The purpose of this article in its first part was to demonstrate methodologically different paradigms in approach to defining attitude. Three perspectives were characterised here - the ecological, the behavioural and the cognitive perspective. In consequence, a conclusion was drawn that it was impossible to elaborate one, structural definition of attitude. In the second part of the article functions of attitude were discussed. Particular stress was laid on the way attitudes influence perception, assessment, memorising information as well as the choice of certain behaviour with selectivity. This lead to a proposition of an operational definition of attitude which could be accepted by several theoretical approaches. It was also the aim of the second part of the article. Attitude can be described in its functional aspect as a certain type content which has adaptive meaning for the subject, as it focusses our cognitive structures on information relevant to us. It thus influences our selective perception of the world in order to shape our preference for certain types of behaviour.