

**THE IMPACT OF NIGHT SHIFTWORK DIFFICULTIES  
WITH FAMILY AND SOCIAL LIFE: A SPECIAL REFERENCE  
TO SELECTED APPAREL SECTOR IN  
POLONNARUWA DISTRICT**



**By**

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**REG NO: EU/IS/2016/MS/64**

**INDEX NO: MS 1914**



FCM2647

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**DEPARTMENT OF MANAGEMENT  
FACULTY OF COMMERCE AND MANAGEMENT  
EASTERN UNIVERSITY, SRI LANKA**

**2021**

## ABSTRACT

This study explores the impact of night shiftwork difficulties with family and social life: A special reference to selected Apparel sector in the Polonnaruwa district. In this research study, there is one independent variable. It is night shift work difficulties. There are three dimensions, such as sleepiness, fatigue, and health disorder. The dependent variable is family and social life.

The concept of shiftwork is a recently used methodology for the apparel sector. Employees work in two shifts, day and night. The night shift is more difficult than the day shift. The main objective of this study is to study the impact of night shift work difficulties on family and social life.

In this research study, primary data had been practiced by this study. A structured questionnaire was used as the method of data collection. The simple random sampling method was used to make the sampling framework of the study. The quantitative research approach was used for this study. The data were analyzed using descriptive statistics, correlation, and regression analysis.

The Conceptual model is developed based on the existing literature. Primary data that has been used for the study were obtained from 362 shift work employees who are working Brandix apparel solution in Polonnaruwa district. The findings indicate that there is good reliability and low level of night shiftwork difficulties on family and social life of the apparel sector in Polonnaruwa district and also the results showed that there is a significant negative impact of night shiftwork difficulties on family and social life. Furthermore, night shiftwork difficulties showed a negative relationship between night shiftwork difficulties and family and social life.

As a result of this study, this understanding may be helpful for the apparel sector to take necessary action to reduce night shiftwork difficulties and enhance shift workers' impact on family and social life.

**Keywords:** *Night shiftwork difficulties, Sleepiness, Fatigue, Health disorders, family and social life.*

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