

INTERNATIONAL JOURNAL OF RESEARCH IN COMPUTER APPLICATION & MANAGEMENT

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I affirm that all the author (s) have seen and agreed to the submitted version of the manuscript and their inclusion of name (s) as co-author (s).

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8. **SUB-HEADINGS:** All the sub-headings should be in a 8 point Calibri Font. These must be bold-faced, aligned left and fully capitalised.
9. **MAIN TEXT:** The main text should follow the following sequence:

INTRODUCTION**REVIEW OF LITERATURE****NEED/IMPORTANCE OF THE STUDY****STATEMENT OF THE PROBLEM****OBJECTIVES****HYPOTHESES****RESEARCH METHODOLOGY****RESULTS & DISCUSSION****FINDINGS****RECOMMENDATIONS/SUGGESTIONS****CONCLUSIONS****SCOPE FOR FURTHER RESEARCH****ACKNOWLEDGMENTS****REFERENCES****APPENDIX/ANNEXURE**

It should be in a 8 point Calibri Font, single spaced and justified. The manuscript should preferably not exceed **5000 WORDS**.

10. **FIGURES & TABLES:** These should be simple, crystal clear, centered, separately numbered & self explained, and **titles must be above the table/figure. Sources of data should be mentioned below the table/figure.** It should be ensured that the tables/figures are referred to from the main text.
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- Sharma T., Kwatra, G. (2008) Effectiveness of Social Advertising: A Study of Selected Campaigns, Corporate Social Responsibility, Edited by David Crowther & Nicholas Capaldi, Ashgate Research Companion to Corporate Social Responsibility, Chapter 15, pp 287-303.

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- Schemenner, R.W., Huber, J.C. and Cook, R.L. (1987), "Geographic Differences and the Location of New Manufacturing Facilities," Journal of Urban Economics, Vol. 21, No. 1, pp. 83-104.

CONFERENCE PAPERS

- Garg, Sambhav (2011): "Business Ethics" Paper presented at the Annual International Conference for the All India Management Association, New Delhi, India, 19-22 June.

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- Kumar S. (2011): "Customer Value: A Comparative Study of Rural and Urban Customers," Thesis, Kurukshetra University, Kurukshetra.

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A STUDY OF THE EFFECTS OF INSUFFICIENT SLEEP, CHANGES IN THE SLEEPING AND FOOD HABITS OF NIGHT SHIFT WORKERS

CHHAYA P. PATEL
ASST. PROFESSOR
SMT. K. K. PATEL MBA/MCA COLLEGE
PALASAR

ABSTRACT

Insufficient sleep and circadian rhythm disruption are associated with negative health outcomes, including obesity, cardiovascular disease, and cognitive impairment, but the mechanisms involved remain largely unexplored. One of the ways we have of understanding why we need to sleep so much is to look at what happens if we don't get enough sleep. It affects our personalities and our sense of humor. We may become irritable and less tolerant. Parents of small children often tell that when they're tired they get irritated at the activities of children that might keep busy them if they were properly rested. Lack of sleep clearly affects our thinking, or cognitive, processes. A sleep-deprived brain is truly running on four rather than eight cylinders. If we're trying to be creative, the motor doesn't work as well. The amount of sleep a person needs will vary from individual to individual. But most people require around eight hours.

KEYWORDS

Night shift workers, insufficient sleep.

INTRODUCTION

Now, the current world is like a modern village, because all technology is rapidly developing. Many services are running in 24*7 hours and for that manpower is very important in every sector.

Many sector like Industrial sector, Communication sector, Medical sector nightshift workers are very much necessary to provide services. Now a day's money is more important for human being and for that they are ready to work for hours and hours for making more money.

Mostly in between 20-45 years of age person are preferred doing night shift work. Young generation is attracted towards night shift because of high pay rate offered by an organization. So that they can fulfil their requirements and they don't have to rely on others. They can also carry out the other routine activity during the day time.

Unfortunately, night shifts are a part and parcel of today's fast life in the working atmosphere - be it Call Centers, BPOs or even software companies, which need people working nights to provide technical expertise/troubleshooting for their clientele. On the brighter side, people working night shifts take home a heavier pay package.

Apart from that night shift jobs creates hormonal imbalance which create a lot of disease in human body. They have to face many problems such as insufficient sleep, back pain, heart attack, depression, hair loss, diabetes and many more.

Night shifts basically call for a complete changeover in the biological clock as people working in the nights have to sleep during the daytime and work at night a complete opposite in life styles. This necessitates a total change in thinking too, as one has to be alert at night. The job maybe very challenging and stimulating and the person would have to be in top form both physically and mentally to meet the day's (night's) challenge.

REVIEW OF LITERATURE

In humans, it has been demonstrated that the metabolic activity of the brain decreases significantly after 24 hours of sustained wakefulness. Sleep deprivation results in a decrease in body temperature, a decrease in immune system function as measured by white blood cell count (the soldiers of the body), and a decrease in the release of growth hormone. Sleep deprivation can also cause increased heart rate variability.

For our nervous systems to work properly, sleep is needed. Sleep deprivation makes a person feel sleepy and unable to concentrate the next day. It also leads to impairment of memory and physical performance and reduced ability to carry out mathematical calculations. If sleep deprivation continues, imaginary thoughts and mood swings may develop.

Release of growth hormone in children and young adults takes place during deep sleep. Most cells of the body show increased production and reduced breakdown of proteins during deep sleep. Sleep helps humans maintain optimal emotional and social functioning while we are awake by giving rest during sleep to the parts of the brain that control emotions and social interactions.

IMPORTANCE OF THE STUDY

Research is important both in scientific and non-scientific fields. In our life new problems, events, phenomena and processes occur every day. Practically implementable solutions and suggestions are required for tackling new problems that arise. Scientists have to undertake research on them and find their causes, solutions, explanations and applications. Precisely, research, assists us to understand nature and natural phenomena.

Some important points for research are:

- A research problem refers to a difficulty which a researcher or a scientific community, an industry or a government organization or a society experiences. It may be a theoretical or a practical situation. It calls for a systematic understanding and possible solution.
- Research on existing theories and concepts help us to identify the range and applications of them.
- It is the fountain of knowledge and provides guide lines for solving Problems.
- Research provides basis for many government policies. For example, research on the needs and desires of the people and on the availability of revenues to meet the needs helps a government to prepare a budget.
- It leads to the identification and characterization of new opportunities, new problems and solutions to it.
- Social research helps to find answers to social problems. They explain social phenomena and seek solution to such problems.

STATEMENT OF THE PROBLEM

- It allows researcher to control the situation.
- It provides qualitatively informed evaluation.
- It is useful tool for comparison.
- It helps to people in business and industry that are responsible for taking business decisions.
- Research may mean the development of new styles and creative work.
- It provides a large amount of information from large numbers of people.
- It provides in-depth understanding.

OBJECTIVES

- To know how people work in night shift in different corporate companies.
- To know which problem is faced by the employee during the work in night shift.
- To know why employees choose working in night shift.
- To know night shift effect on employees health.
- To know how employees manage their work and personal life.

RESEARCH METHODOLOGY

Research instrument: - Questionnaire

Types of Questions in Questionnaire:

- Dichotomous: A question in which there are two possible answers.
- Multiple Choices: A question in which there are three or more answers.
- Rating scale: A scale that rates some attribute from “very less” to “more frequently”.
- Ranking scale: ranking scale taps preferences between two or more objects or person.

(b) Source of data

1. PRIMARY DATA

PRIMARY DATA is data that has not been previously published, i.e. the data is derived from a new or original research study and collected at the source, e.g., in marketing, it is information that is obtained directly from first-hand sources by means of surveys, observation or experimentation. Here are two sources of data. Primary data collection uses surveys, experiments, interviews or direct observations.

Key primary Data Collection Techniques

- Surveys
- Questionnaires
- Interviews
- Observation

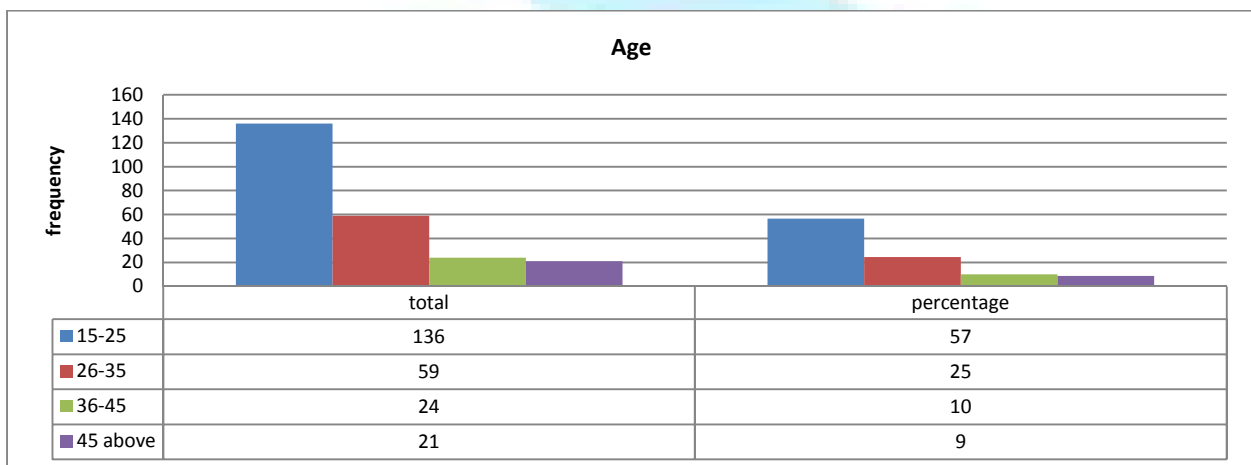
2. SECONDARY DATA

Secondary data is the data that is reused by somebody which is already there in existence. We got secondary data by,

- Books
- Internet

HYPOTHESES AND RESULT DISCUSSION

SERVE OF AGE

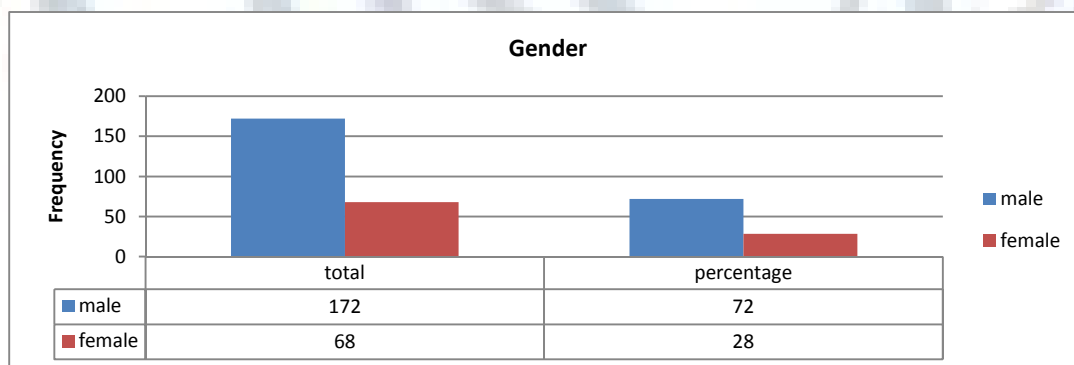


No. of respondents: - 240

INTERPRETATION

From this we could find that mostly youngsters are working in the night shifts. We can see that majority of people shown in the graph are youngsters which are ranging from 15-25 years and on the other side the age group of 45 years and above are minimum, it means that elderly aged people don't prefer to work in night shift.

SERVE OF GENDER

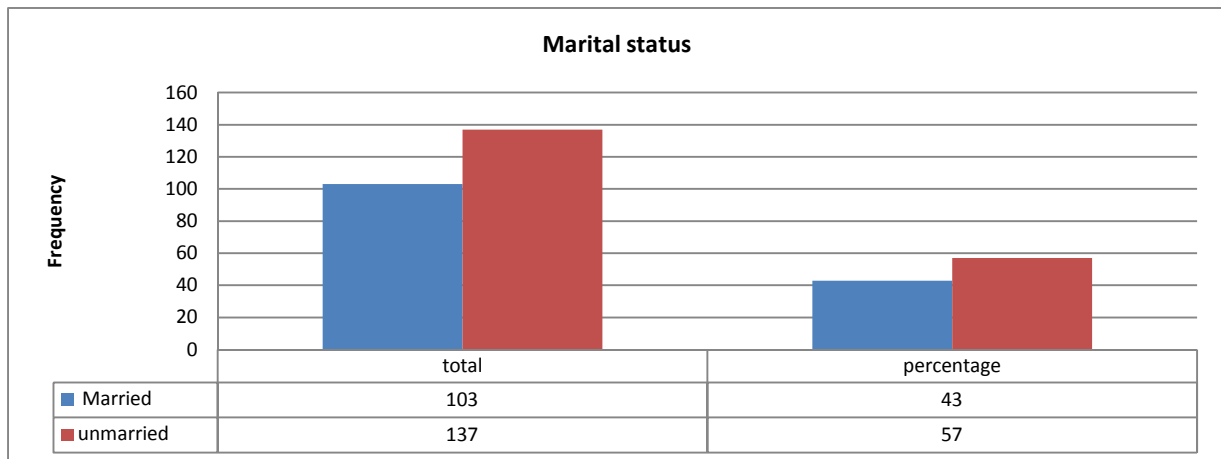


No. of respondents: - 240

INTERPRETATION

From the above graph we could find that the total number of male is more as compared to women. As women faces problems such as safety and insecurity, so they don't prefer to work at night (therefore their ratio is less as compared to male workers in night).

