

**SLEEP PATTERN, SUBJECTIVE WELL-BEING, LEVEL OF SOCIAL
ACTIVITY AND WORK SCHEDULE OF EMPLOYEES
IN SELECTED FOOD PROCESSING COMPANIES
IN GENERAL TRIAS, CAVITE**

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ABSTRACT

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The study aimed to determine the relationship of work schedule to the lives of employees. This study specifically aimed to determine: 1) the sleep pattern of the participants; 2) subjective well-being of the participants in terms of life satisfaction and positive affect and negative affect; 3) level of social activity of the participants in terms of family life and interpersonal relationship; 4) work schedule of the participants; 5) the significant relationship of work schedule and sleep pattern; 6) significant relationship of work schedule and subjective well-being; 7) significant relationship of work schedule and level of social activity; 8) significant relationship of sleep pattern and subjective well-being; 9) significant relationship of sleep pattern and level of social activity and 10) significant relationship of subjective well-being and level of social activity of employees in selected food processing companies in General Trias, Cavite.

The study used descriptive-correlational research design and was conducted in General Trias, Cavite. A total of 153 respondents were asked to answer the four instruments that measured the relationship of shift work schedule and the sleep pattern, subjective well-being and level of social activity of the participants. It was found out, based on the results that work schedule does not much influence the lives of employees specifically on their sleep pattern, subjective well-being and level of social activity. In terms of the relationship of the dependent variables, sleep pattern and subjective well-being were significantly related with each other. However, the result between sleep

pattern and level of social activity was different for it does not correlate with each other. Lastly, subjective well-being and level of social activity generally have no significant relationship but, one sub-variable of level of social activity was significantly related with subjective well-being which is the family life.

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