

AUTHOR AND TITLE

- The name and surname of the author of the text should be placed in the upper left corner and identified by footnote comprising a note about the author
- A note about the author should comprise the following information: name and surname – title/academic degree and faculty together with an indication of the scientific discipline and specialization in which it was acquired, affiliation (only the name of university/institution); scientific interests: short list of research/scientific areas; ORCID; office mail address;
- Affiliation should be placed under the surname (only the name of the university/institution)
- In the next line, put the ORCID number in the format: <https://orcid.org/0000-0000-0000-0000>
- In the next business mailing address
- The title should be written in Times New Roman, 12 pt, in capital letters and centered

Examples:

Eva Johnson *
University of Zielona Góra
ORCID: <https://orcid.org/0000-0000-0000-0000>
Ewa.Johnson@wns.uz.zgora.pl

FEMININITY AND MASCULINITY OF POLES: THE SOCIO-CULTURAL DIMENSION OF GENDER AS AN ANALYTIC CATEGORY

* Eva Johnson – professor of humanities; scientific interests: alternative forms of married family life – singles, metamorphoses of intimacy and morality, cultural patterns of femininity and masculinity, methodology of social research.

* Eva Johnson – postdoctoral degree in sociology, associate professor; scientific interests: alternative forms of married family life – singles, metamorphoses of intimacy and morality, cultural patterns of femininity and masculinity, methodology of social research

* Eva Johnson – Ph.D. in sociology; scientific interests: alternative forms of married family life – singles, metamorphoses of intimacy and morality, cultural patterns of femininity and masculinity, methodology of social research.

* Eva Johnson – M.A. in sociology, Ph.D. student in sociology; scientific interests: alternative forms of married family life – singles, metamorphoses of intimacy and morality, cultural patterns of femininity and masculinity, methodology of social research.

PAGE SETTINGS

- Margins: upper – 5 cm, lower – 6 cm, left – 4,5 cm, right – 4,5 cm

PARAGRAPH SETTINGS

- leading: 1,0 (single)
- text alignment: text adjusted

TEXT SETTINGS

- Text font: Times New Roman, 11pt, text adjusted
- Subtitles: font Times New Roman, 11pt, aligned to the left, without numbering
- Bold font should not be used within a text (in justified cases data within tables can be bold), italics can be used to emphasize text

DRAWINGS/GRAPHS/SCHEMES

- All drawings, graphs, schemes, etc. must be presented in shades of grey. Graphics submitted in color will be converted into greyscale (which may result in loss of quality)
- Number and caption, together with source indication, should be placed under the illustration
- Position indicated as a source should be listed in bibliography. If the author of a photography/scheme/graph is at the same time the author of an article, the following description should be submitted: *Source*: authors' own work.

Example:



Figure 2. Three-country-corner near Zittau.
Source: Uta Bretschneider (2016, p. 58).

TABLES

- Tables must fit the margins
- Number of a table (aligned to the right edge) and title of table (centered) should be placed above the table
- Source indication should be placed under the table. Position indicated as a source should be listed in bibliography. If the author of the table is at the same time the author of the article, the following description should be submitted: *Source*: authors' own work.

Example:

Table 1.

Number of applications, candidates and students (first degree studies)

	2009/10	2010/11	2011/12	2012/13	2013/14
Applications	8196	7915	6559	5629	4860
Full-Time Studies	6426	6146	5154	4584	3923
Part-Time Studies	1770	1769	1405	1045	937
Candidates	5479	5264	4601	4042	3532
Full-Time Studies	3841	3648	3301	3064	2646
Part-Time Studies	1638	1616	1300	978	886
Students	3188	3146	2775	2542	2492
Full-Time Studies	2274	2255	2078	1978	1926
Part-Time Studies	914	891	697	564	566

Source: authors' own work.

