## CONTENTS

### CHAPTER ONE

**Shift Work**

1.1 Concept  

### CHAPTER TWO

**Shift Work Vis-a-vis Workers**

2.1 Overview of Reported Research Findings  
2.2 Sleep  
2.3 Gastrointestinal Disturbances  
2.4 Psychological disturbances  
2.5 Dissatisfied Attitude of the Shift Workers  
2.6 Satisfaction with Shift work schedule  
2.7 Family life and social life disharmony  
2.8 Production and Industrial efficiency  
2.9 The question of frequency of shift rotation  
2.10 Quality of Working life  

### CHAPTER THREE

3.1 Psycho-social Aspects of Shift Work  
3.2 Stress  
3.4 Family life  
3.5 Review of Related Literature  
3.6 Frequency of Shift Rotation  
3.7 Quality of Working life
ii) Scale for Ratings of perceived Effort 90
6.3 Interpretation 90
6.4 Interpretation 92
iii) General Health Questionnaire 95
6.5 Interpretation 95
6.6 Interpretation 97
iv) General Mental Health Questionnaire 100
6.7 Interpretation 100
6.8 Interpretation 102
v) Brayfield - Rothe Jobsatisfaction Scale 105
6.9 Interpretation 105
6.10 Interpretation 107
vi) Wedderburn's Job-related Problems Inventory 110
6.11 Interpretation 110

CHAPTER SEVEN
DISCUSSION AND CONCLUSION 114
7.1 Discussion on the Results 114
7.2 Concluding comments 118
7.3 Observations 120

CHAPTER EIGHT
Summary 121
8.2 Need for the Study 121
8.3 Aims of the Study 122
8.4 Research Design

8.5 Measuring Instruments

8.6 Procedure

8.7 Sample

8.8 Major Findings of the Study

8.9 Conclusion

REFERENCES

APPENDICES:

Appendix One A copy of Permission Letter for data collection in Chitta Ranjan Cotton Mills Limited ... ... 147

Appendix A The Bengali Version of the Symptoms of Fatigue Scale ... 148

Appendix B The Bengali Version of the Scale for Ratings of Perceived Effort ... ... ... ... 149

Appendix C The Bengali Version of the Inventory for subjective Health Questionnaire ... ... ... ... 150

Appendix D The Bengali Version of General Health Questionnaire 156.

Appendix E The Bengali Version of the Brayfield - Rothe Job satisfaction Scale ... ... ... ... 157

Appendix F The Bengali Version of the Wedderburn's Job related problems Inventory ... ... ... ... 160

Appendix G Shift Workers ratings of different remedial measures in terms of their importance for reducing difficulties of shift work ... ... ... ... 161

Appendix H Raw Scores on different Questionnaires of the permanent day shift Workers ... ... ... ... 162

Appendix I Raw Scores on different Questionnaires of the permanent night shift workers ... ... ... ... 165