

Thesis Title Factors related to the
 disturbance in life and work
 of shiftworkers in a motorcycle
 factory.

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ABSTRACT

Cross sectional study was conducted in a motorcycle factory, Samut Prakarn province, Thailand, to determine the relationships between health, psycho- social life complaints and fatigue symptoms among shiftworkers; to determine the relationships between the distribution of time spent on this daily activities and the disturbance on family life of shiftworkers; and to analyse the time

required for performance job and the working postures related in health and well-being among different shiftworkers systems. One thousand two hundreds and eighteen workers were selected as the sample of this study.

The study found that there were significant associations between medical records and various complaints related to health, environment and working conditions. It was also found that fatigue symptoms which occurred during the working time among shiftworkers increased significantly after work. On the other hand, the time budget study showed that the night and afternoon shift worktime disturbed the family timetable of shiftworkers more than day shift. Furthermore, there were also associations between working postures, motor diseases and medical complaints among shiftworkers. The study concluded that the improvement of working conditions, arrangement of working facilities, working motion and resting time will increase the job efficiency and the productivity simultaneously, and also decrease the fatigue symptoms and motor diseases among shiftworkers.