

**INVESTIGATING OCCUPATIONAL STRESS AMONG  
CONSTRUCTION PROJECT MANAGERS IN  
SRI LANKA**

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MSc in Occupational Safety and Health Management

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## ABSTRACT

The construction industry is one of the stressful industries and managing construction projects is critical due to the constraints in resources, time, and extreme working conditions. Hence, occupational stress (OS) level of Project Managers is higher, with compared to the other industries. Stress can have significant implications on the performance of the individual's health and organization. Therefore, managing OS among above said personnel is important in the aspects of personal wellbeing and the accomplishment of organizational goals and objectives.

The study carried out to investigate the OS of project managers in the Sri Lankan construction industry, and to propose strategies to overcome the same. Mixed method research approach was undertaken under two steps. Preliminary survey (step 1) and questionnaire survey (step 2) were carried out to collect data and manual content analysis and statistical analysis using MS Excel software used for analyzing data.

Tight budget, pressure to make decisions without adequate information, managing safety & environment issues, ambitious deadlines, work overload, Inadequate staffing, extended working hours, inadequate resources, lack of autonomy, work demand and role ambiguity were the significant job-related factors. Poorly designed offices spaces, interpersonal relationship skills, excessive noise, inappropriate lighting and overcrowd were the significant non-job-related factors.

Setting faithful deadlines, increased career development opportunities, socialization with friends & family, engaging with various entertainments, and programs for developing skills of managing stress level, have significant impact on reducing occupational stress among project managers in the Sri Lankan construction industry.

**Keywords:** Construction Industry, Occupational Stress, Project Managers, Strategies

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## DECLARATION OF THE CANDIDATE & SUPERVISOR

I declare that this is my own work and this thesis does not incorporate without acknowledgement any material previously submitted for a Degree or Diploma in any other University or institute of higher learning and to the best of my knowledge and belief it does not contain any material previously published or written by another person except where the acknowledgement is made in the text.

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The above candidate has carried out research for the Masters of Occupational Safety and Health Management under my supervision.

Signature of the supervisor: ..... Date: .....

Dr. Anuradha Waidyasekara

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