

APPENDIX A: SEMI-STRUCTURED INTERVIEW GUIDE

QUESTION 1:

Describe in as much detail possible how you experience your working environment.

QUESTION 2:

Are there anything about your work that you find hard to cope with, that you find stressful?
Tell me about it.

QUESTION 3:

How do you get along with your colleagues at work?

QUESTION 4:

How do you spend your time when you're away from home?

QUESTION 5:

Tell me about an incident at work when you experienced stress.

QUESTION 6:

How has your work schedule affected your social life?

QUESTION 7:

How has your work schedule affected your physical health?

QUESTION 8:

How do you experience your work schedule?

QUESTION 9:

Describe a typical day/night at work?

APPENDIX B: BIOGRAPHICAL DATA OF RESPONDENTS

RESPONDENT NUMBER	AGE	GENDER	YEARS OF SERVICE	RACE
RESP. #1	28	FEMALE	6 YEARS	BLACK
RESP. #2	25	MALE	3 YEARS	INDIAN
RESP. #3	49	MALE	20 YEARS	WHITE
RESP. #4	31	FEMALE	10 YEARS	COLOURED
RESP. #5	24	MALE	3 YEARS	BLACK
RESP. #6	34	MALE	10 YEARS	WHITE
RESP. #7	31	FEMALE	10 YEARS	BLACK
RESP. #8	49	MALE	26 YEARS	WHITE
RESP. #9	44	MALE	20 YEARS	WHITE
RESP. #10	28	FEMALE	4 YEARS	BLACK
RESP.#11	33	FEMALE	5 YEARS	BLACK
RESP. #12	31	FEMALE	8 YEARS	WHITE

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