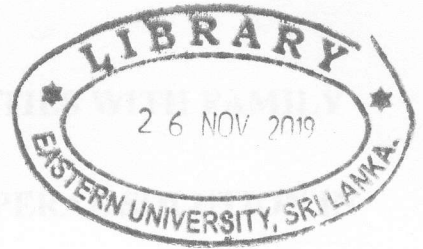


**SHIFTWORK OVERCOMING DIFFICULTIES WITH FAMILY  
AND SOCIAL LIFE  
SPECIAL REFERENCE TO BRANDIX APPERAL SOLUTION IN  
BATTICALOA**



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## ABSTRACT

The main purpose of this study is to identify the shift work overcoming difficulties with family and social life in Brandix Apparel Solution in Batalalaoa. The research questions of this study were: What is the nature of shiftwork components in Brandix Apparel Solution in Batticaloa? How extent shiftwork components determine the family and social life in Brandix Apparel Solution in Batticaloa? In order to answer the research questions systematically, the study applied the descriptive approach through using stratified random sample of the population. This study is mainly considering the primary data. The primary data were collected through closed structure questionnaire from 200 employees (shift workers) from selected batch and used descriptive analysis and ANOVA techniques in order to analyze data and find the results of study objectives.

The findings of this study revealed that the employees are work in well in the Brandix Apparel Solution and also control their stress. Significant differences in the shift work components and family and social life. The study concluded by practical recommendations for the shift workers, administration of the factory, and government policy makers.

**Keywords:** Shift work, Family and Social life

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