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EXPLORING THE RULE OF LUNCH BREAK LENGTH (LBL) AND ITS EFFECT ON EMPLOYEES: A CAUSE STUDY OF BANKS EMPLOYEES IN PAKISTAN

Wen Xuwu^{1*}

School of Law, Zhejiang University of Finance and Economics, Hangzhou 310018, **CHINA**
1141707209@qq.com (W.X.)

Saifullah Hakro^{2*}

School of Public Affairs, Zijingang Campus, Zhejiang University, Hangzhou 310058, **CHINA**
hakrosaiyullah2@gmail.com (S.H), e-mail@e-mail.com (S.A)

Kashif Imran Zaidi^{3*}

Guanghua Law School, Zhejiang University, Hangzhou 310058, **CHINA**
kashifimran001@hotmail.com (K.I)

Shahida Kanwel

Tourism & Hotel Management, School of Management, Zhejiang University, Hangzhou 310058, **CHINA**
shahidakanwel@yahoo.com

Awaisra Shafiq

Department of Economics, Bagdad ul Jadeed Campus, The Islamia University, Bahawalpur 63100, **PAKISTAN**
awaisra017@gmail.com

&

Shumaila Arzo

School of Public Affairs, Zijingang Campus, Zhejiang University, Hangzhou 310058, **CHINA**
Shumailaarzo12@yahoo.com

ABSTRACT

Long hours work (LHW) and short lunch break length (SLBL) is a big issue in private banks of Pakistan. This study investigated the effect of lunch break length on employees among private banks in the Sindh province of Pakistan. The study was a cross-sectional descriptive design. The research covered a total of 212 employees' respondents from 20 different banks. The study result revealed positive significance, employees physical health ($r=0.887$, and $P<0.01$), employees psychological health ($r=0.876$, and $P<0.01$), employees performance ($r=0.865$, and $P<0.01$), stress on work ($r=0.847$, and $P<0.01$) Table 3. The study suggested in the private bank of Pakistan, employee's one-hour lunch break length positively impacts to health, performance and it cut the stress of work. Furthermore, the study suggested job satisfaction and better attendance can result through the employee's one-hour break length in the private sector of Pakistan. **251346-281172.800005**

Keywords: Employee lunchtime; Physical health; Performance; Stress at work.