

Summary

Currently, it is increasingly common to perform multiple social roles simultaneously, which can involve both positive and negative consequences for the individual. It is shown that the key areas of activity that constitute an individual's biography are family and work. Therefore, the issues in this study focus on the functioning of people pursuing the model of two-career marriage.

Due to the development of 24-hour societies, there is a need to carry out work duties at the time traditionally reserved for leisure and social and family activities. As a result, performing work at non-standard hours, including shift work, may be responsible for the desynchronization of biological and social time. Therefore, the occurrence of potential consequences of work time organization on marital, occupational and life satisfaction was reviewed.

The aim of the research project was to verify the relationships between work time organization, chronotype and the sleep-related sphere, as well as the relationships between work time organization and relationship, work and life satisfaction. In addition, the intrapersonal and interpersonal effects of work time organization on spouses' relationship, work and life satisfaction were analyzed. Additionally, similarities and differences between diads in terms of work time organization they had and their satisfaction with it underwent analysis.

To verify the hypotheses, a survey was conducted among 332 individuals, forming 166 two-career marriages. The subjects were recruited using the chain referral method, while the inclusion criterion was to remain in a marriage in which both spouses were engaged in professional work. A number of research tools were used in the study: *Circadian Activity Rhythm Questionnaire*, *Psychological Gender Assessment Inventory*, *Diad Adjustment Scale*, *Spousal Intimacy Scale*, *Sexual Satisfaction Questionnaire*, *The Support in Marriage and Close Relationships Questionnaire*, *Job Satisfaction Scale*, *Organizational Attachment Scale*, *Well-Being Assessment Questionnaire*, *Life Satisfaction Scale*, *Bonding Scale*, *Gratitude Questionnaire*, and *Mood Measurement Scales*.

The results showed that work time organization affected satisfaction with sleep duration and the amount of time spent on sleeping. It was also shown that work time organization did not differentiate satisfaction with marriage, work and life among the subjects except for satisfaction with work time organization and some dimensions of support from the spouse. Nonetheless, the associations of work time organization with individual variables in terms of

relationship, work and life satisfaction were proven to be mediated by satisfaction with sleep duration, biological sex, psychological femininity and masculinity.

In addition, the analysis of the intrapersonal and interpersonal effects of work time organization showed that husbands' work time organization was more important to their satisfaction with the relationship, work and life. In the case of wives, it was observed that their husbands' work time organization had a greater effect on their satisfaction with the above areas than their own work time schedule. Furthermore, the associations of work time organization with some variables were mediated by satisfaction with work time organization. Differences were also observed between subgroups of married couples distinguished based on work time organization they had and the satisfaction they obtained with work time organization in terms of the variables studied.

Based on the results, the potential areas of application have been discussed and recommendations have been made that could contribute to achieving a balance between work and non-work life, and an increase in marital, occupational and life satisfaction. Reflections have also been made on the study limitations. Additionally, possible directions for future research addressing the issue of multiple roles have been considered.

Keywords: two-career marriage, work time organization, marital satisfaction, occupational satisfaction, life satisfaction