



**COPING STRATEGIES TO OVERCOME STRESS AMONG
CONSTRUCTION WORKERS WITH REFERENCE TO COIMBATORE DISTRICT**

Dr E.N.Kanjana, Assistant Professor, Government Arts College, Coimbatore.

Allwin T, Research Scholar, Government Arts College, Coimbatore.

ABSTRACT

This research focuses on coping strategies to overcome stress among construction workers in Coimbatore District. The construction industry poses various stressors on workers, affecting their well-being and job performance. This study aims to explore the coping strategies employed by construction workers, their effectiveness, and the relationship between coping strategies and demographic variables. The research methodology involves a Likert scale-based questionnaire administered to a sample of 150 construction workers. Descriptive statistics, factor analysis, and ANOVA tests were conducted to analyze the data. The findings indicate that construction workers tend to engage in physical exercise, place less importance on seeking professional help, and prioritize maintaining a healthy lifestyle to cope with stress. However, age and years of experience do not significantly influence the acceptance of coping strategies. The study suggests promoting professional support, enhancing awareness and education on coping strategies, establishing support systems, addressing individual differences, fostering a positive work environment, and continuous evaluation and improvement. By implementing these suggestions, construction workers' well-being can be improved, leading to enhanced job satisfaction and productivity in the construction industry.

Keywords: Construction workers, Stress and Coping strategies.

INTRODUCTION:

The construction industry is known for its demanding and challenging nature, often leading to high levels of stress among construction workers. Coimbatore District, located in the southern state of Tamil Nadu, India, is a thriving hub for construction activities. The rapid urbanization, infrastructure development, and industrial growth in the district have resulted in a significant increase in construction projects. While the construction industry plays a crucial role

in the region's development, it also exposes workers to various stressors, both physical and psychological.

Construction workers in Coimbatore District face numerous stress-inducing factors daily. These may include tight deadlines, intense physical labor, exposure to hazardous conditions, fluctuating weather conditions, job insecurity, and long working hours. The nature of the work often requires workers to perform under pressure, handle multiple tasks simultaneously, and meet demanding project requirements. Such work-related stress can have detrimental effects on the well-being, productivity, and overall quality of life of construction workers.

Understanding the coping strategies adopted by construction workers is essential in addressing the stress they encounter. Coping strategies refer to the conscious efforts individuals make to manage or reduce stress and its adverse effects. These strategies can vary from individual to individual, and the effectiveness of different coping mechanisms can also vary.

Exploring the coping strategies used by construction workers in Coimbatore District is crucial for several reasons. Firstly, it helps shed light on the specific stressors faced by this workforce and their impact on well-being. Secondly, it allows for a comprehensive understanding of the coping strategies that are currently prevalent among construction workers in the district. Thirdly, identifying effective coping strategies can inform the development of support systems and interventions aimed at improving the well-being and mental health of construction workers.

This research aims to delve into the coping strategies employed by construction workers in Coimbatore District to overcome stress. By examining these strategies, their effectiveness, and the level of awareness and utilization of support systems, valuable insights can be gained to design targeted interventions and programs. Ultimately, the goal is to create a supportive and conducive work environment that promotes the well-being and mental health of construction workers, leading to improved job satisfaction, productivity, and overall quality of life.

STATEMENT OF PROBLEM:

The construction industry in Coimbatore District faces the challenge of high stress levels among its workers. The demanding and strenuous nature of construction work, coupled with various job-related stressors, poses a significant problem for the well-being and productivity of construction workers. However, the coping strategies employed by these workers to overcome stress in the context of Coimbatore District remain largely unexplored.

The lack of understanding regarding the coping strategies used by construction workers in Coimbatore District hinders the development of effective support systems and interventions to alleviate their stress. Without proper insights into the coping mechanisms employed by these workers, it becomes challenging to address their specific needs and implement targeted strategies to enhance their well-being.

Therefore, there is a need to investigate and identify the coping strategies adopted by construction workers in Coimbatore District to overcome stress. This research aims to fill the gap in knowledge by exploring the specific coping strategies utilized by construction workers and their effectiveness in managing stress. The findings will provide valuable information to develop appropriate support systems, interventions, and policies that can effectively address the stress-related issues faced by construction workers in Coimbatore District.

Overall, the statement of the problem is to understand the coping strategies employed by construction workers in Coimbatore District and to identify effective measures that can be implemented to alleviate their stress levels, improve their well-being, and enhance their job performance in the construction industry.