SERVE OF MARITAL STATUS

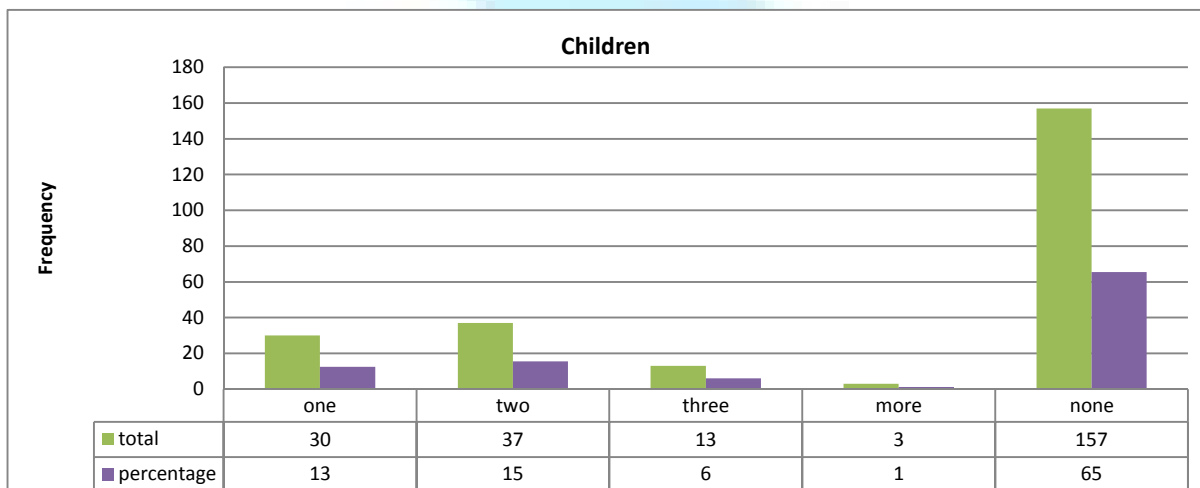


No. of respondents: - 240

INTERPRETATION

There is thin line of difference between married and unmarried persons working in night shift. As we can see that 57% of people are unmarried and 43% of people are married. It shows that majority of the people working in night shift are unmarried (i.e. unmarried prefer nightshifts then married people.) because the married people faces more problems than unmarried.

SERVE OF NUMBER OF CHILDREN

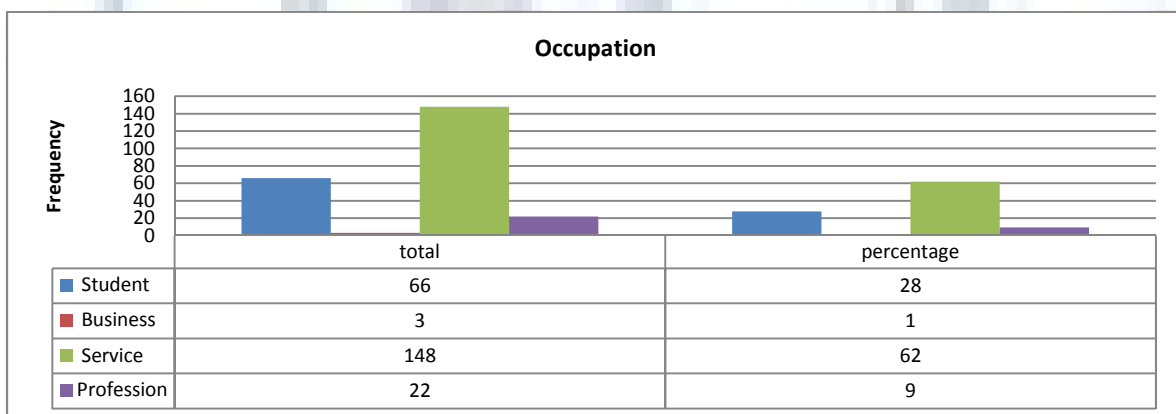


No. of respondents: - 240

INTERPRETATION

Children are important for everyone. But to some extent unmarried people working in nightshift are more as compared to married because married people have to look about their family, children and they are more concerned with social life. On other side unmarried people are independent and they take decisions of their own and work in night shifts.

SERVE OF OCCUPATION

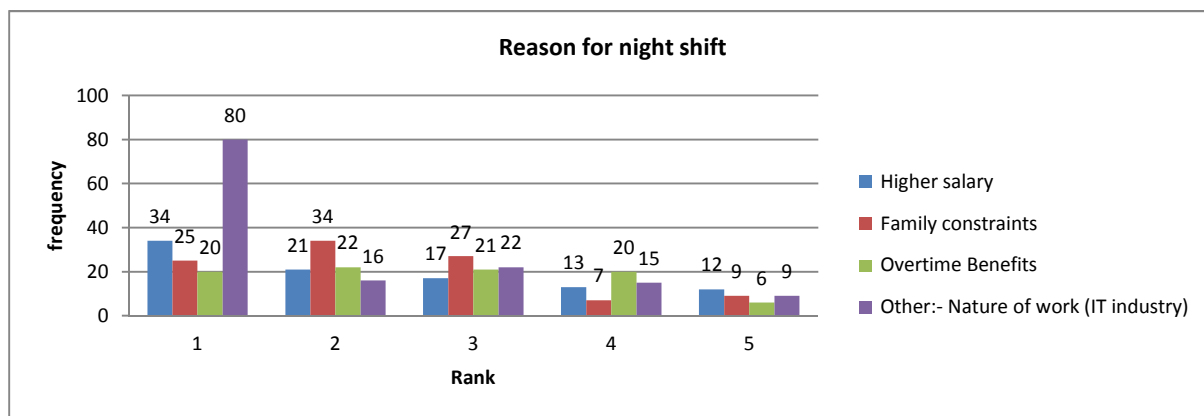


No. of respondents: - 239

INTERPRETATION

From the above graph we can see that 62% of people are doing service in different companies and only 1% of people are having their business and working in night shift that means those who have their own business they don't prefer to work at night. And now a day's students also prefer to work in night shift so that they can carry out their routine (i.e to attain school or college), along with that they can also earn and carry out their day to day expenses.

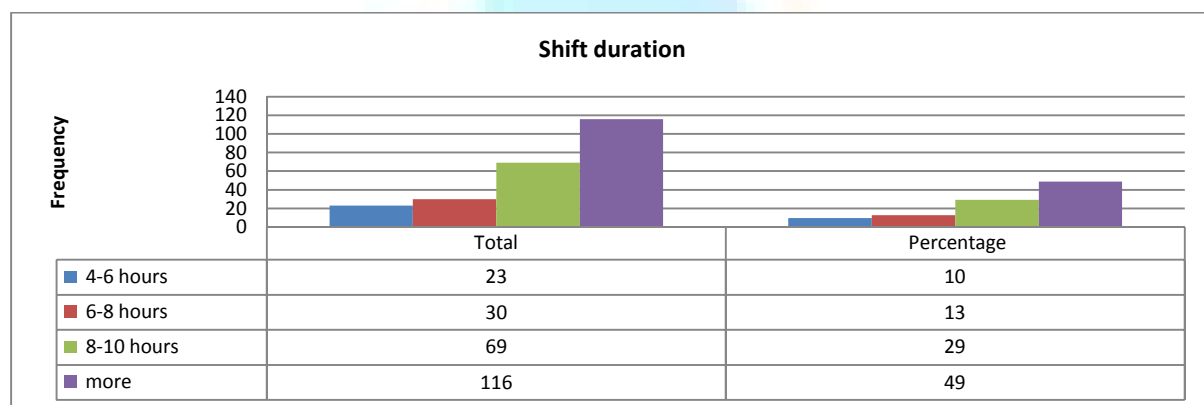
SERVE OF SALARY



INTERPRETATION

From the above graph it can be concluded that more workers (80) do night shift as a part of their duty (as it is nature of their work). We can find that some workers are working for higher salary and due to family constraints.

SERVE OF TOTAL WORKING HOURS DURING NIGHT SHIFT



No. of respondents:- 238

INTERPRETATION

From the above graph we can find that 49% of the people working in the night shift for more than 10 hours are conducting as their duty as they might get over time salary. And 10% are working as a part time.

SERVE OF RELATIONSHIP BETWEEN WORKING HOURS & HEALTH PROBLEMS

Problems	Working hours				Grand Total
	4 to 5	6 to 7	8 to 10	more	
backache	6%	19%	28%	47%	100%
digestive	5%	13%	30%	53%	100%
weight gain	8%	18%	26%	48%	100%
anger & irritable	9%	18%	30%	43%	100%

INTERPRETATION

From the above graph we can see that those who are working for more hours face more problems.

SERVE OF RELATIONSHIP BETWEEN PROBLEMS & ACCIDENT

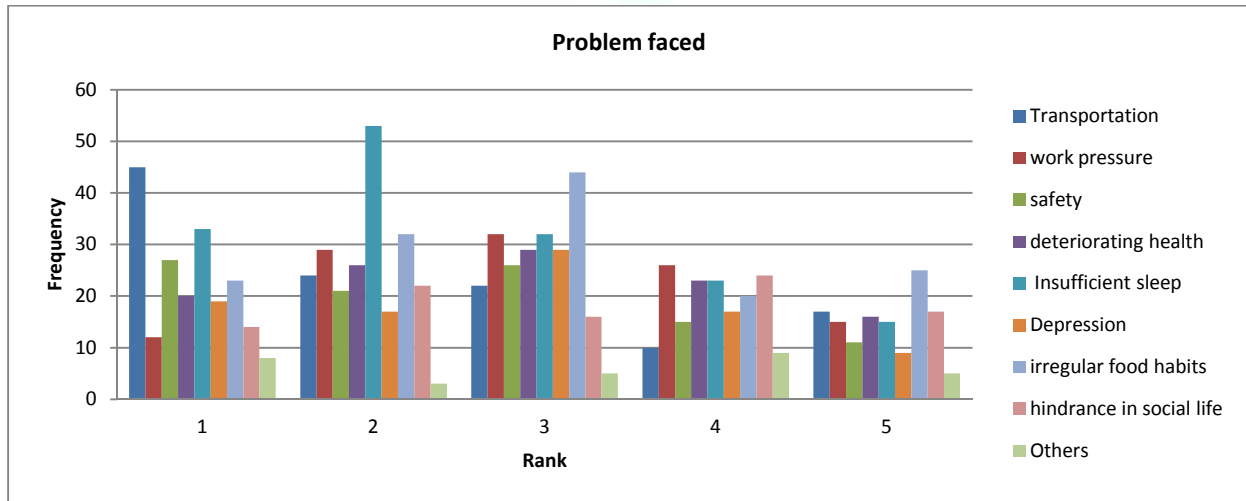
Problems	Accident place				Grand Total	
	Near the house	Near the office	Middle of the distance from your house	At some other place		
Health problem	anger & irritable	25%	10%	65%	100%	
	depression	7%	21%	71%	100%	
Family problem	less attention to family member	16%	5%	79%	100%	
	anger & misbehavior	31%	15%	46%	8%	100%
	knowledge about children	8%	8%	85%		100%

INTERPRETATION

We have taken data of two types of problems and compared that with the accident and from that we can conclude that mostly accidents occurred at the middle of the place.

SERVE OF WHICH PROBLEMS DO YOU FACE BECAUSE OF WORKING IN A NIGHT SHIFT?

