

A Study on Transformation of Indian Culture: Women in Night Shift Work, Consequences on Physical and Mental Health– With Special Reference of Private Hospitals in Mumbai City

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ABSTRACT

The Indian women, today have ventured beyond the traditional roles of wife and mother and have sought employment and career outside their homes, and are actively participating in the economic and social development of the nation (Liddle & Joshi, 1986). Economic, social and political development during the recent decades has resulted in improvement in the position of women, especially in the areas of education and labour force participation. Their participation in jobs involving Night Shift is considered to be essential to ensure continuity of care in hospitals and residential facilities. In particular, the night shift is one of the most major reasons for the strife of routine physical and Psychological behavior cause significant alterations of sleep and biological functions that can affect the well-being and negatively impact their work performance.

The objective of this study is investigate the impact of working during night shifts on women and highlight its consequences on the risk factors of developing ill-health and it leading to lower job satisfaction.

METHODOLOGY INVOLVED

Source of data

Primary: Personal interview was conducted among 50 women respondents employed in a private hospital in Mumbai City who worked on night shifts between July 2019 and September 2019. The questions were based on working conditions, physical attributes, lifestyle, food habits, psychological health, and other health problems.

Secondary: M.Phil/ PhD Thesis, Journals and other periodicals.

The data so collected was statistically analyzed using statistical packages. Statistical tools fit were descriptive, correlation, reliability scale, Confirmatory Factor Analysis.

Findings revealed that about 71 percent of the respondents accepted the nightshift for the better pay package and the remaining due to the demand by the nature of job. A Majority of (80 percent) of the respondents have the work experience of more than 5 years and the non standard shift is for more than 2 days a week. The correlation co efficient shows that there is strong association shift based work, their life style and its impact on their health. The study suggests that employees with rotating night schedule need special attention due to the higher risk for health and low productivity.

Keywords: shift work, night work, health, job satisfaction,

INTRODUCTION

Since liberalisation, Indian economy has gone through tremendous development and cultural change. Women of the country, who only played a vital role as mother, wives and responsible home makers have now gone farther in participating in the labour force of the country. They have become self-reliant, educated, financially empowered and have rapidly taken strides in various fields of life keeping pace with the development. The revolutionary transformation has invoked women for equal opportunities in all fields of industries for country's progress



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