

Impact of Long Working Hours on Garment Workers in Tirupur

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Abstract

The garment industry in Tirupur contributes significantly to employment generation and export earnings in India. However, workers are often required to work long hours to meet production targets and export deadlines. This study examines the physical, psychological, and social impact of extended working hours on garment workers in Tirupur. Primary data was collected through structured questionnaires and interviews. The findings reveal that prolonged working hours lead to stress, fatigue, physical pain, reduced job satisfaction, and work-life imbalance. The study suggests implementing proper labor welfare measures, overtime regulations, and workplace safety practices.

Keywords: Garment Industry, Long Working Hours, Tirupur, Worker Welfare, Stress, Work-Life Balance

1. Introduction

The garment industry is one of the largest employment-generating sectors in India. Tirupur is known as the ‘Knitwear Capital of India’ due to its strong export-oriented garment manufacturing units. Workers in garment factories often work beyond regular working hours due to production pressure and export deadlines. Long working hours may increase productivity in the short term, but they also create serious physical and mental health problems for workers. This study focuses on examining these impacts in detail.

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physical and mental health problems for workers. This study focuses on examining these impacts in detail.

2. Objectives of the Study

- To analyze the impact of long working hours on garment workers.
- To study the physical health problems caused by overtime work.
- To examine stress and mental health issues among workers.
- To identify work-life balance issues faced by garment workers.
- To provide suggestions for improving labor welfare.

3. Review of Literature

Previous studies show that long working hours lead to occupational stress, physical pain, fatigue, and reduced job satisfaction. Researchers have emphasized the importance of labor laws, workplace safety, and balanced working schedules to improve productivity and worker well-being in labor-intensive industries.

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4. Research Methodology

The study adopted a descriptive research design. Primary data was collected using questionnaires and interviews with garment workers in Tirupur. Convenience sampling method was used. Secondary data was collected from journals, books, reports, and online resources.

5. Percentage Analysis

Age Group

Particulars	Percentage
Below 20	23.1%
21-30	28.8%
31-40	23.1%
Above 40	25%

The above table shows the percentage analysis for age group. The findings indicate that long working hours significantly affect garment workers.

Gender

Particulars	Percentage
Male	48%

Female	52%
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The above table shows the percentage analysis for gender. The findings indicate that long working hours significantly affect garment workers.

Marital Status

Particulars	Percentage
Single	40%
Married	60%

The above table shows the percentage analysis for marital status. The findings indicate that long working hours significantly affect garment workers.

Education Qualification

Particulars	Percentage
Primary	14%
Secondary	28%
Higher Secondary	40%
Graduate	18%

The above table shows the percentage analysis for education qualification. The findings indicate that long working hours significantly affect garment workers.

Working Department

Particulars	Percentage
Cutting	8%
Stitching	42%
Checking	10%
Packing	14%
Others	26%

The above table shows the percentage analysis for working department. The findings indicate that long working hours significantly affect garment workers.

Working Hours

Particulars	Percentage
8 Hours	33.3%
9-10 Hours	23.5%
11-12 Hours	35.5%
Above 12 Hours	7.8%

The above table shows the percentage analysis for working hours. The findings indicate that long working hours significantly affect garment workers.

Overtime Work

Particulars	Percentage
Yes	66%

No	34%
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The above table shows the percentage analysis for overtime work. The findings indicate that long working hours significantly affect garment workers.

Stress Due to Long Working Hours

Particulars	Percentage
Yes	68%
No	32%

The above table shows the percentage analysis for stress due to long working hours. The findings indicate that long working hours significantly affect garment workers.

Physical Pain Due to Long Working Hours

Particulars	Percentage
Yes	76%
No	24%

The above table shows the percentage analysis for physical pain due to long working hours. The findings indicate that long working hours significantly affect garment workers.

6. Major Findings

- Most workers work beyond standard working hours.
- Long working hours create physical pain and fatigue.
- Stress levels increase due to production pressure.
- Workers experience work-life imbalance.
- Job satisfaction decreases when overtime is compulsory.

7. Suggestions

- Ensure proper implementation of labor laws.
- Avoid compulsory overtime practices.
- Provide proper overtime wages.
- Conduct regular health check-ups.
- Improve workplace safety and ergonomics.
- Promote work-life balance policies.

8. Conclusion

The study concludes that long working hours negatively affect the physical, mental, and social well-being of garment workers in Tirupur. Although overtime increases income temporarily, it also creates health problems, stress, and reduced family interaction. Employers and policymakers should ensure balanced working hours, fair wages, and better labor welfare measures for sustainable industrial growth. The study concludes that long working hours negatively affect the physical, mental, and social well-being of garment workers in Tirupur. Although overtime increases income temporarily, it also creates health problems, stress, and reduced family interaction. Employers and policymakers should ensure balanced working hours, fair wages, and better labor welfare measures for sustainable industrial growth.

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