ABSTRACT

Shift work system is inevitable in this modern world. In spite of its economic importance, shift work system may create a lot of problems for shift workers. The main objective of the present study was to assess the impact of shift work on the psycho-social lives of the workers, which may consequently affect their health, efficiency and productivity.

In the present study, the subjects consisted of 150 male shift workers working on 3-permanent (fixed or non-rotating) shift system. Out of the 150 workers, 75 were working on the permanent day shift and 75 on the permanent night shift. The measuring instruments used were: Symptoms of Fatigue Scale, Scale for Ratings of Perceived Effort, Subjective Health Questionnaire, the Brayfield-Rothe Scale, General Mental Health Questionnaire, and Job-related problems Assessment Questionnaire.

The results of the present study showed that the permanent night shift workers reported comparatively more symptoms of felt-fatigue, work-stress in terms of perceived effort, health complaints, interruptions in performing normal social and cultural obligations of life, and achieved dissatisfaction regarding the nature of duty hours of their placement in the job. It was evident from the results that the night shift has significant adverse effects on the psycho-social lives and the health and well-being of the workers.

The results also revealed that the shift workers think that night shift creates most of the problems. They considered elimination of night shift as the best remedial measure.

Hence conclusion to be drawn from the present study is that the problems of shift work could be overcome by closing night shift and rotating the workers between two shifts during day time. Thus, their biological rhythm will not be impaired and there will be a little detrimental effect on their psycho-social lives too.