

## Study: Weekend workers are mostly women

June 14 2006

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Canadian researchers have found that of the 1-in-5 Canadians working during weekends and most of those workers are women.

The study by the DeGroot School of Business at McMaster University in Hamilton, Ontario, shows nearly 20 percent of Canadians work weekends -- mostly in the service sector and in part-time, temporary or seasonal jobs. And since more women are employed in part-time and temporary jobs, most weekend workers are female.

From 1991-99, the percentage of Canadians working weekends increased from 11 percent to 18.5 percent.

Professor of human resources Isik Zeytinoglu notes businesses tend to remain open during weekends to increase profits, use capital efficiently and provide extended hours of service. But, says Zeytinoglu, the cost of such convenience for workers can be increased stress, physical and mental health problems and ultimately decreased productivity at work.

The study is included in the book "Decent Working Time: New Trends, New Issues" published this week in Geneva, Switzerland, during the Conference of the International Labor Organization.

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Citation: Study: Weekend workers are mostly women (2006, June 14) retrieved 4 June 2024

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