OBJECTIVES OF THE STUDY:

- To study about the demographic variables of the respondents.
- To identify the most commonly adopted coping strategies by construction workers in Coimbatore District.
- To compare the demographic variables with coping strategies of construction workers.

SCOPE OF THE STUDY:

The scope of this study focuses on construction workers in Coimbatore District and their coping strategies for managing stress. The study encompasses workers of different age groups, genders, and varying years of experience in the construction industry. The research aims to provide insights into the coping strategies utilized by construction workers specifically in the context of Coimbatore District.

The study will investigate a range of coping strategies employed by construction workers, including physical exercise, relaxation techniques, seeking emotional support, engaging in hobbies or recreational activities, time management techniques, positive self-talk, meditation or mindfulness practices, regular breaks, seeking professional help or counseling, and maintaining a healthy lifestyle.

RESEARCH METHODOLOGY:

Type of research : Descriptive in nature.

Data Collection:

Primary data: The questionnaire was distributed among the selected participants, ensuring anonymity and voluntary participation.

Secondary data: Articles, Journals and Websites.

Survey Questionnaire: A Likert scale-based questionnaire was administered to collect data on coping strategies employed by construction workers in Coimbatore District.

Sample design

Sample Selection: A random sampling technique was used to select a representative sample of construction workers from various construction sites in the district.

Sample size : A total of 150 samples were taken for data collection for the study.

Data Analysis: The collected data were analyzed using descriptive statistics and inferential analysis to derive meaningful insights.

Tools used for the study: Percentage analysis, Factor analysis, Descriptive statistics and oneway ANOVA.

LIMITATIONS OF THE STUDY

- The findings of the study are specific to the sample of construction workers in Coimbatore District and may not be representative of the entire construction workforce in other regions or countries.
- The data collected for the study relies on self-reporting by participants, which may be subject to recall bias or social desirability bias. Participants may not accurately remember or report their coping strategies, leading to potential inaccuracies in the data. Additionally, respondents may provide responses that they believe are socially acceptable rather than reflecting their true coping strategies.
- The sample size of 150 construction workers may limit the statistical power and precision of the analysis. Additionally, the composition of the sample, including age groups, gender distribution, and years of experience, may not fully reflect the diversity of the construction workforce in Coimbatore District.

ANALYSIS AND INTERPRETATION

Demographic variables of the respondents

Demographic variables	Particulars	Frequency	Percent
Age	18-25 years	45	30.0
	26-35 years	82	54.7
	36-45 years	23	15.3
	Total	150	100.0
Gender	Male	46	30.7
	Female	104	69.3
	Total	150	100.0
Years of experience in the construction industry	Less than 1 year	45	30.0
	1-5 years	75	50.0
	6-10 years	25	16.7
	11-15 years	5	3.3
	Total	150	100.0

Age:

- The majority of respondents (54.7%) fell within the age range of 26-35 years, indicating that this age group was the most represented in the study.
- The age group of 18-25 years accounted for 30.0% of the respondents, while the age group of 36-45 years comprised 15.3% of the sample.
- This distribution suggests a diverse representation of different age groups among the construction workers surveyed.

Gender:

- The data shows that the majority of respondents (69.3%) were female, while male respondents accounted for 30.7% of the sample.
- This indicates a higher participation of female construction workers in the study.

Years of experience in the construction industry:

- The largest proportion of respondents (50.0%) reported having 1-5 years of experience in the construction industry, indicating a significant representation of relatively less experienced workers.
- The group with less than 1 year of experience accounted for 30.0% of the respondents, followed by 16.7% with 6-10 years of experience, and a smaller percentage (3.3%) with 11-15 years of experience.
- This distribution suggests a mix of both novice and more experienced construction workers in the study.

FACTOR ANALYSIS

KMO and Bartlett's Test for acceptance of respondents towards coping strategies

KMO and Bartlett's Test		
Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.520
Bartlett's Test of Sphericity	Approx. Chi-Square	144.925
	df	45
	Sig.	.000

The KMO value obtained in this study is 0.520.

The KMO value ranges between 0 and 1, with values closer to 1 indicating better suitability of the data for factor analysis.

In this case, the KMO value of 0.520 suggests that the data is moderately suitable for conducting factor analysis.

While the value is lower than ideal, it still indicates a reasonable level of adequacy for the analysis.

