

# **Perceived Impacts of the “One Day Fixed Day Off and One Flexible Rest Day Off” Policy on the Labor Market**

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## **Abstract**

Despite the intention of the New Labor Policy (the One Day Fixed Day Off and One Flexible Rest Day Off Policy) was to benefit the labor, it caused lots of controversies. Henceforth, the study explored how the labor regarded the implementation of the New Labor Policy and what labor really wanted and needed. Quantitative surveys distributed with paper copies and through the Internet were administered and a total of 865 valid questionnaires were collected. With t-test and oneway ANOVA, the study implicated four findings: the labor did not really realize what the contents of the New Labor Policy are, they were afraid of negative impacts along with the New Labor Policy; they were not willing to accept more changes because of their distrust of government; and, they did not believe that the New Labor Policy would bring them extra benefits. The study suggests that the government should further clarify the policy to labor and also to convince labor the policy could fit their interests. The New Labor Policy should be completed with alternative projects to achieve the expected results.

keywords: “One Day Fixed Day Off and One Flexible Rest Day Off” policy, labor policy, working time, overwork death, satisfaction