FOOTNOTES

- In Rocznik Lubuski Harvard System of Footnotes is used
- Factual or dictionary footnotes are accepted

Examples of inside-text notes:

a book by one author:

(Mandal 2004, p. 25)

work by two authors, the order of names in accordance with the original in the book

(West, Zimmerman 2002, p. 45)

works by few authors in one footnote, without indicating pages

(Payne 1985, Yarnold 1990, Spence 1991);

with page indication

(Renzetti, Curran 2005, p. 116; Bem 1981, p. 23)

few works by one author in one footnote:

(Titkow 2011, pp. 15-17; 2011, p. 58)

work by three or more authors:

(Paprzycka et al. 2004, p. 70)

works by one author published in the same year:

(Zenmir 2012a, p. 18) (Zenmir 2012b, p. 124)

LITERATURE

- Bibliography should be placed at the end of the article in alphabetical order (printed and online sources together)
- Each position should include a surname and the first letter of the author's or editor's name in case of collective work, date of publishing in brackets, full title of the work, the name of publisher and the place of publication. In case of a periodical article and a chapter of collective work, number of article/chapter pages should be given. The title of the periodical should be written in inverted commas and its number should be given.
- in crediting the Internet sources a surname and the first letter of the author's name, the year of issuing the publication (if known), the title, precise address of the document in the network and the date of access should be given.
- if the document has a DOI, it should be given at the end of the bibliographic item
-

Example:

Eagly A. H., Wood W. (1999), The origins of sex differences in human behavior: Evolved disposition versus social roles, „American Psychologist”, 54, s. 408-423.

Bem S. L. (1987), Is Androgyny a Solution?, [in:] The Psychology of Women. Ongoing Debates, ed. M. R. Walsh, London-New Haven: Yale University Press.

Bauman Z. (2003), Liquid Love: On the Frailty of Human Bonds, Polity Press, Cambridge.

Niedbalski K. (2018), The Multi-Dimensional Influence of a Sports Activity on the Process of Psycho-Social Rehabilitation and the Improvement in the Quality of Life of Persons with Physical Disabilities [in:] Qualitative Sociology Review 14(3), p. 68-85, http://www.qualitativesociologyreview.org/ENG/Volume46/QSR_14_3_Niedbalski.pdf, DOI: <http://dx.doi.org/10.18778/1733-8077.14.3.04> [access: 1.12.2018].

Newton K. (2013), Social and Political Trust. European Social Survey Education Net, <http://essedunet.nsd.no/cms/topics/2/> [access: 15.09.2016]

Social Capital and Education, <https://education.stateuniversity.com/pages/2427/Social-Capital-Education.html> [access 15.09.2016]

Nowicka E. (2022), Edukacja medialna w zmieniającym się społeczeństwie informacyjnym, „Rocznik Lubuski”, tom 47/2, s. 185-194, DOI: <https://doi.org/10.34768/rl.2022.v482.13>.

ABSTRACT AND KEY WORDS

- 3-5 key words and abstract should be attached to each article. The abstract and key words should be placed at the end of article (after the list of literature quoted) forwarded by the author's name and the article title.
- The language of abstract – Polish (authors may also submit abstract and key words in English, but it is not obligatory).
- Maximum capacity 1200 characters (spaces included).
- Abstract should be written in impersonal form, with the use of Passive Voice.
- In case of empirical articles the aim and the object of research should be given, research questions, information about the data used, the method and scope of research, the main theses and results should be included. In case of theoretical articles the abstract should present concise ideas and theses discussed in the article.
- Abstract should comprise key words (due to mechanisms of searching the Internet data bases).
- Abstract cannot be a copy of the article parts or include references to bibliography.

Example:

Alicja Kuczyńska

PSYCHOLOGICAL GENDER AND ASSERTIVENESS IN CLOSE RELATIONSHIPS

The aim of the research was to answer three research questions. The first referred to the frequency with which women and men in close relationships are assertive towards each other, the second was connected with discovering the role of psychological gender in this type of behaviour, and the third was about the consequences of such behaviour on the level of satisfaction with an intimate relation. The research comprised 60 couples (120 individuals). Three self-descriptive instruments were used: the author's own design, a Questionnaire of Assertive Behaviour in Relationships, the Bem Sex-Role Inventory by A. Kuczyńska and the Love Questionnaire by B. Wojciszke. The research shows, among others, that women express requests and expectations towards their partners as well as negative opinions more often, while men, more often than their partners, present excessive submissiveness. The less frequently women presented excessive submissiveness and strategies of avoiding conflicts, the bigger was the satisfaction with the relationship for both women and men. The more frequently women express their requests and expectations towards their partners, the more satisfied with the relationships they and their partners are.

Keywords: relationships, psychological gender, assertiveness, gender.