	1	2	3	4	5
Transportation	45	24	22	10	17
work pressure	12	29	32	26	15
safety	27	21	26	15	11
deteriorating health	20	26	29	23	16
Insufficient sleep	33	53	32	23	15
Depression	19	17	29	17	9
irregular food habits	23	32	44	20	25
hindrance in social life	14	22	16	24	17
Other	8	3	5	9	5

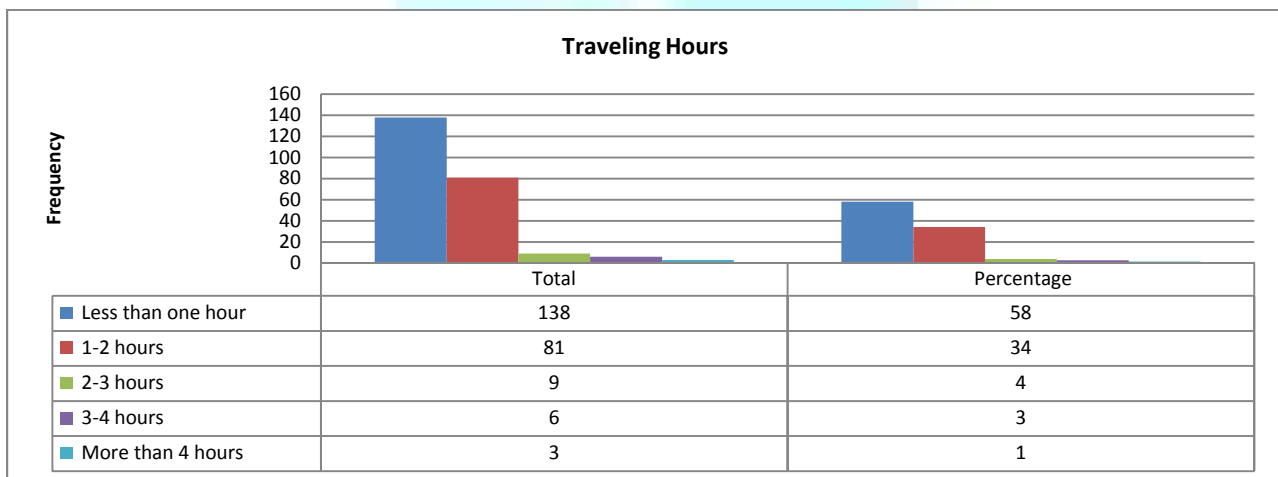


INTERPRETATION

From the above graph we can find that from the many problems the most affected problem is transportation (45) and insufficient sleep (53) The company does not provide transportation facilities to them. And due to complete changeover in the biological clock, people working in the nights have to sleep during the daytime that becomes the reason of insufficient sleep. And the food habits of the workers is also changed (it becomes irregular due to their timing).

No. of respondents: - 237

Serve of How many total hours per day do you spend in travel for workplace?

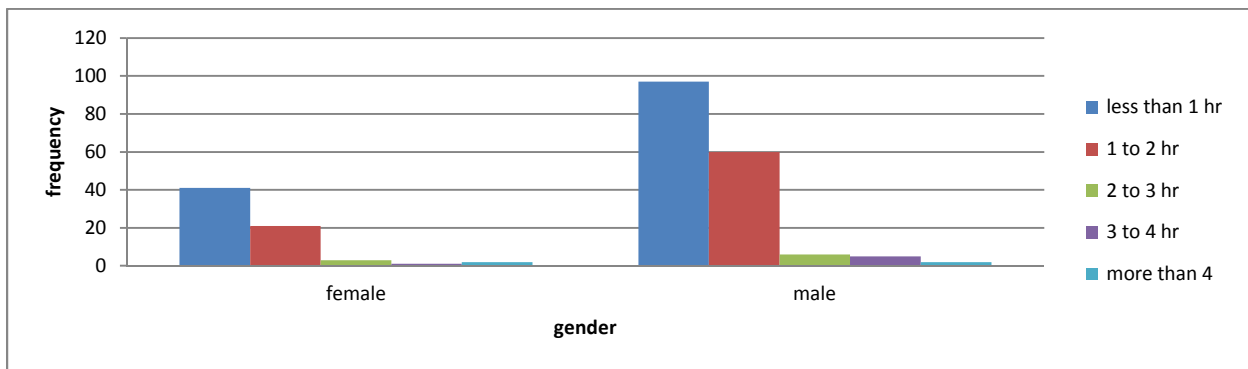


INTERPRETATION

From the above graph we can see that majority of the people spend less than an hour in travelling and from that we can say that those who are working in night shifts lives in nearby areas from the work place. And there are some people who takes more than an hour in travelling (i.e. they live at distance from the workplace and thus we can also say that they might be facing transportation problem.)

SERVE OF RELATIONSHIP BETWEEN GENDER & TRAVELLING HOURS

Gender	Travelling hours					Grand Total
	less than 1 hr	1 to 2 hr	2 to 3 hr	3 to 4 hr	more than 4	
female	41	21	3	1	2	68
male	97	60	6	5	2	170
Grand Total	138	81	9	6	4	238

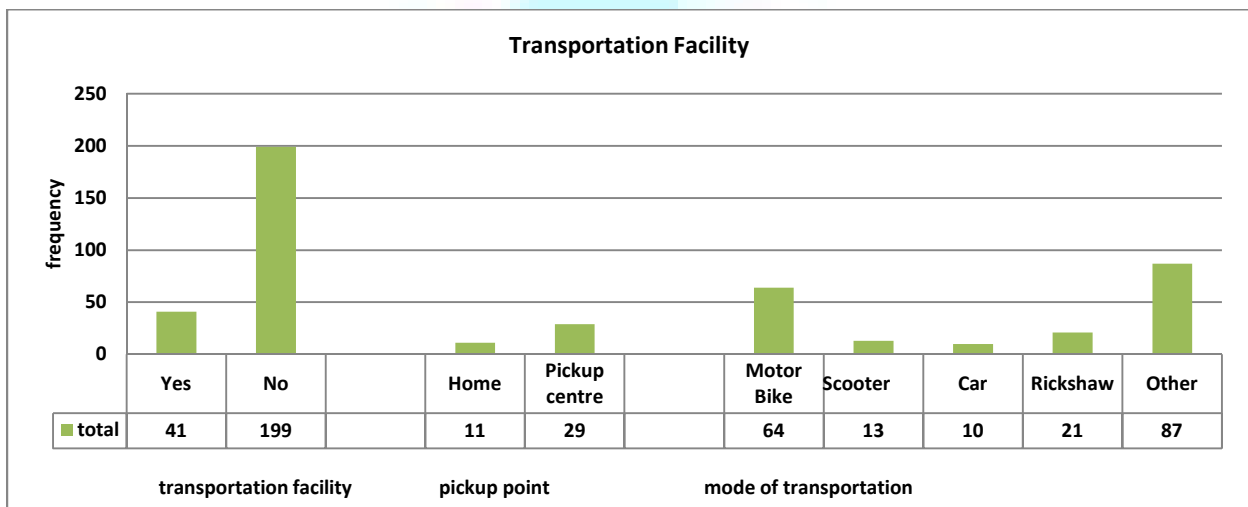


INTERPRETATION

From the above graph it can be stated that majority of workers working in night shifts are male. Here we can say that female workers are staying nearer from their work place as because of safety reasons.

SERVE OF DOES YOUR COMPANY PROVIDE YOU WITH TRANSPORTATION FACILITY?

- a) If yes then from where?
- b) If no then which mode of transportation do you use?



No. of respondents: - 240

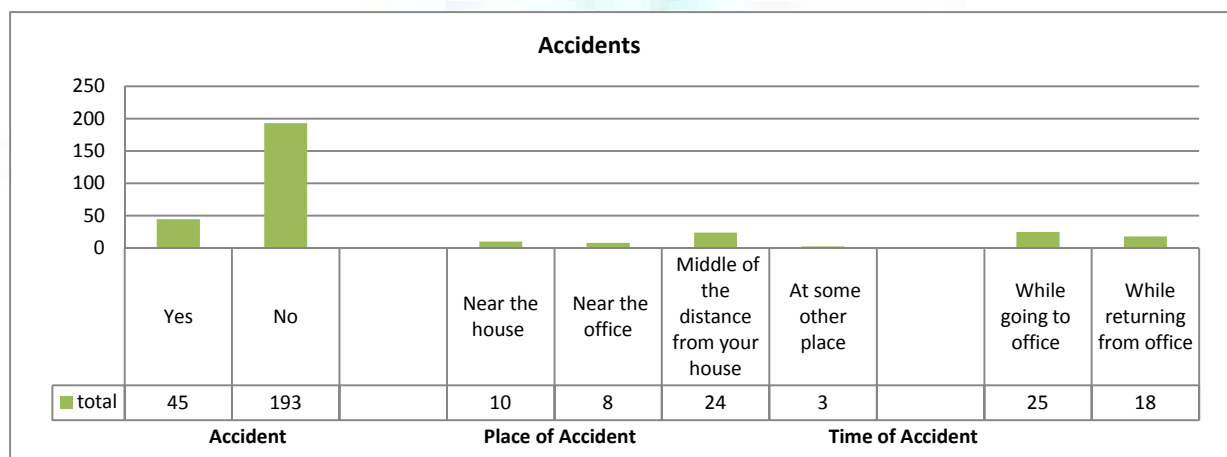
- a. no of respondents: - 40
- b. no of respondents:- 195

INTERPRETATION

From the survey made we can conclude that in the night shifts there are only some companies which provides them with the transportation facility. Majority are not provided with this facility. And those who are not provided with this facility, they prefer their own mode of transportation.

SERVE OF HAVE YOU MET WITH AN ACCIDENT BEFORE/AFTER THE JOB?

- (A) If yes than at which place?
- (B) At what time?



No. of respondents: - 238

- For (A) no of respondents:- 45
- For (B) no of respondents:- 43

INTERPRETATION

From the above graph we can say that those who are working in the night shift are meeting with accidents in middle of the distance while going to office, this show that they are in rush to reach office on time. Que. Relationship between transportation mode & accident place.

Mode of transportation	Accident place				Grand Total
	Near the house	Near the office	Middle of the distance from your house	At some other place	
Motor car	5	1	5	1	12
Scooter		2	4		6
Car		1	1		2
Rickshaw	2	1	2	1	6
Other	2	1	11	1	15
Grand Total	10	8	24	3	41

INTERPRETATION

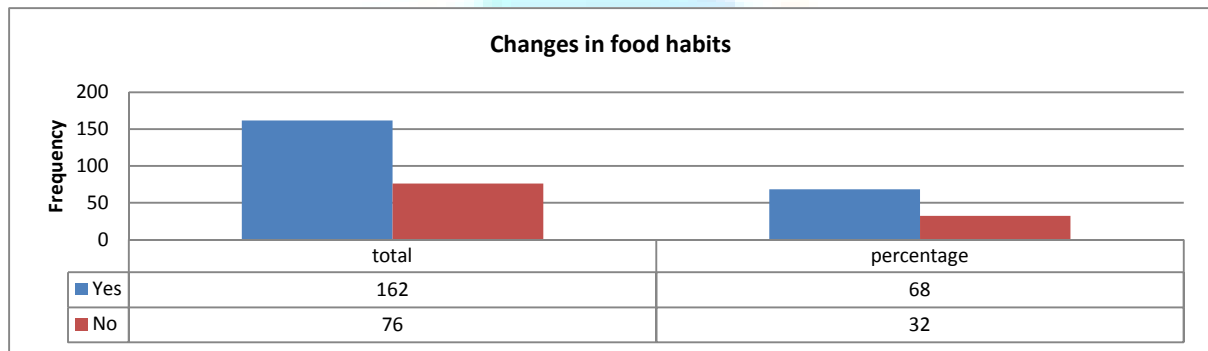
From this we come to know that those who meet with the accident and among them they meet with the accident in the middle of the distance from the office and their house.

Transportation mode	Accident time		Grand Total
	While going to office	While returning from office	
Motor car	9	4	13
Scooter	3	3	6
Car	1	1	2
Rickshaw	2	2	4
Other	8	6	15
Grand Total	23	16	40

INTERPRETATION

Most of the nightshift workers met with an accident while going to office, from that we can conclude that the reason behind that could be family problems, anger and rush to reach the office.

SERVE OF DUE TO NIGHT SHIFT HAS YOUR FOOD HABIT CHANGED?

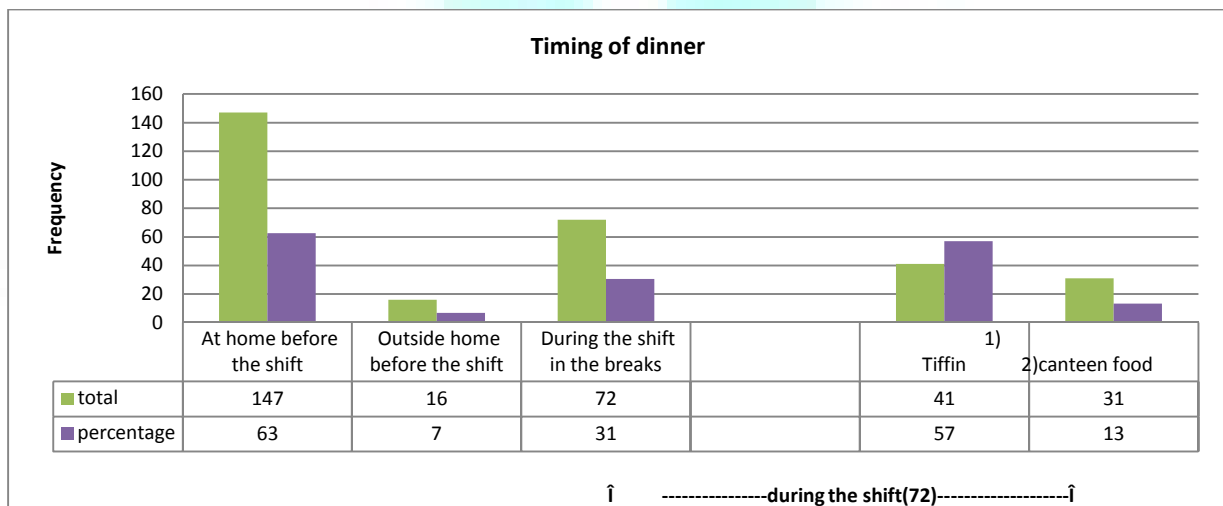


No. of respondents:- 238

INTERPRETATION

From the above graph we can find that due to night shifts the food habit of the people changes. And 68% of people agreed with this. As food habit is directly correlated with health. Therefore due to changes in their food habits because of night shifts affects their health directly.

