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**Author(s):** Murtorinne-Lahtinen, Minna; Moilanen, Sanna; Tammelin, Mia; Rönkä, Anna; Laakso, Marja-Leena

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**Table I.**

Employment patterns in Finland and the EU (percentage of employed population aged 16-64 years) in 2013

	Finland		EU-25	
	Women	Men	Women	Men
Part-time employment	20.4	9.7	32.3	8.8
Shift work	25.5	19.0	16.6	19.2
Evening work <sup>a</sup>	44.3	49.4	31.9	39.7
Night work <sup>a</sup>	12.0	17.2	9.7	17.6
Work on Saturdays <sup>a</sup>	36.4	34.7	40.5	46.5
Work on Sundays <sup>a</sup>	28.8	26.4	24.1	26.6

**Note:** <sup>a</sup>Proportion of those who 'never' work evenings; nights; Saturdays; or Sundays.

**Source:** Eurostat (2013)

**Table A1.**

Participants according to age, family form, educational background, work sector, occupation and description of working hours

<b>Pseudonym</b>	<b>Age</b>	<b>Family form</b>	<b>Educational background</b>	<b>Work sector</b>	<b>Occupation</b>	<b>Description of working hours</b>
Valerie	30	Couple	1 <sup>st</sup> stage tertiary	Entertainment	Freelance actress/director	Irregular hours during daytime, evenings, weekends, travel. (Partner works in 'standard job' with night shifts.)
Ella	42	Couple	Post-secondary, non-tertiary	Service	Salesperson	Irregular hours ranging from 6 to 10 hours per shift between 7am and 9.30pm during weekdays and weekends. (Partner works standard schedule.)
Helen	36	Couple	Upper secondary	Military	Control room duty officer	Works 3-4 consecutive 12.5-hour shifts. Occasional 8-week-long training periods in another city. (Partner also works NSW.)
Jackie	34	Couple	1 <sup>st</sup> stage tertiary	Engineering	Project-engineer	Daytime work with overtime hours. During summertime, 60% of working time is done during evenings and late evenings. Occasional travel and weekend work. (Partner works NSW as an entrepreneur.)
Philippa	36	Couple	Post-secondary, non-tertiary	Health	Rehabilitator and nurse	Periodical work schedules: occasional standard office hours and rapidly rotating irregular three-shift work (max. 7 nights a month) during weekdays and weekends. (Partner is a taxi driver and works NSW in shifts.)
Monica	33	Couple	Post-secondary, non-tertiary	Service	Flight attendant	Irregular three-shift work during weekdays and weekends. The longest consecutive shifts can stretch up to 14 hours. (Partner works standard schedule and sometimes during evenings.)
Sophie	39	Couple	1 <sup>st</sup> stage tertiary	Education	Head and teacher of a dance school	Standard office hours on Mondays, Thursdays and Fridays. On Tuesdays and Wednesdays works between 12am to 7pm. Telework on Thursdays. Occasional evening work and travel. (Partner is a full-time student and spends weeks at a time in another city.)
Dora	41	Couple	1 <sup>st</sup> stage tertiary	Education	Associate principal and dance teacher	Work week usually ranges from Tuesday to Saturday between 1pm and 8:40pm. Occasional evening work during Sundays and Mondays. (Partner works standard daytime schedule.)

**Table A1.**Participants according to age, family form, educational background, work sector, occupation and description of working hours (*Continues*)

<b>Pseudonym</b>	<b>Age</b>	<b>Family form</b>	<b>Educational background</b>	<b>Work sector</b>	<b>Occupation</b>	<b>Description of working hours</b>
Laura	36	Couple	Upper secondary	Health	Practical nurse	Irregular two-shift work during weekdays and weekends between 6:15am and 9pm. (Partner works in regular three-shift work.)
Sandy	24	Couple	Upper secondary	Health	Practical nurse	Irregular three-shift work during weekdays and weekends. (Partner works NSW as a truck driver.)
Mandy	25	Lone	Post-secondary, non-tertiary	Service	Salesperson (at service station)	Irregular three-shift work; longest shifts can stretch up to 19 hours.
Emma	43	Lone	Upper secondary	Service	Salesperson	Irregular three-shift work during weekdays and weekends.
Tessa	31	Lone	Upper secondary	Manufacture	Packer in a factory	Mainly two-shift work during daytime and evenings, occasionally also nights. Overtime hours during weekends.
Rosie	52	Lone	Upper secondary	Service	Flight attendant	Irregular around-the-clock hours. The longest shifts can stretch up to 14 hours.
Sally	29	Lone	Upper secondary	Service	Salesperson (at service station)	Irregularly rotating three-shift work with 8-hour-shifts.
Hilary	42	Lone	Upper secondary	Health	Practical nurse	Two-shift work between 7am and 9pm during weekdays and weekends. No morning shifts following an evening shift.
Maya	42	Lone	Post-secondary, non-tertiary	Health	Paramedic and nurse	Three-shift work with shifts between 8 and 12 hours.
Hettie	32	Lone	Upper secondary	Health	Practical nurse	Permanent night work. One week on, one week off.
Ann	31	Lone	1 <sup>st</sup> stage tertiary	Entertainment	Freelance dance artist	Usually works between 10am and 6pm. Occasional evening work.
Terry	40	Lone	Upper secondary	Health	Practical nurse	Three-shift work rotating clockwise (i.e., morning-evening-night).