

## THE SAFETY CONCERNS OF NIGHT SHIFT SCHEDULE: IMPLICATIONS FOR FAMILY, HOMES AND HUMAN HEALTH

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**W**ealth does not correlate with health, neither does the ability to work longer hours and night-shift determine the level of one's wealth. It is important to consider health and safety first when accepting new job schedule or offers. This study investigates how night-shift schedule has contributed to workers' poor well-being, quality of life and marriages. One-hundred thirty-nine night-shift workers voluntarily participated in the study. Respondents were grouped into three age categories: 18-34, 35-54, and 55-74. Responses were quantified and an adequate statistics analyses were run on the data. Results revealed that 29% of the respondents felt depressed and 62% were shown to have low energy after work night-shift schedule. The risk of divorce among the married respondents is 1-person in every 10-workers. Poor appetite revealed 1 out of every 4-workers and 1 out of 2-workers have the risk of loosen interest in their usual activities. Fifteen percent reported having very bad quality of life. Twenty-nine percent of the respondents revealed having concentration problems. The paired t-test results reveal that night-shift schedule in one way or another has a statistically significant effect on the workers well-

being who work on night shift ( $t = 23.5, df = 138, p < 0.0001$ ). The level of divorce, poor quality of life, less interest in usual activities and health issues as a result of workers' schedule suggest the need for better work schedule structuring. The findings from this study highlight potential damages night-shift schedule has done to human well-being and life style in general.

### Biography

Fasanya B K has Doctorate degree from North Carolina Agricultural and Technical State University, with the specialties including Ergonomics and Human Factors and Occupational Health and Safety. He worked as a Senior Research Associate with the US Army in the Division of Auditory Protection and Performances. His research interests include Occupational Health and Safety, Ergonomics/Human Factors, Workers' well-being, Noise Assessment, Auditory protection and performances, Lean and Six Sigma Principles, and Data Analysis. He is particularly interested in analyzing how noise exposure, stress, time, work activities and gender differences affect human behavior/performances in different environments, (natural or man-made)

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