SERVE OF HOW & WHEN DO YOU TAKE YOUR DINNER?

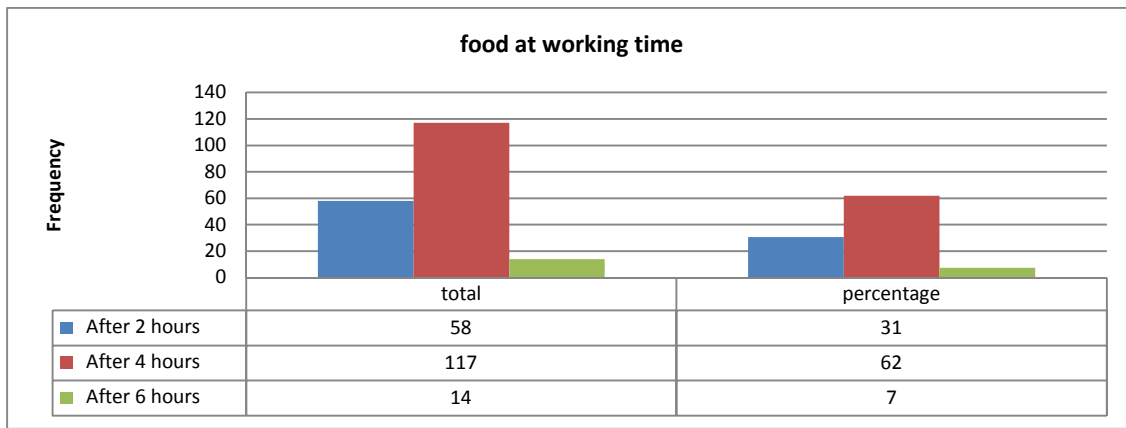


No. of respondents: 235

INTERPRETATION

From the survey made we can see that (147) worker/employees prefer dinner at home before night shifts and majority apart from those prefer Tiffin during night shift.

SERVE OF DURING THE SHIFT AT WHAT TIME DO YOU TAKE YOUR DINNER?

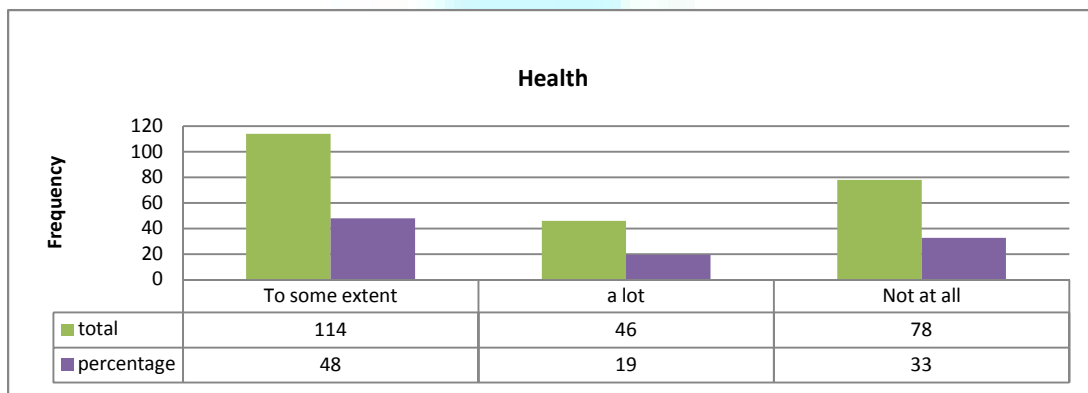


No. of respondents: 189

INTERPRETATION

From the above graph we can say that those people who prefer food during the shifts are having food after 4 hours so that they can continuously stretch their work at a time. Very less people are there who takes food after 6 hours.

SERVE OF DO YOU THINK YOUR HEALTH IS ADVERSELY AFFECTED BY NIGHT SHIFTS?

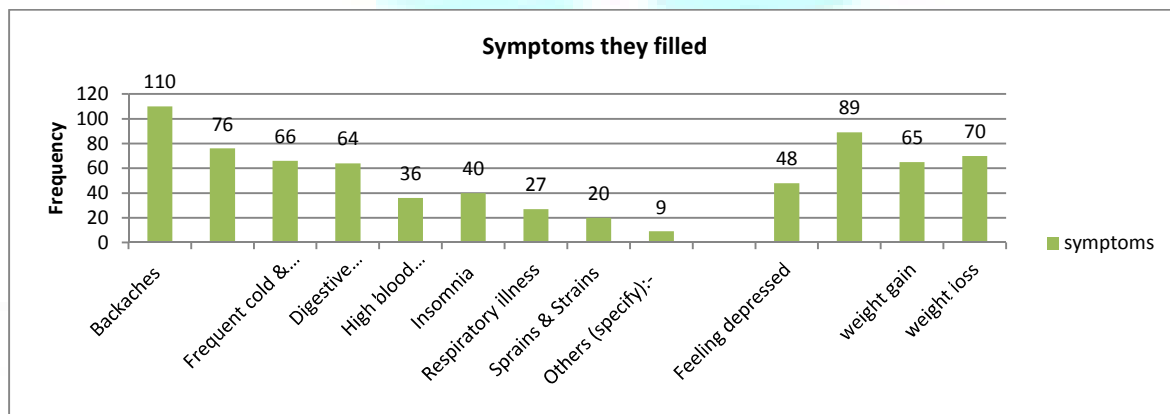


No. of respondents: - 238

INTERPRETATION

From the respondents of this question we can conclude that most of the worker's health is affected to some extent. Here 19% of workers health is affected a lot & 33% of workers health is not at all affected.

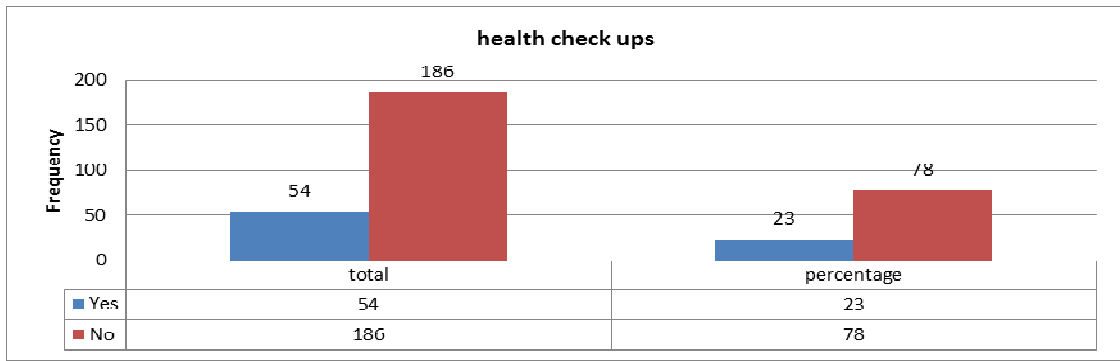
SERVE OF HAVE YOU EXPERIENCED ANY SYMPTOMS FROM THE FOLLOWING AS A RESULT OF NIGHT SHIFT?



INTERPRETATION

Here we can analyze that every night shift worker suffer from one or other diseases. But most commonly **physical problem** faced by the workers is **Backache** and **psychological problem** faced by them is **irritation** (i.e. they become angry and irritable by nature.)

SERVE OF DOES YOUR COMPANY PROVIDE YOU ANY ANNUAL HEALTH CHECKUPS?

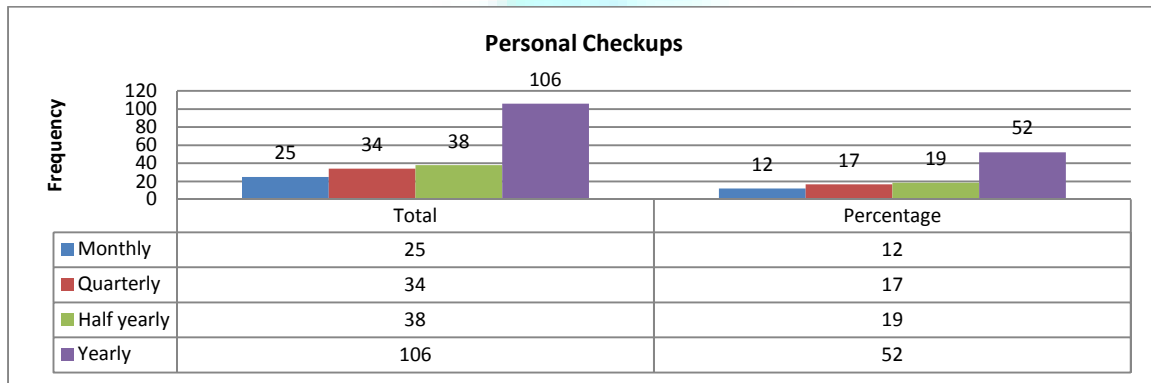


No. of respondents:- 240

INTERPRETATION

Out of the survey made, here it is clearly visible that most of the nightshift companies do not provide any annual health checkups. From the survey made 23% workers said that their company provide them with annual health checkup, which is good for them and also for the company's reputation as well.

SERVE OF HOW OFTEN DO YOU VISIT ANY DOCTOR FOR YOUR PERSONAL CHECKUPS?



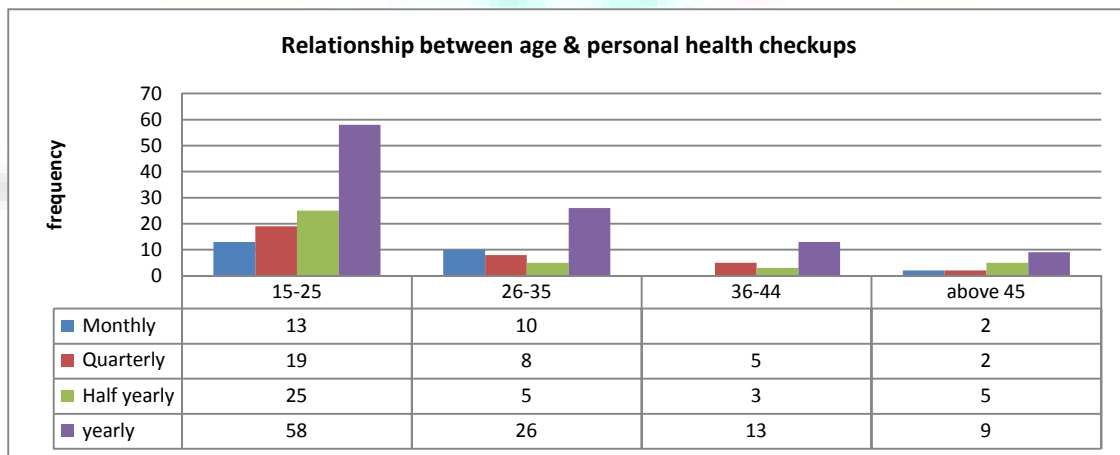
No. of respondents: - 203

INTERPRETATION

From the above graph we can find that 52% of the people visit their doctor yearly for their personal checkup and only 12% of people visits for monthly checkup which shows that they are really concerned about their health.

SERVE OF RELATIONSHIP BETWEEN AGE & PERSONAL CHECKUPS

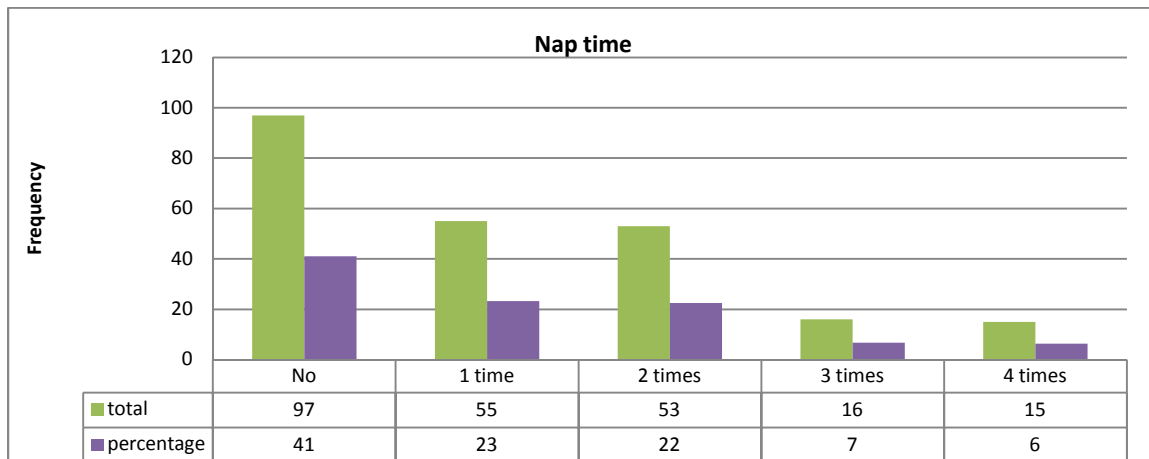
age	duration				Grand Total
	Monthly	Quarterly	Half yearly	yearly	
15-25	13	19	25	58	115
26-35	10	8	5	26	49
36-44		5	3	13	21
above 45	2	2	5	9	18
Grand Total	25	34	38	106	203



INTERPRETATION

Maintaining health is essential for all. And for the nightshift workers it is necessary to maintain their health. Here we can see that mostly workers opt for yearly personal health checkup.

