliament and of the Council

COMMISSION DECISION of 26 October 2005 amending Regulation (EC) No 1059/2003 on the establishment of a common classification of territorial units for statistics, by reason of the accession of the Czech Republic, Estonia, Cyprus, Latvia, Lithuania, Hungary, Malta, Poland and Slovenia and Slovakia to the European Union (OJ EU L 309, 25. 11. 2005), however, by virtue of the agreement between the CSO and Eurostat, this classification has been applied since the accession of Poland to the European Union on 1 May 2004.

At that time, six regions (non-administrative units at NUTS level 1), 16 voivodships (administrative units at NUTS level 2) and 45 subregions (non-administrative units at NUTS level 3) were identified.

The next three revisions of NUTS brought Poland two changes within the NUTS 3 subregions, namely:

- as part of the revision of NUTS 2006, which has been in force since 1 January 2008, pursuant to Commission Regulation (EC) No 105/2007 of 1 February 2007 amending the Annexes to Regulation (EC) No 1059/2003 of the European Parliament and of the Council

on the establishment of a common classification of Territorial Units for Statistics (NUTS) (OJ EU L 39 of 10. 02. 2007), the number of subregions was increased from 45 to 66, introduced in 14 voivodships,

- as part of the revision of NUTS 2013, which is valid for 1 January 2015, introduced by Commission Regulation (EU) No 1319/2013 of 9 December 2013 amending the Annexes to Regulation (EC) No 1059/2003 of the European Parliament and of the Council on the establishment of a common classification of territorial units for statistics (NUTS) (OJ EU L

342, 18. 12. 2013), the number of subregions was increased to 72, in four voivodships: mazowieckim, pomorskie and kujaw In two voivodships – opolskie and zachodniopomorskie – the boundaries of subregions have changed. The division of Poland into NUTS 1 units did not change at that time and NUTS 2.

- under NUTS 2016, applicable from 1 January 2018, pursuant to Commission Regulation (EU) 2016/2066 of d. 21 November 2016 amending the Annexes

Regulation (EC) No 1059/2003 of the European Parliament and of the Council on the establishment of a common classification of territorial units for statistics (NUTS) (OJ EU L 322, 29. 11. 2016), has been amended in Poland at all NUTS levels, to which one new unit has been introduced.

Since 1 January 2018, there are 97 NUTS units in Poland:

- NUTS 1 – macro-regions (grouping voivodships) – 7 units
- NUTS 2 regions (voivodships or parts thereof) – 17 units
- NUTS 3 – subregions (grouping powiats) – 73 units

The revision of NUTS 2021 did not bring any changes in the breakdown into NUTS units in Poland.

In terms of population, silesian voivodship ranks secundo in Poland, after mazovian, while in terms of population density the silesian voivodeship is the first in the country.

In the area of the silesian voivodship there is a significant variation in the number of people per square kilometre. The Katowice subregion has the highest population density, with 1 905 people per 1 km<sup>2</sup>, while Częstochowa subregion has the lowest population density of 166 people per 1 km<sup>2</sup>.

Since 2000, there has been a downward trend in the number of inhabitants of the silesian voivodeship. The number of inhabitants in cities is decreasing while the number of inhabitants in rural areas is increasing, as a result of the increasing trend of population movements from urban to rural areas since 2000.

In the silesian voivodship there has been a decrease in natural growth, which is the result of a decrease in the number of births and deaths, with the predominance of the trend of mortality.

However, recent events related to the ongoing war in Ukraine, and the accompanying influx of Ukrainian refugees to Poland, significantly affected the population of our country, also at the regional level.

According to the latest analyses carried out by the Union of Polish Metropolises, as of April 1, 2022, “Ukrainian refugees and migrants make up as much as 25% of the 387,015 inhabitants of Katowice”.

