

## Assessment of shift work problem faced by female nurses

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### ABSTRACT

Shift work is a major feature of work life across a broad range of industries. Shift work and work-related stress are important topics in the healthcare sector due to their possible negative impact on the workers' health and safety, in terms of health and well being. So, the study was conducted in Maharana Bhopal Govt. Hospital at Udaipur. The sample consisted of 60 female nurses between the age group of 30 -60 years, working in flexible rotating shifts. A standardized tool *i.e.* the Standard Shiftwork Index (SSI) was used to elicit required data from each respondent. Changes in work schedules were particularly problematic for those with less seniority. The amount of sleep and disturbed sleep has a great impact on the shift workers the highest being impact on general feeling of tiredness was amongst old group respondents with a score of 134. While the young group respondents were having its highest impact on normal amount of sleep (98). The overall scores health and well being problems and their impact was very high in young group as compared to the old group with a total score of 1079 and 807, respectively. The respondents expressed that shift work interfered more with family related problems because of the lack of synchrony between their hours on job and their families daily routine. The most serious impact was for those who worked evenings and night shifts. From old group 32 per cent, 46 per cent, and 23 per cent of respondents said that they used their disengagement strategies 'a little', 'somewhat', 'quite' often, respectively. Both the groups coped with the domestic situations by solving problems, re organization of work, letting out evaluation and talking about their feelings. Coping strategies related to social life, domestic life and sleep gave us an understanding that the female nurses solve the problems and reorganize them properly instead of avoiding situation or criticizing themselves. This point needs special attention that is age is a factor of adopting disengagement mode of coping with work situations in female nurses.

**KEY WORDS :** Shift work, Fatigue, Coping strategies

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### INTRODUCTION

Women are the backbone of any economy primarily shaping future of country. Ever since India opened its doors to liberalization in the early 1990s, there has been a steady transformation in India's economy. Self-reliance helped in building great institutions of learning and taking strides in various fields of life in keeping pace with the rapidly changing world.

Women have become equal participants in many respects at all levels of society. The future would see more women venturing into areas traditionally dominated by men. This will lead to the income generation and a greater sense of fulfilment among women. In almost all the countries, government is providing special provision for women's development and efforts are being made to being out maximum of their talent. In India, as during Veda and Upanishad periods, women were being accorded with respect and were facilitated in all spheres of life. The shift work no doubt caused many physical and

psychological demands on an individual.

In recent years, more emphasis has been laid on the psychosocial needs of the workers, so more and more workers have the liberty to choose the hours and times when they wish to work. As a result of the foregoing factors, we now have several work scheduling alternatives: the eight-hour daylight schedule, permanent off- hour shifts, rotating shifts that change from daylight hours to evening to night periodically and schedules arranged according to the choice of the worker. Although alternative work schedules are generally well received by workers, some epidemiologists, sociologists and health personnel have raised questions as to whether these work schedules cause physiological or psychological changes in the workers.

Shift work is common in many sectors. Essential and emergency services such as medical, transport, fire and rescue, law enforcement services and some public services have to be provided round-the-clock. In recent years, some service establishments such as convenience stores and fast food shops also provide 24-hour service and employees

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