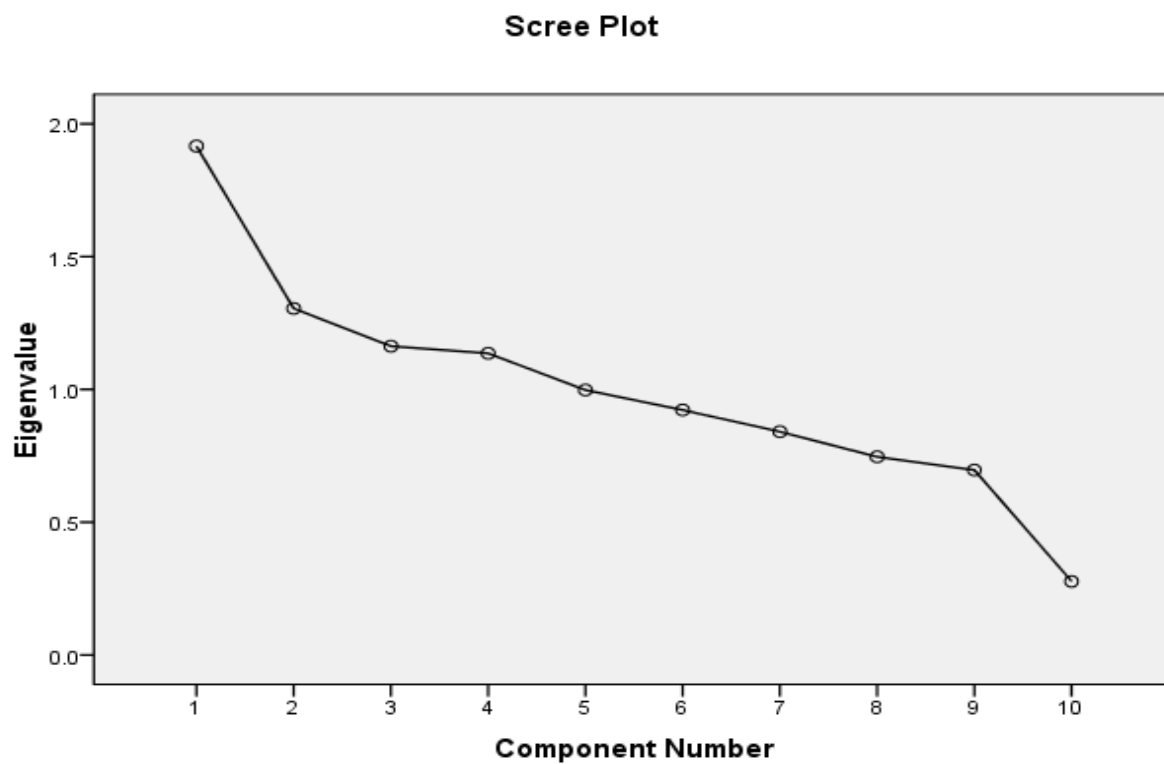
Total Variance Explained for acceptance of respondents towards coping strategies

Total Variance Explained									
Component	Initial Eigenvalues			Extraction Sums of Squared Loadings			Rotation Sums of Squared Loadings		
	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %	Total	% of Variance	Cumulative %

1	1.916	19.163	19.163	1.916	19.163	19.163	1.839	18.392	18.392
2	1.305	13.049	32.212	1.305	13.049	32.212	1.274	12.745	31.137
3	1.163	11.628	43.840	1.163	11.628	43.840	1.269	12.692	43.828
4	1.136	11.358	55.198	1.136	11.358	55.198	1.137	11.370	55.198
5	.998	9.977	65.174						
6	.922	9.224	74.399						
7	.841	8.407	82.806						
8	.746	7.462	90.267						
9	.696	6.963	97.231						
10	.277	2.769	100.000						

- The extraction sums of squared loadings indicate the amount of variance explained by each principal component after extraction.
- The first principal component explains 19.163% of the total variance, the second component explains 13.049%, and the third component explains 11.628%.
- The cumulative variance explained by the three components is 43.840%.

Scree plot for acceptance of respondents towards coping strategies



Rotated Component Matrix for coping strategies

Particulars	Component			
	1	2	3	4
I engage in physical exercise or activities to manage stress	-.031	.619	-.012	-.151
I practice deep breathing or relaxation techniques to reduce stress	.859	.264	.134	-.042
I seek emotional support from family, friends, or colleagues when stressed	-.132	-.051	.530	.394
I engage in hobbies or recreational activities to unwind and relax.	-.179	.318	-.098	.640
I practice time management techniques to reduce work-related stress	.207	-.249	.031	.657
I use positive self-talk or affirmations to manage stress	-.439	.295	.265	-.185
I engage in meditation or mindfulness practices to alleviate stress.	-.196	-.715	.000	-.229
I take regular breaks during work hours to relax and recharge	.865	-.005	.069	-.036

I seek professional help or counseling to cope with stress	.165	.208	.696	-.167
I maintain a healthy lifestyle by eating well and getting enough rest.	.026	-.119	.633	-.006

Based on the result the common factor above 0.5 are taken decision making process and the factors are engaging in physical exercise or activities to manage stress (0.619), seeking professional help or counseling to cope with stress (0.696) and maintaining a healthy lifestyle by eating well and getting enough rest (0.633).

