CHAPTER THREE
METHODOLOGY

This chapter describes: (1) the subjects, (2) the materials, (3) the procedures used in the collection and analysis of the data, and (4) the data analysis.

3.1 SUBJECTS

The respondents of this study were 120 people who worked the nightshift in various types of job in the Bangkok area, such as office workers, security guards, factory workers, nurses, and government officers.

3.2 MATERIALS

The instrument used in this study was a questionnaire, which consisted of closed-ended and open-ended questions. The questionnaire consisted of 37 questions divided into 6 parts: The first part collected the general information of the respondents; the second part collected data on respondents' opinions toward the ill-health effects of working the nightshift; the third part collected data of respondents' opinions toward approaches used to gain effective sleep; the fourth part collected data about respondents' sleep behavior; the fifth part collected data on respondents' opinions toward nightshift duty; and the sixth part collected data on respondents' opinions and suggestions.

3.3 PROCEDURES

3.3.1 Research Design

This study was designed to find out the opinions of people working the nightshift toward the ill-health effects caused by working the nightshift, approaches used to gain effective sleep when working the nightshift, and to get their opinions as to why they chose to work the nightshift.

3.3.2 Data Collection

A cross-sectional questionnaire was used to collect information from the respondents. The questionnaires were distributed to 120 people working the nightshift

in various types of job in the Bangkok area. In addition, five nightshift workers were interviewed in order to find out whether they possessed the knowledge about the ill-health effects of working the nightshift, how to gain effective sleep and how to look after themselves when working the nightshift. The questionnaires were distributed during November 2008 to January 2009.

3.4 DATA ANALYSIS

The Statistical Package for the Social Sciences (SPSS) version 16.0 and Microsoft Excel 2003 were used to analyze the data collected. The five-point Likert scales used in the questionnaire were merged into three-point Likert scales in order to present more precise and easy-to-understand results. The analyzed data are shown in the form of descriptive statistics, frequency and percentage, and description.

Part I General information of respondents is presented by descriptive statistics, frequency and percentage.

Part II Respondents' opinions toward the ill-health effects are presented by descriptive statistics, frequency and percentage.

Part III Respondents' opinions toward approaches used to gain effective sleep are presented by descriptive statistics, frequency and percentage.

Part IV Respondents' sleep behavior is presented by descriptive statistics, frequency and percentage.

Part V Respondents' opinions toward nightshift duty are presented by descriptive statistics, frequency and percentage.

Part VI Respondents' opinions and suggestions are presented in the form of description.