



IMPRESSION OF ANXIETY ON AN EXPERIENCED CONSTRUCTION OPERATIVE IN NIGERIA CONSTRUCTION INDUSTRY

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Abstract

The research investigated the impression of anxiety an experienced construction operative in Nigeria Construction industry through the objectives to examine causes of anxiety in construction project and to determine the categories of anxiety connected with construction scheme and to estimate consequence of anxiety on construction workforces. The research espoused questionnaires to gather data from the experienced construction workforces in the industry research design used was statistical package for social science (SPSS). The total number of questionnaires were 73 respondents .The research revealed that the main roots of anxiety on the construction workforces are the appearances of the occupation or the assignment to be completed such as magnitude of effort target and the tasks of operative absence of independence such as part uncertainty or battle in the firm or construction place and likewise by existence involuntary to do possessions bad on a project amid extra. The research concludes that the mutual varieties of stressors connected with construction projects as duty stressor (such as cost, time, quality and time), association linked stressors and individual stressors among others, which are originate to be widespread among workforces in Nigeria. Construction industry absence of attentiveness, obliviousness and deprived choice formation amid other are recognized as they touch that anxiety has in construction industry. Subsequent conclusion are strained from this research and recommended that appropriate preparation should be set in domicile contrary to the possibility of the effort to be completed before espousal on such project and also construction firm should have an active ways of handling anxiety between their workforces on construction location.

Keywords: *Anxiety, Construction, Experienced, Industry and Operative*

Introduction

Iremeka et al. (2021) stated that anxiety at exertion donates to companies' nonattendance, squat confidence, and high work-related threats, advanced income charges, summary efficiency, and upsurge in company's health expenses which is shared construction industry in Nigeria. This is because construction industry is a project-driven industry that spaces importance on a high best product distribution that is on period, inside reasonable, and to obligatory values as specified by the customers which generally necessitates ample exertion to talented, which has established the attendance of anxiety in the industry sponsored with additional connected trainings. Wolfram and Mohr (2010) explained anxiety as sensation of expressive or bodily tautness subsequent from slightly happening or supposed that brands a distinct texture unfulfilled, annoyed, or jumpy that amid construction workforces can have an outcome on the distribution development of construction schemes. Hereafter Anxiety is majorly realized as the basis of opposing rejoinders which can harm the well-being, recital, and safety of construction workforces, Anxiety is the opposing response of folks in comeback to too numerous stresses and burdens located on them, and this is because they deficiency adequate incomes to accomplish such loads and compressions. When personality's possessions are not satisfactory to contract with the stresses and gravities of the condition, the singular involvements a mental and corporeal disorder (Omeje *et al.*, 2021). Daniel (2019) explained that anxiety happens because construction workforces are usually occupied for lengthier periods, as the increasing stages of errands necessitate them to wield themselves smooth additional energetically to encounter growing prospects nearby exertion recital. Separately since anxiety that ascended after the work condition, other bases of anxiety might recount to private influences such as associations with others then habit of permitted period. Other issues that reasons anxiety comprises deprived while organization, indistinct occupation imageries, moods of meagerness and self-doubt, incapability to grow possessions completed, absence of announcement, corrupt individual associations, excellence and difficulty of responsibilities. The involvement of anxiety can diminish the triumph of communal goalmouths and dent the attentiveness aptitude, problem-solving expertise, executive ability, and workability of construction craft artificers (Omeje *et al.*, 2021). Anxiety has remained originate to have a straight association with damages or close failures amongst workforces in the construction industry. Anxiety is one of the main influences accountable for little output in the industry this is because construction procedure wants a ration of bodily events that are demanding to the members in the industry



(Wahab, 2010). To contract with anxiety, we necessity recognize the reasons and extents of anxiety so that suitable explanations stay used and stressors are accustomed. In this respects, the revision will distillate additional on the influence that anxiety have on construction workforces in instruction to offer a conceivable response to diminish the degree of anxiety in construction location.

