

Physical and Mental Well-being and Job Satisfaction among Male Construction Workers in Selected Urban Construction Sites

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With the rapid expansion of construction industry in urbanizing areas of Sri Lanka, the health of the construction workers has become an aspect that is often neglected. The objective of this study was to assess the physical and mental wellbeing and job satisfaction among male construction workers in selected urban construction sites. A cross sectional descriptive study was carried out in a simple random sample of 120 male workers at three urban construction sites using an interviewer administered questionnaire. Socio-demographic factors, level of physical activity, nutrition and diet, alcohol and smoking, rest and sleep, energy and fatigue, pain and discomfort, level of mental wellbeing and level of job satisfaction of the workers were assessed. Data was analyzed using SPSS software (Version 24). A majority (73.3%) of the workers monthly earned more than thirty thousand rupees. A majority (42.5%) were engaged in vigorous physical activities. Most (56.7%) had normal BMI while only 20.8% were underweight, indicating a better level of nutrition when compared with the results from neighboring countries. Prevalence of alcohol use and smoking were 55.0% and 44.2% respectively, both significantly more prevalent than in the general population whereas 36.9% were consuming alcohol for more than 10 years and 9.4% were smoking more than 10 pack years. Majority (83.3%) were not fatigued and 66.6% had musculoskeletal pains, most commonly the back pain. Most had good mental wellbeing (99.2%) and good job satisfaction (94.8%). In conclusion the monthly income of majority of the workers was high and the overall nutrition was satisfactory whereas alcohol use and smoking were highly prevalent. Many suffered from musculoskeletal pains. Majority had good mental wellbeing and were satisfied about their job. Substance abuse and musculoskeletal pain were identified as the main issues and further studies of larger scale are recommended.

Keywords: Physical, Mental, Construction