



The Relationship Between Workers' Health and Night Shift Work in Food Franchise Industry in Kuching, Sarawak, Malaysia

Siew Wui Long¹, Florianna Lendai Michael^{2*} and Hana Hamidi³

¹⁻³Universiti Malaysia Sarawak, 94300 Kota Samarahan, Sarawak, Malaysia

ABSTRACT

Shift work alters workers exposure to natural and artificial light, sleep patterns, and feeding patterns. Among other working population, shift workers are at a greater risk of developing metabolic impairments over time. Hence, this study aimed to study the relationship between workers' health and night shift work in food franchise industry in Kuching, Sarawak. The independent variables are sleep pattern, mental health, psychological well-being, circadian rhythm, and insomnia, while the dependent variable is night shift work. Questionnaires were distributed using convenience sampling techniques and a total of 59 questionnaires were collected. Pearson Correlations test. showed that there is a significant relationship between workers' health and night shift work. The implications on this research shows that there are more researches on the mitigation of health risk on shift workers.

Keywords: Night shift work; sleep pattern; mental health; psychological; circadian rhythm; insomnia

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INTRODUCTION

Shift work is very common in many sectors such as health, transportation, and fire and rescue. Apart from these sectors, there is a rising number of businesses providing 24-

hour services such as fast food restaurants that causes the needs for the employees to work in shift. Hence, this trend leads to an increasing number of shift-workers. According to data from the Occupational Health Survey, 29% of all U.S. workers in 2010 worked alternative shifts (i.e., not a regular day shift) and 15% of workers regularly worked a night shift (Kang et al., 2017). In Malaysia, another study conducted by Nilamsari, Prasetya, and Fitriani (2017) that focuses on the impact of shift work leading to high blood pressure.

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E-mail address:

mmflendai@unimas.my (Florianna Lendai Michael)

*Corresponding author

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