Literature Review

Perception of Anxiety in Construction Industry

The Construction Industry which is vigorous to development and expansion of any populace, is one of the primogenital in the domain, certainly as old as evolution itself. Construction commotion predictions the universal bearing of a budget and for this purpose; the industry is frequently designated as a leading pecuniary segment. The Nigerian construction arcade is amid the major construction bazaars in Africa, which has logged inspiring development finished the years (Oyewobi *et al.*, 2011). They are observed as craftsmen or tradesmen who expertly and virtually slog with their fingers to realize a construction venture. Some instances of construction workforces comprise carpenters, electricians, bricklayers/masons, interior decorators, iron benders, painters, plumbers, steel fixers, and tillers (Omeje *et al.*, 2021). Corporeal events are frequently conceded available by the artistes who inhabit the inferior share in the pyramid of workers that underwrite to the construction buildings but all members in the industry are in one way or the command unprotected to demanding performances (Oyewobi *et al.*, 2011). Mawanza (2017) strained that the main motorists of anxiety at effort originates in the procedure of communal relations, effort associations with friends and administrators, panache of organization, effort excess, and other outside monetary influences. Naqvi *et al.* (2013) renowned that anxiety is a disorder of corporeal and emotional cerebral complaint which befalls in a condition of heaviness, once possessions are powerless to achieve the request of a separate. Anxiety is a worldwide involvement in the lifespan of each group and all policymaking, director, and separate underling and an obviously happening knowledge which might take useful or critical penalties. The unhelpful penalties of a demanding skill are not predictable. Anxiety only consequence after unproductive organization of anxiety and demanding proceedings. Cho-Hee (2021) in a webinar related that singularity of stress is one of the most severe subjects in today's governments that imperils the bodily and cerebral fitness of the personnel and puts a substantial charge on officialdoms.

Reasons/Cradles of Anxiety

Olusegun *et al* (2014) decided that effort surplus, vocation growth and effort/domestic struggle are careful to probable reason and anxiety amongst workforces. Cho-Hee (2021) delineated numerous circumstances that source anxiety such as absence of occupation sanctuary, supremacy of dealings ended instructions, muddled administration, absence of regulator and assessment instruments, swings, elongated employed periods, novel knowledge, squat recompense and running elegance reason anxiety in the factory. Ibem *et al* (2011) in their training which absorbed on effort anxiety issues amongst specialized architects, builders, civil/structural engineers and quantity surveyors in the building construction industry in Nigeria presented that the key anxiety issues amongst these specialists remained high capacity of effort; absence of current luxury, privacy and passable interplanetary in place workplaces, absence of response on preceding and continuing building schemes, absence of safety/ security events on location, differences in the possibility of effort and disintegration of building effort into particular arenas.

Mediators of anxiety (stressors)

The stressors are the proceedings that frequently consequence to weight. The stressors are showed as strains and can be somatic or emotional in countryside (Mxenge *et al.*, 2014). Effort stressors are usually watched as junctures that stirring draining and distinct as any qualities in the effort situation that can source hazard to a discrete (Shikieri & Musa, 2012). As specified by Leung *et al.*, (2009) four groups of stressors occur predominantly in progress corporate, integrating duty, and separate, bodily and structural stressors.

Exertion associated anxiety

Mawaza (2017) originated that exertion linked anxiety demonstrates itself in numerous procedures between staffs owing to the dread of the unidentified by workers, owing to recurrent financial disaster in the republic, high grade of doubt owing to rearrangements and severances, and effort vicissitudes deprived of discussions. He anxious that there are optimistic influence of exertion linked anxiety on operatives' efficiency which can be enlightened by the datum that personnel toil tough in a proposition to preserve their professions. On the other indicator, trade vagueness



suggests a nonappearance of directness regarding the occupation and the errands complicated (Enshassi & Al-Swaity, 2015). Chore stressors normally appear within the characteristic sequence of the action and they comprise effort below cargo likewise to profusion effort, inharmonious errands at effort, thorough exertion and also disturbances (Nekzada and Tekeste, 2013).