SERVE OF HOW FREQUENTLY DO YOU TAKE A NAP DURING THE JOB?

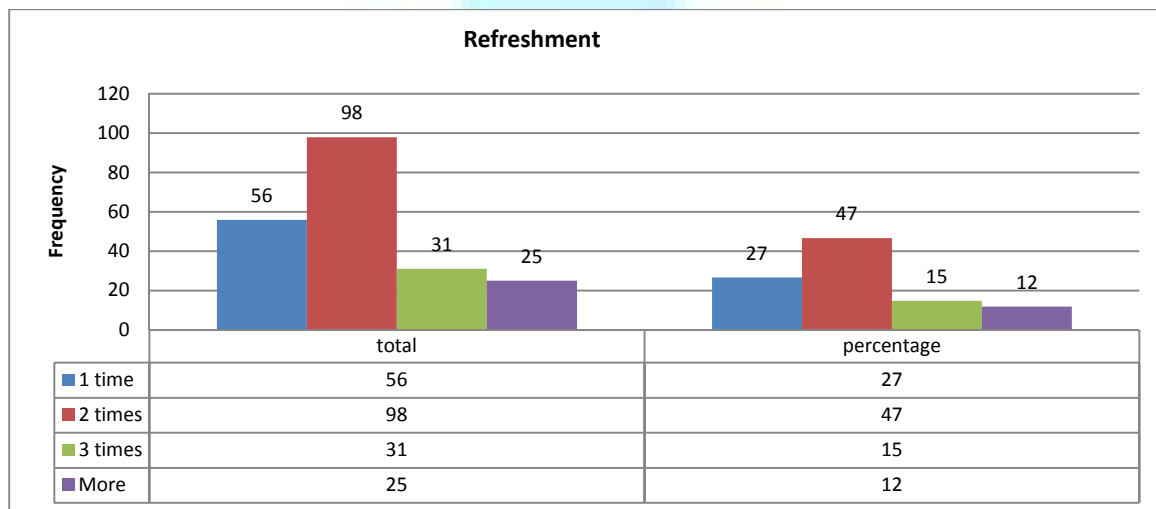


No. of respondents: - 236

INTERPRETATION

Majority of the workers say that they don't take nap during the working hours. Whereas approximate 23% of workers take 1-2 times nap during the working hours.

SERVE OF HOW MANY TIMES YOU TAKE REFRESHMENT (HOT/COLD) DURING THE WORKING HOURS?

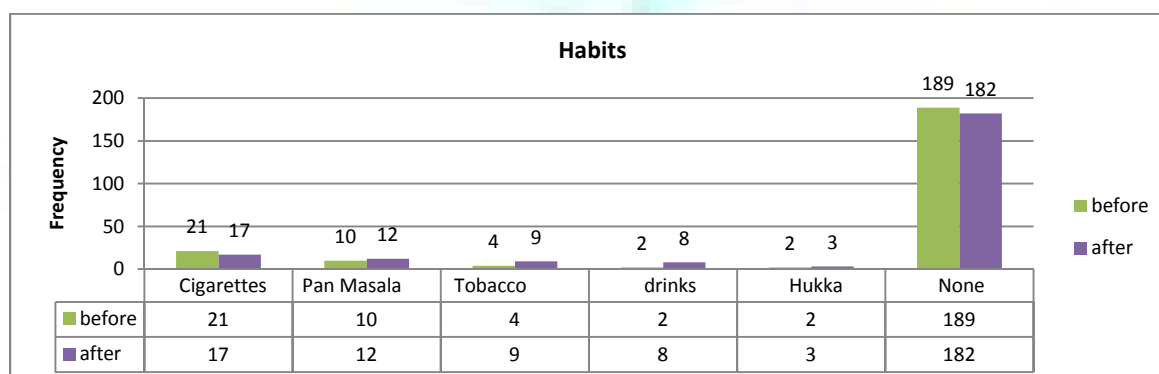


No. of respondents: 210

INTERPRETATION

People in night shift are mentally stressed due to constant working, so to get relaxation from stress they needs refreshments to carry out their work effectively. Therefore from the survey made, 47% of workers take refreshment 2 times during their shifts.

SERVE OF WHICH OF THE FOLLOWING HABITS DO YOU HAVE?



No. of respondents:-

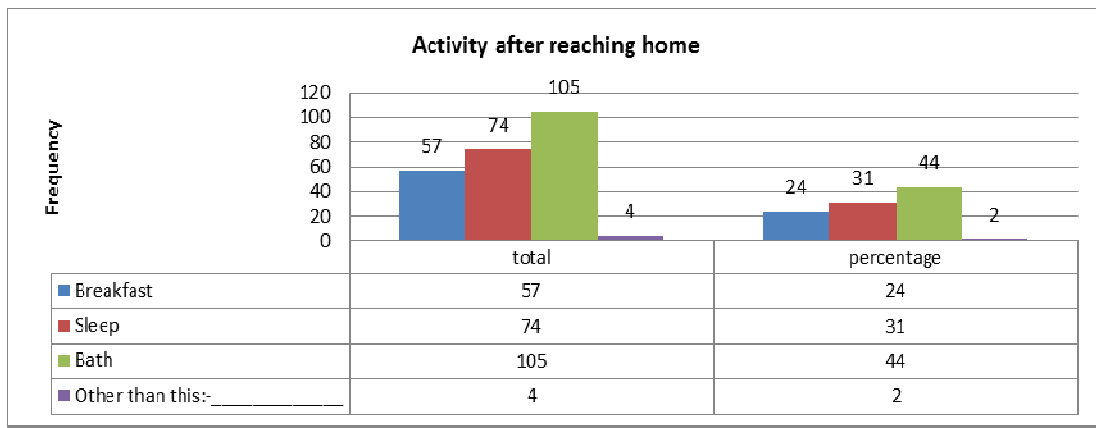
Before: - 228

After: - 231

INTERPRETATION

Mostly people say that they don't have any habits to keep themselves awake. Apart from them there are also some people who have habits of cigarettes and pan masala. And from the graph we can also see changes in their habits after joining night shift.

SERVE OF WHAT DO YOU DO IMMEDIATELY AFTER REACHING HOME FROM THE JOB?

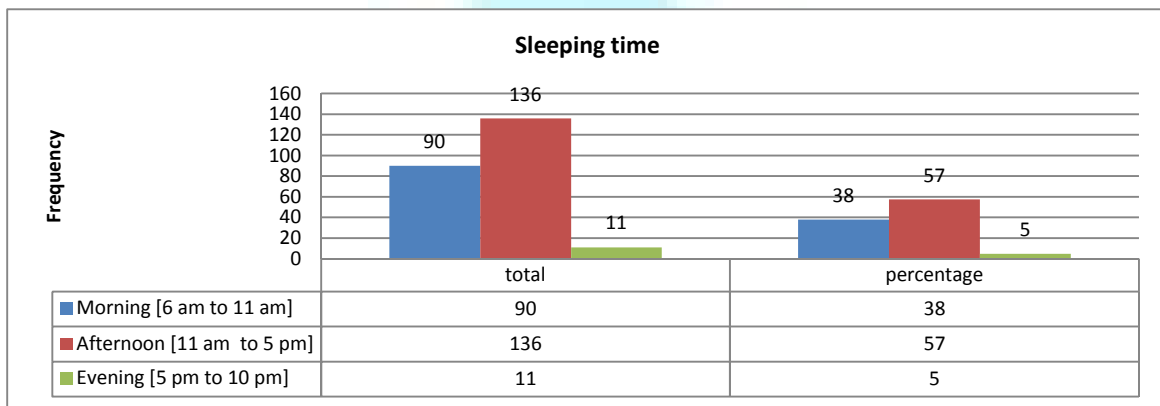


INTERPRETATION

Employees prefer to take bath after reaching their home from night shifts so that they can refresh themselves from the stress. And 30% of the employees prefer sleep and some prefer breakfast also. Different people have different choices to carry out their routine after night shift.

No of respondents: 237

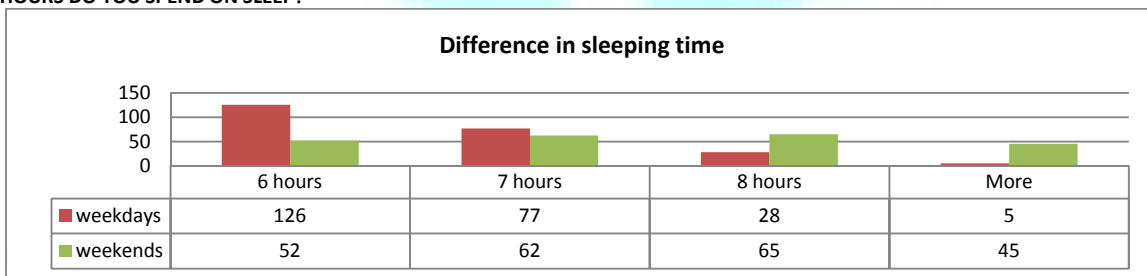
SERVE OF WHEN DO YOU GO TO SLEEP?



INTERPRETATION

Most of the night shift workers prefer to sleep in afternoon because after they come back to their home they need to carry some routine activities so they don't get proper time to sleep. From the above graph 57% of the workers sleep in afternoon and there are also some workers whose sleeping time is in the morning. And from the survey made we can see that nightshift workers rarely sleep at evening.

HOW MANY HOURS DO YOU SPEND ON SLEEP?



No of respondents for weekdays: -236

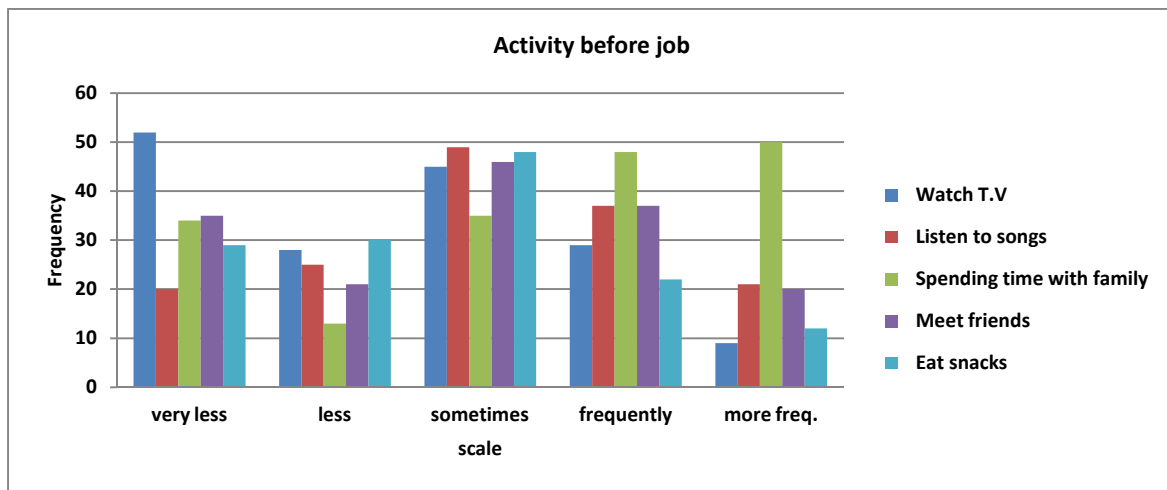
No of respondents for weekends: -224

INTERPRETATION

Generally it is necessary for everyone to sleep for minimum 7-8 hours but here we can see that night shift workers don't get enough time to sleep. Majority of nightshift workers sleep for only 6 hours because as their sleeping time is during day time, therefore they can't sleep properly as they need to maintain social relations. From the above graph we can conclude that during weekends their sleeping hours increases.

SERVE OF WHAT DO YOU PREFER TO DO BEFORE GOING FOR THE JOB?

