

Johannes Gutenberg University Mainz

Master's Degree in Sociology

Research Project Network Analysis

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Social Networks of Individuals in Transition from Apprenticeship to Shift Work

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Since 2001, at least 15% of the German workforce has been working shifts (Statista 2018). The change between early, late and night shifts presents those affected the challenge of shaping their lives contrary to the traditional as well as the biological rhythm (cf. Neuloh 1964). There are already scientifically well-founded findings on the harmful effects of health and the burdens of organizing the individual and family lives of those affected. How and whether shift work influences social relationships within the affected family circle of friends and acquaintances, however, is still mostly unknown. Therefore, our research interest is directed towards the question of how shift work affects the social network of the individual. The present study focuses on the transition from training with normal working hours to the atypical working hours model of shift work. The entry into shift work is chosen because of the resulting adjustment process, away from the usual working time model and towards a new rhythm of life. Among other things, this is expected to have an impact on the possibilities of maintaining and shaping social relationships.

To learn more about this process, we use a mixed method design. With the help of problem-centered narrative interviews, people who are in the midst of, or have already completed the above discussed transition are to be questioned regarding shift work and its influence on the individual's network integration. In addition, information on social relations will be collected with the help of a quantitative questionnaire and evaluated with the corresponding software (SPSS and Visone). For the evaluation of the interviews the Grounded Theory is used, following Strauss (1991) and Strauss and Corbin (1990).

Further Literature

Corbin, J. & Strauss, A., 1990. Grounded Theory Research: Procedures, Canons, and Evaluative Criteria. *Qualitative Sociology*, 13(1).

Eurostat, 2018. Anteil der Erwerbstätigen in Deutschland, die Schichtarbeit leisten, in den Jahren 1992 bis 2017 [Chart], s.l.: s.n.

Neuloh & O., 1964. Sozialisation und Schichtarbeit. *Soziale Welt*, Issue 1, pp. 50-70.

Strauss, A., 1991. *Grundlagen qualitativer Sozialforschung*. München: Fink.