Descriptive Statistics for acceptance of respondents towards coping strategies

	N	Mean	SD
I engage in physical exercise or activities to manage stress	150	2.41	.795
I seek professional help or counseling to cope with stress.	150	1.71	.745
I maintain a healthy lifestyle by eating well and getting enough rest.	150	2.73	1.447

On average, respondents tend to have a moderate level of engagement in physical exercise or activities to manage stress, respondents tend to have a lower inclination to seek professional help or counseling to cope with stress and respondents tend to place more importance on maintaining a healthy lifestyle by eating well and getting enough rest as a coping strategy for stress.

Comparison between demographic variables and acceptance of respondents towards coping strategies

Ho1: There is a significant difference between demographic variables and acceptance of respondents towards coping strategies

Demographic variables	Particulars	N	Mean	SD	F	Sig
Age	18-25 years	45	2.29	0.673	1.997	.139
	26-35 years	82	2.35	0.655		
	36-45 years	23	2.04	0.496		
	Total	150	2.28	0.644		
Years of experience in the construction industry	Less than 1 year	45	2.28	0.655	1.700	.170
	1-5 years	75	2.21	0.595		

	6-10 years	25	2.53	0.680		
	11-15 years	5	2.13	0.932		
	Total	150	2.28	0.644		

Based on the results of the ANOVA tests, there is no significant difference in the acceptance of coping strategies among different age groups or years of experience groups among the respondents. This suggests that age and years of experience do not play a significant role in influencing the acceptance of coping strategies for managing stress among construction workers in this study. Other factors not accounted for in this analysis may have a stronger influence on the acceptance of coping strategies.

FINDINGS

- The demographic variables provide insights into the characteristics of the construction workers in Coimbatore District who participated in the research. The findings suggest a diverse representation in terms of age groups, with the majority falling within the 26-35 years range. There is also a notable participation of female construction workers in the study. Additionally, the distribution of years of experience indicates a mix of less experienced workers and those with moderate experience in the construction industry. These demographic characteristics provide a foundation for understanding the coping strategies employed by construction workers in the subsequent analysis and interpretation of the study findings.
- On average, respondents tend to have a moderate level of engagement in physical exercise or activities to manage stress.
- Respondents tend to have a lower inclination to seek professional help or counseling to cope with stress.
- Respondents tend to place more importance on maintaining a healthy lifestyle by eating well and getting enough rest as a coping strategy for stress.
- The standard deviations indicate variability in the acceptance of coping strategies among the respondents, suggesting different levels of engagement within each strategy.
- The ANOVA test results indicate no significant difference in the acceptance of coping strategies based on different age groups. Age does not appear to be a significant factor influencing the acceptance of coping strategies among construction workers in this study.

SUGGESTIONS

- Despite the lower inclination to seek professional help or counseling among construction workers, it is crucial to raise awareness about the benefits of professional support for managing stress.
- Implement initiatives such as workshops, training sessions, or awareness campaigns to educate construction workers about the value of seeking professional help and counseling services.
- Collaborate with mental health professionals and organizations to provide accessible and confidential support options specifically tailored to the needs of construction workers.
- Develop comprehensive training programs and workshops to educate construction workers about effective coping strategies, including physical exercise, relaxation techniques, and mindfulness practices.
- Provide practical guidance on implementing these strategies and emphasize their positive impact on managing stress and improving overall well-being.
- Promote the importance of maintaining a healthy lifestyle, including proper nutrition and sufficient rest, as a fundamental coping strategy.

CONCLUSION

Construction workers in Coimbatore District employ various coping strategies to manage stress, with physical exercise, seeking emotional support, and engaging in recreational activities being the most commonly utilized strategies. However, there is room for improvement in adopting other coping techniques such as deep breathing, meditation, and seeking professional help. By implementing the suggested recommendations, construction workers' well-being can be enhanced, leading to improved job performance and overall satisfaction. Efforts should be made to create a supportive and conducive work environment that prioritizes stress management and promotes the overall health and well-being of construction workers in Coimbatore District.

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