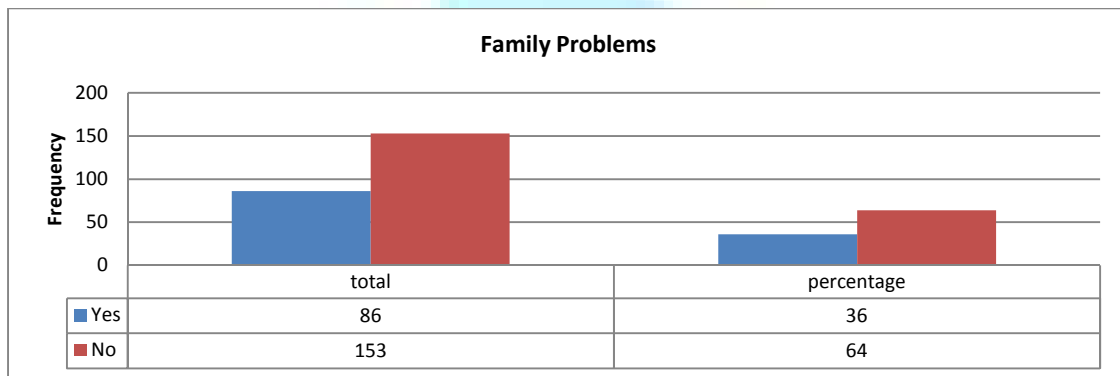
	very less	less	sometimes	frequently	more frequently
Watch T.V	52	28	45	29	9
Listen to songs	20	25	49	37	21
Spending time with family	34	13	35	48	50
Meet friends	35	21	46	37	20
Eat snacks	29	30	48	22	12



INTERPRETATION

Everyone needs to spend some quality time with their family. But nightshift workers don't get enough time to stay with their family. So before their shifts workers mostly opt for spending the quality time with their family. But sometimes workers also need some changes so they spend time by listening some good music or meet friends.

DO YOU FACE FAMILY PROBLEMS BECAUSE OF NIGHT SHIFT?

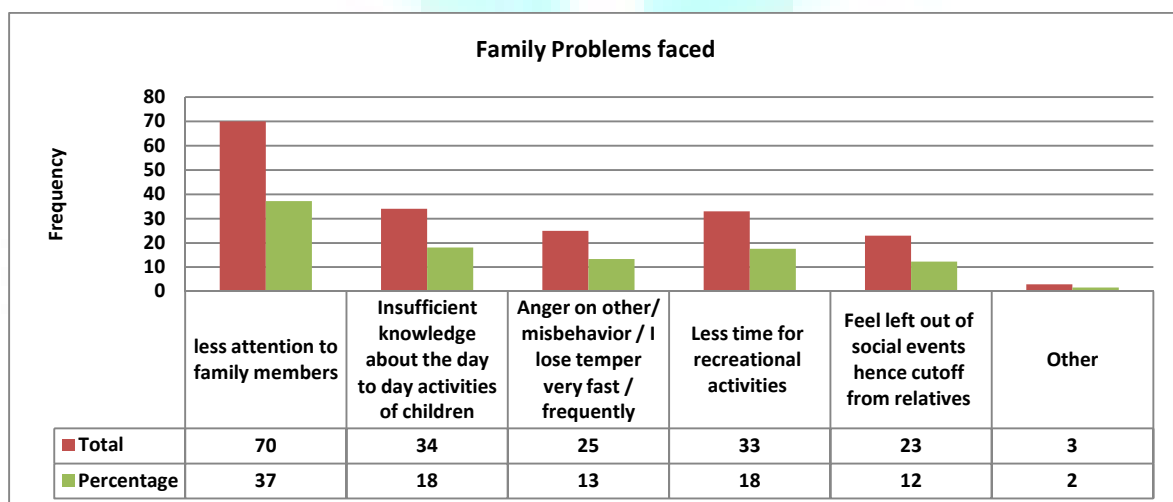


No of respondents: - 239

INTERPRETATION

As from the above questions we interpreted that night shift workers don't get enough time to spend with their family. And as there are mostly youngsters in the night shifts, they don't face family problems because they rarely indulge in the social activities.

SERVE OF IF YES THEN WHICH TYPE OF PROBLEM?

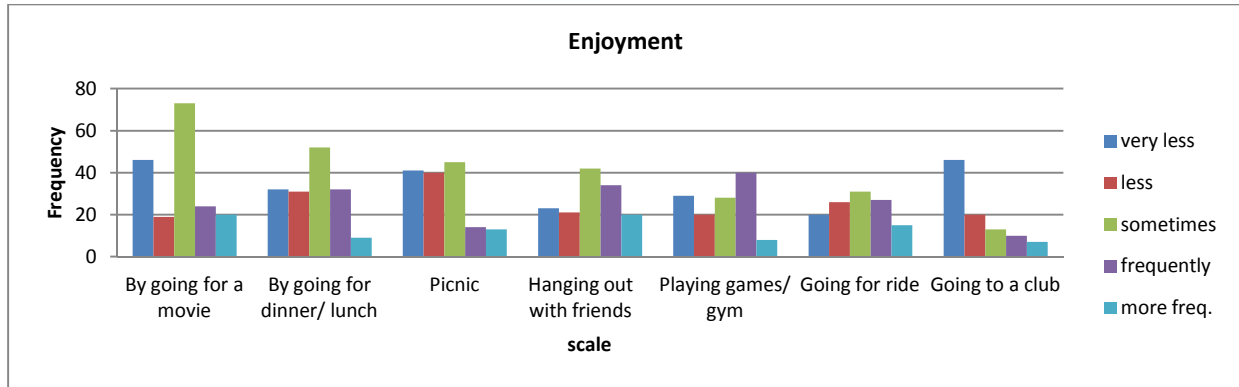


INTERPRETATION

Those who faces family problems, they faces it because the can't pay proper attention to their family (37%) and they are unaware about their children's activities (18%).

SERVE OF HOW DO YOU ENTERTAIN YOURSELF/ RELAX?

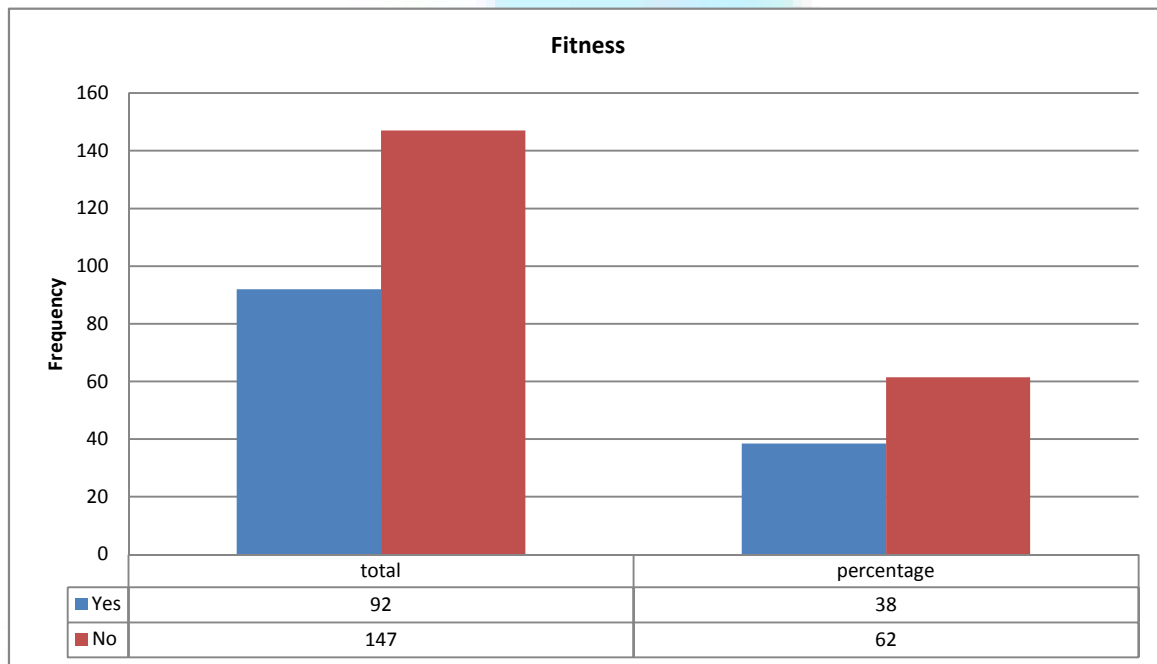
	very less	less	sometimes	frequently	more freq.
By going for a movie	46	19	73	24	20
By going for dinner/ lunch	32	31	52	32	9
Picnic	41	40	45	14	13
Hanging out with friends	23	21	42	34	20
Playing games/ gym	29	20	28	40	8
Going for ride	20	26	31	27	15
Going to a club	46	20	13	10	7



INTERPRETATION

Everyone should spend some time for their enjoyment but here we can see that nightshifts workers don't have much time. But whenever they get some time they either spend time for movie/dinner or picnic.

SERVE OF DO YOU SPEND TIME FOR PERSONAL FITNESS (GYM/ YOGA/ EXERCISE OR WALKING)?

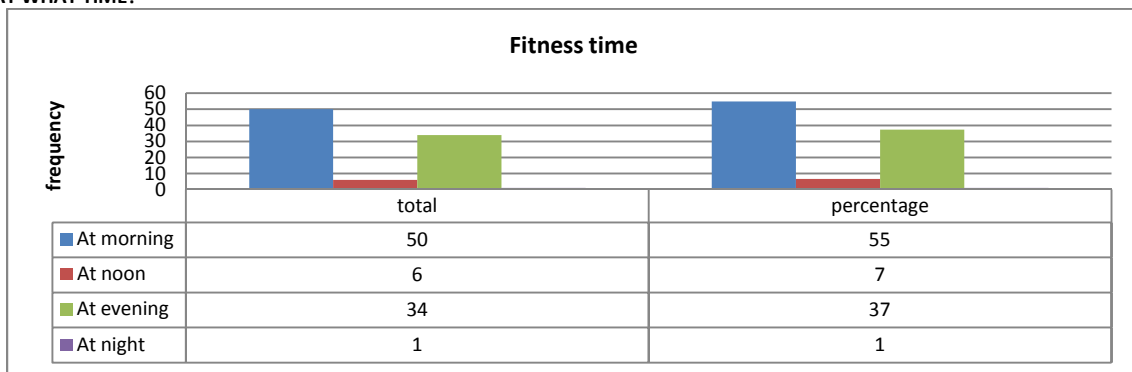


No of respondents: - 239

INTERPRETATION

From the above graph we can find that out of 239 only 92 people spent their time for their personal fitness. So we can say that nightshift workers don't pay enough attention for their fitness.

IF YES, THEN AT WHAT TIME?



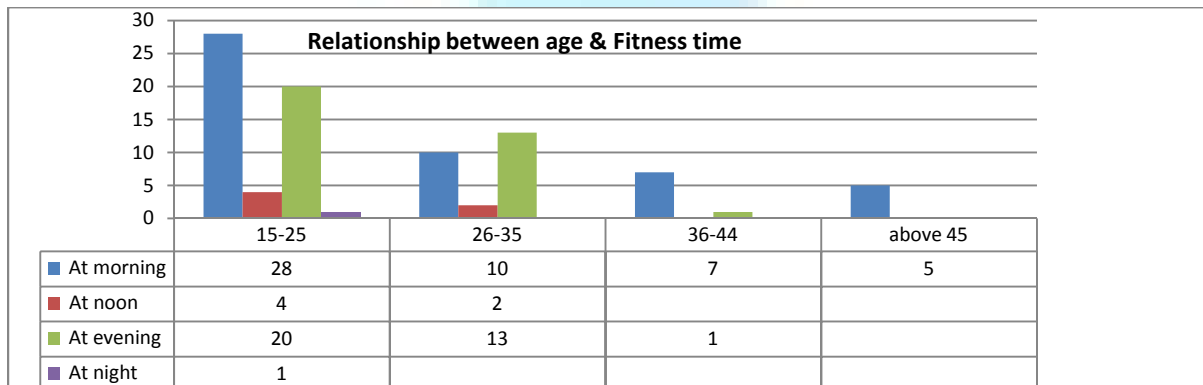
No of respondents: 91

INTERPRETATION

From the above we can say that those people who spend their time for fitness, they prefer morning time as normally people do. But there are also some people (38%) who carries out their fitness activity at evening.

SERVE OF RELATIONSHIP BETWEEN AGE & FITNESS

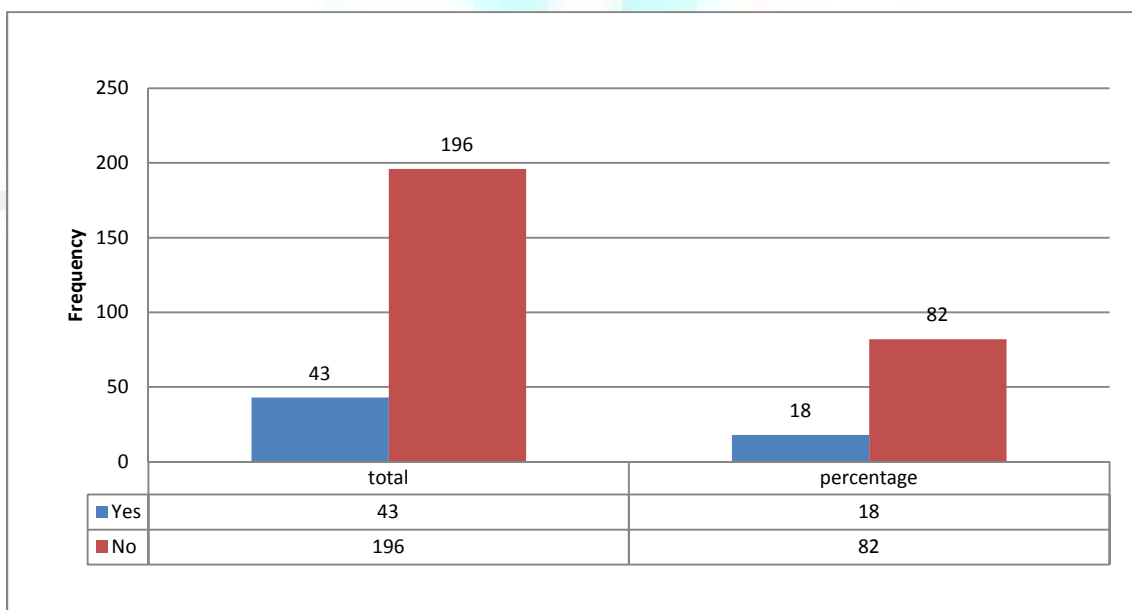
Age	fitness timing				Grand Total
	At evening	At morning	At night	At noon	
15-25	20	28	1	4	53
26-35	13	10		2	25
36-44	1	7			8
above 45		5			5
Grand Total	34	50	1	6	91



INTERPRETATION

Usually people do their fitness exercise in the morning but it is difficult for nightshift workers, they are doing exercise as per the convenience (morning or evening). From the above graph we can conclude that youngsters are maintaining their body fitness but on the other side we show that youngsters health is affected the most.