In view of the foregoing, the following objectives of the hearing were adopted, such as:

The main goal of the doctoral thesis is to identify carried out activation programs and verify the effectiveness of professional activation methods without coaching elements and those that included coaching. This objective shall be achieved through the achievement of the following sub-objectives:

1. Approximation of the specifics of the life and professional situation of single parents
2. Identification of the needs of single parents
3. Verification of possibilities of development and effectiveness of professional activation methods containing elements of coaching compared to other activation methods offered for single parents.

The theoretical and empirical interpretation of the dissertation topic is aimed at verifying the following hypotheses:

H1: Coaching has a significant impact on individual areas of life by introducing new solutions and strengthening the potential of people undergoing the process

H2: Vocational activation methods using coaching give beneficiaries greater effectiveness in gaining and maintaining employment.

These research objectives and hypotheses allow to present the main thesis of the work. This thesis is as follows:

Coaching activities dedicated to single parents have an impact on all spheres of their lives, including professional life and further determine the growing, successful impact on the children under their care.

In order to achieve the assumed research goals and verify the above hypotheses, it was necessary to conduct studies that allowed a multidimensional view of the research problem. In the first stage, extensive literature research on the subject was carried out. Exploring the essence of demographic change, also in spatial terms in Poland and the Silesian Voivodeship, including forecasts. We analyzed the impact of systemic changes on the lives of families, as well as their problems and threats. Considerations were deepened on the aspect of lone parenthood, including forms of social support for parents raising children alone, which allowed to extend the scheme of further research into the following areas:

Study of methods of professional activation offered by social institutions of the Silesian Voivodeship, taking into account innovative forms of support and obtained results.

The above considerations are complemented by an analysis of the possibilities of using coaching methods in the process of professional activation.

The dissertation consists of five chapters. The first three chapters provide an overview of the academic literature in areas related to the topic of the entire dissertation. Considerations included in the fourth chapter are supplemented by analyses based both on data from official statistics and obtained from entities directly involved in the implementation of the process of professional activation of the Silesian Voivodeship. The last chapter presents both the possibilities of use and the results of research in the field of coaching.

The first chapter deals with demographic changes in the Silesian Voivodeship since 1999. It covers both the state of the population during the period of political transformation and its structure according to demographic characteristics. Subsequently, an analysis of the natural movement of the population of the Silesian Voivodeship after 1999 and the reasons for and the effects of migration, both internal and external. The analyses are complemented by demographic forecasts for the population living in the Silesian Voivodeship.

The second chapter describes the problems and threats of the modern family on the example of the Silesian Voivodeship. The situation of Polish families during the period of political

transformation and the impact of political changes on their lives were described. Threats were also analysed and problems of modern families in the Silesian Voivodeship.

The third chapter includes an analysis of the phenomenon of single parenthood in the Silesian Voivodeship. Statistical analyses showing the intensity of the phenomenon, problems of people raising children on their own were included here. The chapter ends with a presentation of support measures offered to single parents by social institutions.

The fourth chapter is an in-depth analysis of institutional and non-institutional forms of support for single parents in the Silesian Voivodeship. Social and financial assistance, as well as the offered ways of professional activation, are analysed. The analysis of the fourth chapter concludes with an introduction to innovative methods of supporting single parents in the process of professional activation.

The fifth chapter deals with the essence and possibilities of using coaching. It contains a definition of the process, types and tools used. The role of the coach and the necessary competencies he should demonstrate, as well as regulatory institutions and supervising coaching processes around the world. Development opportunities resulting from the coaching process were also presented, supported by conducted research and areas of application of the method. Possibilities of using the method were presented in the processes of professional activation, the effects of the use of coaching. The analysis of the fifth chapter is complemented by a comparison of the effectiveness of existing methods of professional activation with methods using coaching.

The analyses made it possible to verify the research hypotheses, which was included at the end of the dissertation. The dissertation also contains numerous appendices containing auxiliary tables of the questionnaires and interviews used for the studies carried out.