

Harknett featured in May 2019 Science of Caring: How Unstable Work Schedules Affect Individuals and Families

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How Unstable Work Schedules Affect Individuals and Families

May 2019 Diana Austin

A lot of the instability in family life comes from uncertainty about time, says sociology professor Kristen Harknett ^[1], of the Department of Social and Behavioral Sciences at the UC San Francisco School of Nursing. ^[2] While there is ample data on how unemployment and economic instability affect health and family life, little research has been done on how unstable work schedules affect families. As co-directors of the Shift Project ^[3], a joint project of UC Berkeley and UCSF, Harknett and UC Berkeley's Daniel Schneider ^[4] seek to remedy that, with the aim of using large-scale data to inform labor policy that improves the lives of workers.

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[1] <https://profiles.ucsf.edu/kristen.harknett>

[2] <https://nursing.ucsf.edu/>

[3] <https://shift.berkeley.edu/>

[4] <https://sociology.berkeley.edu/faculty/daniel-schneider>

[5] <https://scienceofcaring.ucsf.edu/policy/how-unstable-work-schedules-affect-individuals-and-families>