SERVE OF HAVE YOU EVER THOUGHT LEAVING JOB DUE TO DIFFICULTIES FACED DURING NIGHT SHIFTS?

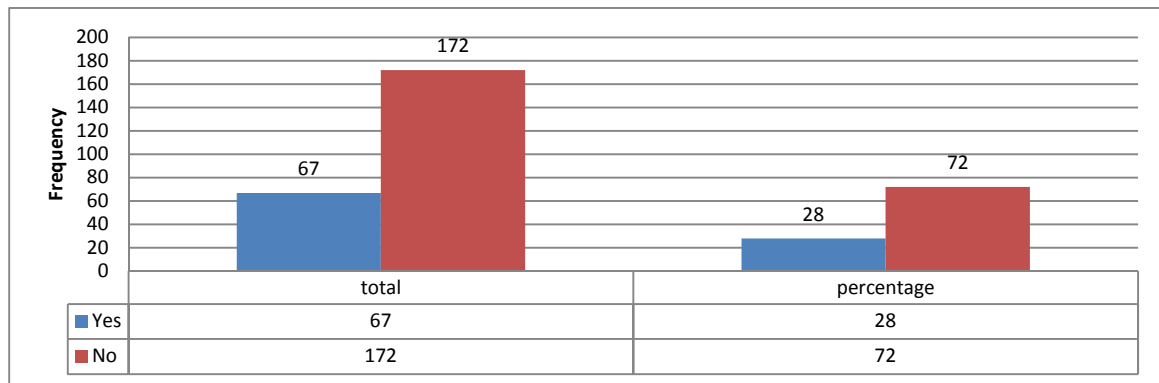


No. of respondents: - 239

INTERPRETATION

From the above, it shows that mostly nightshift worker are satisfied with their job, so that they never think of living their job. But on other side 18% workers to ready to change their timing.

SERVE OF HAVE ANYONE LEFT THEIR JOB DUE TO DIFFICULTIES FACED DURING NIGHT SHIFTS?

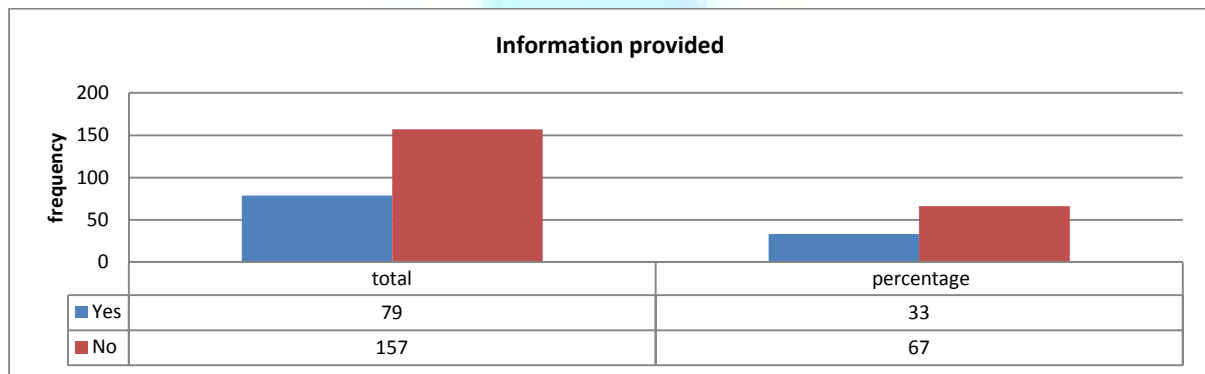


No. of respondents: 239

INTERPRETATION

As mostly nightshift workers don't think quickly to leave the job so they have not seen others leaving the job for the reason of night shifts. But those who have left it, it is because of their personal reason.

SERVE OF DOES YOUR WORKPLACE PROVIDE TRAINING OR ANY INFORMATION REGARDING THE HEALTH AND SAFETY EFFECTS OF NIGHT SHIFT?



No. of respondents: - 236

INTERPRETATION

From the above graph we can found that 67% of people say that they are not provided the information regarding their health and safety effects in nightshift. Only 33% of the people replied positively which shows there are some companies who take care of their employees.

SERVE OF IF YOU HAD A CHOICE, WOULD YOU LIKE TO WORK IN 'NORMAL HOURS' RATHER THAN IN 'NIGHT SHIFT'?



No. of respondents: - 240

INTERPRETATION

From the above graph we can see that 65% of people are ready to work in normal hours rather than nightshift if they get the choice.

SERVE OF RELATIONSHIP BETWEEN AGE & HEALTH

H₀:-There is no relationship between age & health

H₁:-There is relationship between age & health

TABLE: OBSERVED FREQUENCY

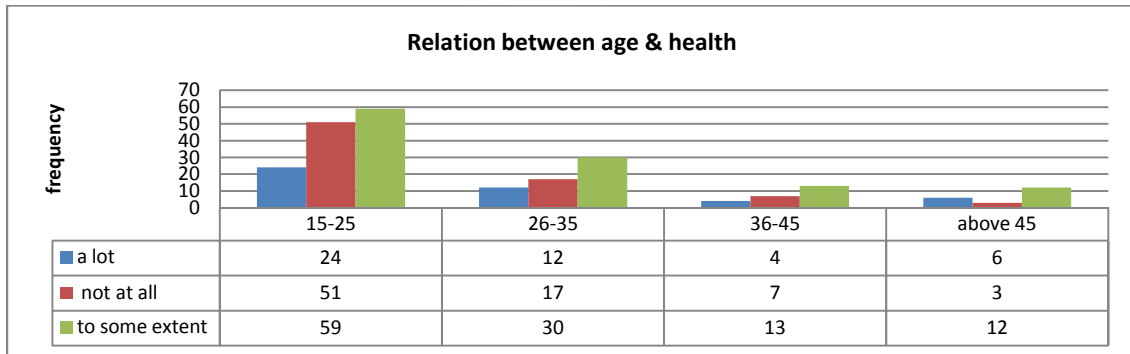
Age	Effects of health			Grand Total
	a lot	not at all	to some extent	
15-25	24	51	59	134
26-35	12	17	30	59
36-45	4	7	13	24
above 45	6	3	12	21
Grand Total	46	78	114	238

TABLE: - EXPECTED FREQUENCY

Age	Effects of health			Grand Total
	a lot	not at all	to some extent	
15-25	26	44	64	134
26-35	11	19	28	59
36-45	5	8	11	24
above 45	4	7	10	21
Grand Total	46	78	114	238

$\chi^2_{tab}(12.59) > \chi^2_{cal}(6.48)$

Here the value of χ^2_{tab} is more than χ^2_{cal} which means, that there is relationship between age and health.



From the above graph we can say that age group of 15-25 years health is more affected as compared to other age group of night shift worker. Therefore it can be stated that the youngsters health is more affected then elders.

SERVE OF RELATIONSHIP BETWEEN TRANSPORTATION FACILITIES & ACCIDENTS

H_0 :-There is no relationship between transportation facilities & accidents

H_1 :-There is relationship between facilities & accidents

TABLE: OBSERVED FREQUENCY

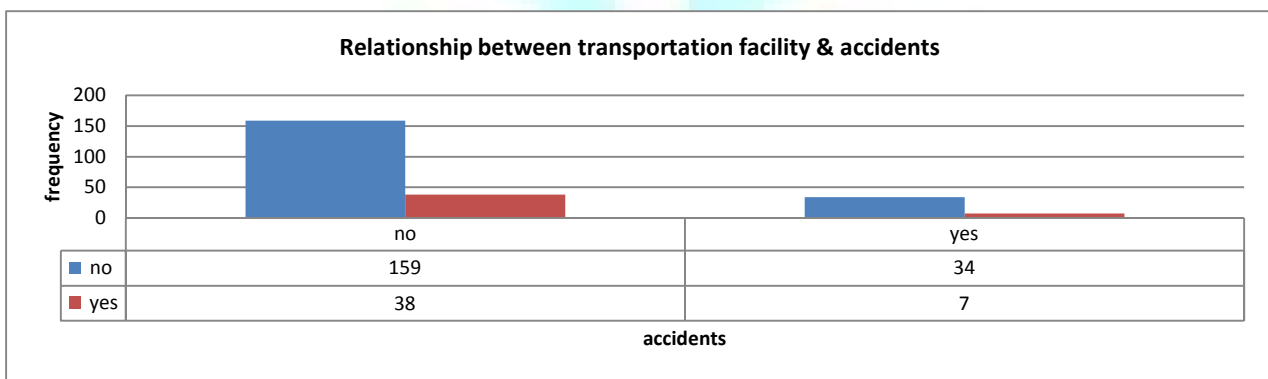
Transportation	Accident		Grand Total
	no	yes	
No	159	38	197
Yes	34	7	41
Grand Total	193	45	238

TABLE: - EXPECTED FREQUENCY

Transportation	Accident		Grand Total
	no	yes	
No	160	37	197
Yes	33	8	41
Grand Total	193	45	238

$\chi^2_{tab}(3.84) > \chi^2_{cal}(0.19)$

Here the value of χ^2_{tab} is more than χ^2_{cal} which means, that there is relationship between transportation facility & accidents.



From sample survey made can see that 34 people have transportation facility and still 7 people meet with an accident. And on other side 159 people are not provided with this facility from there company and 38 meet with an accident.

SERVE OF RELATIONSHIP BETWEEN DINNER & HEALTH.

H_0 :-There is no relationship between dinner & health

H_1 :-There is relationship between dinner & health

TABLE: OBSERVED FREQUENCY

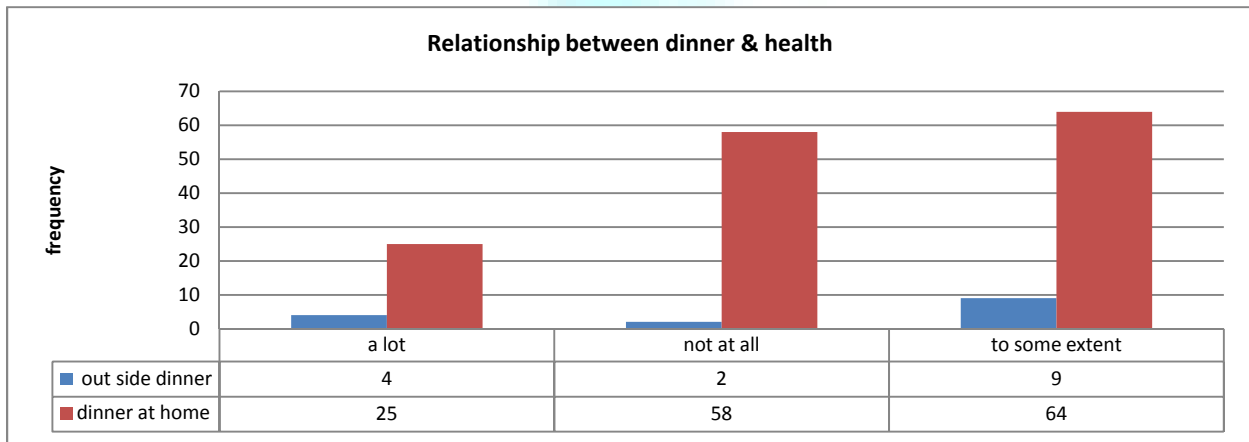
Health effects	Dinner		Grand Total
	at home	out side	
a lot	25	4	29
not at all	58	2	60
to some extent	64	9	73
Grand Total	147	15	162

TABLE: EXPECTED FREQUENCY

Health effects	Dinner		Grand Total
	at home	out side	
a lot	26	3	29
not at all	54	6	60
to some extent	66	7	73
Grand Total	147	15	162

$\chi^2_{tab}(5.99) > \chi^2_{cal}(3.97)$

Here the value of χ^2_{tab} is more than χ^2_{cal} which means, that there is relationship between dinner and health.



Some workers are having dinner at home and from that some are also having during the shifts, therefore majority of those kind of workers health is affected who have dinner at home and also during the shifts.

