

# WELL-BEING IN HIGH-RISE CONSTRUCTION SITES: KEY FACTORS

*Sofiyya A. Halim<sup>1</sup>, Afiqah R. Radzi<sup>2</sup>, Ahmad Rizal Alias<sup>1</sup> and Rahimi A. Rahman<sup>1,3\*</sup>*

<sup>1</sup>*Faculty of Civil Engineering Technology Universiti Malaysia Pahang, Kuantan, Malaysia*

<sup>2</sup>*Faculty of Built Environment, University of Malaya, Kuala Lumpur, Malaysia*

<sup>3</sup>*General Educational Department, Daffodil International University, Dhaka, Bangladesh*

*\*arahimirahman@ump.edu.my*

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## Abstract

The working conditions in the high-rise construction industry are frequently used in the current debate due to its lack of conceptual and operational precision as the workers' well-being being unconsidered becomes work pressure. To improve this situation, understanding the key factors for workplace well-being will help create a safe and comfortable working environment for those involved in the high-rise construction industry. However, few studies have been conducted on the topic. This study aims to determine the key factors affecting construction workers' well-being in high-rise projects. To achieve those objectives, interviews and surveys with high-rise construction project employees will be conducted and analyzed. The study's findings can provide insights for developing an assessment tool for evaluating workplace well-being in high-rise construction projects. Also, the findings can be utilized as a guideline for the public and commercial sectors to guarantee that well-being practices are maintained at high-rise construction sites.

## 1 Introduction

The high-rise construction industry has grown significantly worldwide, particularly in recent decades [1]. Malaysia is one of the countries developing rapidly in terms of high-rise construction. However, the workplace well-being of high-rise construction workers has proven to be precarious during the construction process. The high-rise construction industry faces numerous challenges, including an imbalance of work and family life, lack of supervision, poor knowledge of the subject, and unhygienic workplaces, has all contributed to these difficulties [1]. The organizational structure of construction sites also makes the job more difficult than in white-collar industries, especially in maintaining a positive level of mental and physical health and well-being [2]. Most approaches to high-rise construction workers' workplace well-being have been subjective and overlook workers' viewpoints and opinions about their work [1].

Despite the modern world and all the technology nowadays, the construction industry is still labor-intensive, with working environments constantly changing and including various parties [3]. Construction workers are among the most vulnerable members of a project [4]. These workers face a wide range of hazards on the job [5]. Predicting the upcoming event under given circumstances is a common approach for preventing construction accidents [4]. The accuracy of such predictions is based on prior accidents [6]. It has been established that the primary causes of accidents in the construction industry are the industry's unique nature, human behavior, difficult work-site conditions, and poor safety management, all of which result in unsafe work methods and procedures [4].

The construction industry is considered one of the biggest contributions to the country's development [3]. Several platforms have researched construction site workers having mental health issues that affect company reputation and work performance in the construction industry [6]. In terms of construction workers' well-being, the construction industry only focuses on safety and health, typically on occupational safety and health [4]. However, they overlook the worker's well-being, which is important for mental and physical health [7]. Construction is also perceived as a high-stress occupation, affecting workers' psychological and physical well-being. Work-related stress may lower productivity, higher absenteeism, and poorer job performance [8].

Construction sites' organizational structure also makes the job harder than in white-collar industries, especially in maintaining positive mental and physical health and well-being [4]. Due to the general peripatetic nature of the construction industry, workforces are frequently transient. Job site locations vary from job to job, necessitating early starts and extensive travel, impacting construction site workers [9]. This worker's well-being issue, which they have to deal with the working condition in an unpleasant environment, should be highlighted as they may affect work performance, reducing the workability and quality of the construction project [7].

The workplace environment is intended to mediate a worker's achievement of well-being [7]. Nonetheless, workplace well-being initiatives have proven challenging to implement, with roughly 70% of construction workers suffering from mental health difficulties such as anxiety, depression, and stress resulting directly from their employment [10]. Long working