SERVE OF RELATIONSHIP BETWEEN GENDER AND FAMILY PROBLEM FACED BY THEM.

H₀:-There is no relationship between gender & family problem

H₁:-There is relationship between gender & family problem

TABLE: OBSERVED FREQUENCY

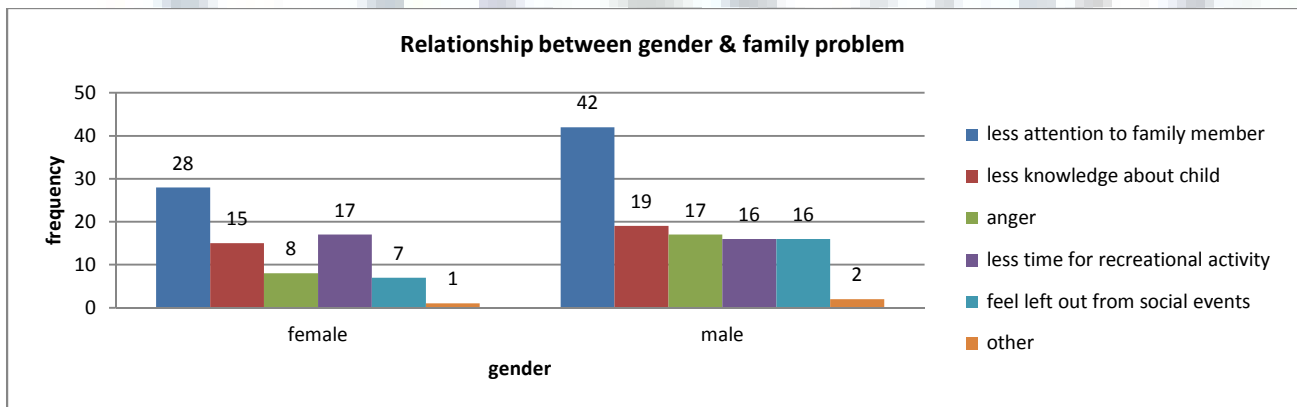
Gender	Family problem						Total
	less attention to family member	less knowledge about child	anger	less time for recreational activity	feel left out from social events	other	
Female	28	15	8	17	7	1	76
Male	42	19	17	16	16	2	112
Grand Total	70	34	25	33	23	3	188

TABLE: EXPECTED FREQUENCY

Gender	family problem						Total
	less attention to family member	less knowledge about child	anger	less time for recreational activity	feel left out from social events	other	
Female	28	14	10	13	9	1	76
Male	42	20	15	20	14	2	112
Grand Total	70	34	25	33	23	3	188

$\chi^2_{tab}(11.07) > \chi^2_{cal}(3.55)$

Here the value of χ^2_{tab} is more than χ^2_{cal} which means, that there is relationship between gender & family problem.



From the above graph we can conclude that male has more problems rather than female. Female faces problem such as less attention to family member and recreational activity but male has to face all the problems due to nightshift.

SERVE OF RELATIONSHIP BETWEEN WORKING HOURS AND CHANGES IN FOOD HABITS.

H₀:-There is no relationship between working hours & food habits

H₁:-There is relationship between working hours & food habits

TABLE: OBSERVED FREQUENCY

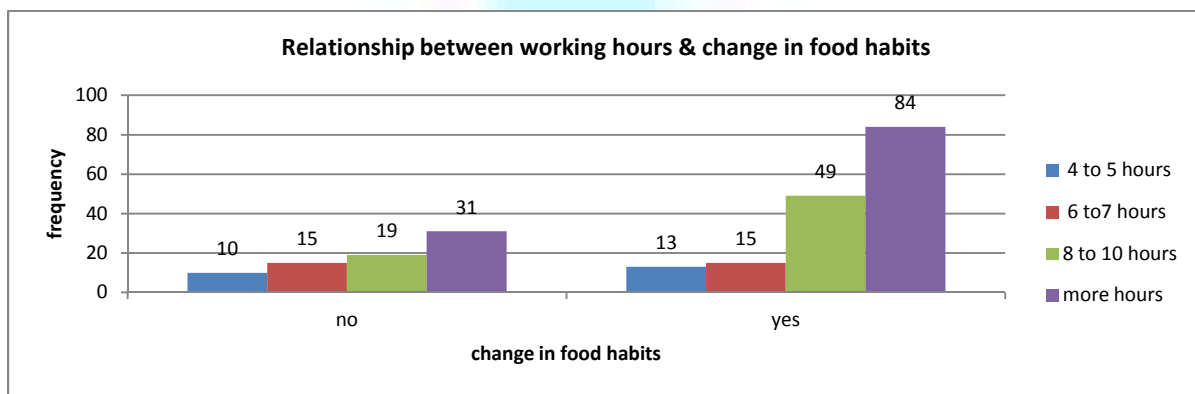
Changes in Food habit	Working hours				Grand Total
	4 to 5	6 to7	8 to 10	more	
No	10	15	19	31	75
Yes	13	15	49	84	161
Grand Total	23	30	68	115	236

TABLE: EXPECTED FREQUENCY

Changes in Food habit	Working hours				Grand Total
	4 to 5	6 to7	8 to 10	more	
No	7	10	22	37	75
Yes	16	20	46	78	161
Grand Total	23	30	68	115	236

$\chi^2_{tab}(7.81) > \chi^2_{cal}(7.64)$

Here the value of χ^2_{tab} is more than χ^2_{cal} which means, that there is relationship between working hours & food habits.



From the above graph we can conclude that food habit changes due to working hours. Nightshift workers biographical cycle is different rather than normal hour workers and it affects directly or indirectly their health.

FINDINGS

- We could find that mostly youngsters are working in night shift.
- It is found that most affected problem is transportation and insufficient sleep and also change in food habit.
- It can conclude that most of the worker's health is affected due to nightshift. Most commonly physical problem faced by the workers is Backache and psychological problem faced by them is irritation and anger.
- As workers can't spend sufficient time they faces family problems and also they can't give proper attention towards their fitness.
- Mostly nightshift worker are satisfied with their job, so they don't think of leaving the job but if they get chance they would like to work in normal hours.

RECOMMENDATIONS/SUGGESTIONS

These suggestions are partially based on the findings of our study but mostly they are on the basis of what our respondents shared with us.

- Firstly company should provide proper transportation facilities to their workers.
- Health is affected due to nightshift so the company should provide annual health checkups which will be beneficial to both workers as well as company.
- Due to insufficient sleep workers can't give proper attention to the work, therefore company should provide refreshment facilities like tea, coffee and also snacks so that they can work effectively.
- Workers also want the improvement in management and clean environment at work place.

CONCLUSIONS

- From the comparative study between age and health we were able to find that in night shifts there are maximum numbers of youngsters working and from overall comparison we came to the point that from the total respondents, youngster's health is affected to some extent as it takes time to settle themselves in different kind of routine and even some are not able to settle but they have to work as it becomes the nature of their work.
- Majority of companies don't provide their employees with transportation facility. But very few companies provide transportation facility to their employees and even after that they meet with an accident.
- We found that those who are having dinner at home, their health is affected to some extent because they even have some food during the shifts and this creates disturbance due to change in their timings and digestive system which affects them.
- Those who are working in the nightshifts are facing more family problems. But if we compare gender wise then females faces more problems than males. But both of them face family problems as they are not able to give proper attention to their family. As they can't give attention to their family they become unaware about their family and social activities.
- Those who are working for less number of hours their food habits is not affected to great extent but those who are working for 8-10 hours or more, their food habits have changed a lot due to changes in their regular life cycle.

LIMITATIONS

- Problems with Digestive system

- Risk of Heart Diseases
- High risk of Cancer
- Health Concerns
- Diverted Life
- Security

SCOPE FOR FURTHER RESEARCH

- From the comparative study between age and health we were able to find that in night shifts there are maximum numbers of youngsters working and from overall comparison we came to the point that from the total respondents, youngster’s health is affected to some extent as it takes time to settle themselves in different kind of routine and even some are not able to settle but they have to work as it becomes the nature of their work.
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ANNEXURE

QUESTIONNAIRE

Q1.) Personal information:-

1. Name :-
2. Age :-
15-25 26-35 36-45 45 above
3. Sex :-
Male Female
4. Marital status :-
Married Unmarried
5. Number of persons in the family :- _____
6. Number of children :-
One Two Three More None
7. Occupation:-
Student
Business
Service
Profession

Q2.) Company details:-

- a) Name of the company _____.
- b) Nature of the company _____.
- c) Timing of night shift _____.
- d) Designation _____.
- e) Since how many months/years have you been working with this company? :- _____
- f) Salary(annual):-
Below 80000 80000-150000
150000-300000 300000-800000
800000 & more

Q3.) Reason for working in night shift:-

	(Circle the preferable rank)				
Higher salary	1	2	3	4	5
Family constraints	1	2	3	4	5
Overtime Benefits	1	2	3	4	5
Other: - Nature of work (IT industry)	1	2	3	4	5

Q4.) Total working hours during night shift:-

- 4-6 hours 6-8 hours 8-10 hours more

Q5.) Which problems do you face because of working in a night shift?

	(Circle the preferable rank)				
	1	2	3	4	5
Transportation	1	2	3	4	5
Work pressure	1	2	3	4	5
Safety	1	2	3	4	5
Deteriorating health	1	2	3	4	5
Insufficient sleep	1	2	3	4	5
Depression	1	2	3	4	5
Irregular food habits	1	2	3	4	5
Hindrance in social life	1	2	3	4	5
Other: - _____	1	2	3	4	5

Q6.) How many total hours per day do you spend in travel for workplace?

- Less than one hour 1-2 hours
- 2-3 hours 3-4 hours
- More than 4 hours

Q7.) Does your company provide you with transportation facility?

- Yes No

7.1) If yes then from where?

- Home
- Pickup centre

7.2) If no then which mode of transportation do you use?

- Motorbike Scooter Car Rickshaw Other: _____

Q8.) Have you met with an accident before/after the job?

- Yes No

(A) If yes then at which place?

- Near the house
- Near the office
- Middle of the distance
- At some other place:- _____

(B) At what time? :-

- While going to office
- While returning from office

Q9.) Due to night shift has your food habit changed?

- Yes No

Q10.) How & when do you take your dinner?

- At home before the shift
- Outside home before the shift
- During the shift in the breaks
- 1) Tiffin 2) Canteen food

Q11.) During the shift at what time do you take your dinner?

- After 2 hours After 4 hours After 6 hours

Q12.) Do you think your health is adversely affected by night shifts?

- To some extent A lot Not at all

Q13) Have you experienced any symptoms from the following as a result of night shift?

- A) B)
- Backaches Feeling depressed
- Continuous tiredness Feeling angry & irritable
- Frequent cold & headache weight gain
- Digestive disorder / acidity / gastric weight loss
- High blood pressure / low BP
- Insomnia
- Respiratory illness
- Sprains & Strains
- Others (specify):- _____

Q14.) Does your company provide you any annual health checkups?

- Yes No

Q15) How often do you visit any doctor for your personal checkups?

- Monthly Quarterly Half yearly Yearly

Q16.) How frequently do you take a nap during the job?

- No 1 time 2 times 3 times 4 times

Q17.) How many times you take refreshment (Hot/Cold) during the working hours?

- 1time 2 times 3 times more

Q18.) Which of the following habits do you have?

- Before After
- Cigarettes
- Pan Masala
- Tobacco
- Drinks
- Hukka
- None

Q19.) What do you do immediately after reaching home from the job?

- Breakfast Sleep Bath Other than these:- _____

Q20.) When do you go to sleep?

- Morning [6 am to 11 am] Afternoon [11 am to 5 pm] Evening [5 pm to 10 pm]

Q21.) How many hours do you spend on sleep?

Weekdays	6 hours	7 hours	8 hours	more
Weekends	6 hours	7 hours	8 hours	more

Q22.) What do you prefer to do before going for the job?

Very less Less Sometimes Frequently More frequently

- Watch T.V
- Listen to songs
- Spending time with family
- Meet friends
- Eat snacks

Q23.) Do you face family problems because of night shift?

Yes No

Q24.) If yes then which type of problem?

- Less attention to family members
- Insufficient knowledge about the day to day activities of children
- Anger on other/ misbehavior / I lose temper very fast / frequently
- Less time for recreational activities
- Feel left out of social events hence cutoff from relatives
- Other:- _____

Q25.) How do you entertain yourself/ relax?

Very less Less Sometimes Frequently More frequently

- By going for a movie
- By going for dinner/ lunch
- Picnic
- Hanging out with friends
- Playing games/ gym
- Going for ride
- Going to a club

Q26.) Do you spend time for personal fitness (gym/ yoga/ exercise or walking)?

Yes No

Q27.) If yes then at what time?

- At morning
- At noon
- At evening
- At night

Q28.) Have you ever thought leaving job due to **difficulties faced** during night shifts?

Yes No

If yes which was the main problem:- _____

Q29.) Have **anyone** left their job due to **difficulties faced** during night shifts?

Yes No

If yes which was the main problem:- _____

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Thanking you profoundly

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