Singular Connected Anxieties

These are acknowledged with interpersonal topographies that procedure practicalities of restlessness amongst growth specialists (Enshassi & Al-Swaity, 2015). Discrete stressors integrate in what way and separate acts at the factory as a consequence of stressed communal dealings at household. Folks consume numerous individualities and performances and as such anxiety touches numerous persons in dissimilar conducts.

Structural Connected Anxieties

These are typically observed as compressions creating from inside the association itself, counting the decision-making outline such as switch of liberty interplanetary assumed to staffs inside the effort interplanetary (Leung, et al., 2009). Management viewpoints in maximum bags are knowledgeable by workforces in an occupation location. They include focusses such as hesitation in profession fronts whereby the worker absences the aptitude to exactly know whatever is predictable of him/her (Nekzada and Tekeste, 2013).

Corporeal Stressors

These are ecological linked grounds of anxiety originate at the effort or home-based situation of construction workforces (Leung, et al., 2009). This understanding of condition is measured by application lack for an operative in the construction section that can be soar from deprived smartness, unsafe changes in contaminations, dangerous complete elevations, untidiness, amid contrary recyclable geographies (Enshassi & Al-Swaity, 2015).

Allegations of Anxiety amongst Workforces

Mawaza (2017) established that effort linked anxiety finds itself in numerous events amongst staffs by the next influences: dread of the indefinite by controls, recurrent commercial disaster in the republic, high grade of indecision owing to rearrangements and dismissals, and effort vicissitudes deprived of discussions.

Indications of anxiety

Olusegun *et al* (2014) renowned that Selye (1946) was the initially to label the stages that the form goes finished in reply to a danger. The over-all version condition perfect circumstances that the form permits finished three phases. Anxiety response: the form prepares for a possible spare. The incorporation reduces dejected, the emotion strokes earlier, plasma containers expand, plasma heaviness increases and living develops rapid and bottomless. All physical schemes effort composed to deliver all-out liveliness for contest or aeronautical.

Consequence of Anxiety on workforces

Okeke *et al* (2016) in their training inspected the properties of anxiety on worker output. The revision originated that the main result of work-induced anxiety on an association is abridged efficiency. Condensed output can also outcome when an operative is suffering undesirable work-induced pressure.

By what method anxiety can be achieved

Olusegun *et al* (2014) harassed in their training, that in instruction to diminish the degree of heaviness between workforces, the subsequent would be put in dwelling:

- i. Workforces must attempt as abundant as likely to raid an equilibrium among their workplace exertion and domestic errands; nobody would be occupied by light-heartedness
- ii. The workforces place and position would be placed hooked on deliberation and satisfactory enticements and assistances should be ended existing.
- iii. Structural rules must be introduced that resolve brand communiqué between the energetic records slackened and complete calmer.



- iv. Here ought to be eclectic conference on interrogations formerly pleasing slightly verdict. Hands should be certain independence to prompt their observances on problems difficult them. This will smooth a wisdom of going midst the employees.
- v. Pains complete by administration to face-lift the budget should be strengthened. If this is attained, workforces will have occupation chances and the disorder of facility will be improved.
- vi. Workforces should safeguard self-defense in contradiction of anxiety. They should safeguard incomes to contest back these pressure issues. They would be talented to notice the sign of anxiety issues and likely reasons inside the setting.
- vii. Labors must attempt to join cerebral fitness roundtables and assume anxiety plummeting actions like lessening, slumber, respite (permission looking for), and composed régime, aerobics that benefit the sentiment and lungs, hazards of whisky manipulation and ability to tenancy go.
- viii. Workforces must usual urgencies. Greatest actual workforces attain their objects at initial periods of the diurnal, persons who nosedive to strategy and customary urgencies repeatedly expression pressure circumstances at the finish of the diurnal. Extended variety tactics and goalmouths are likewise vital.

Methodology

The populace of this research were accomplished with workforces of carpenters, bricklayers, masons, electricians, iron benders, and plumbers occupied with numerous Nigerian construction companies. The Federal Registration Board of Nigeria's classification arrangement will be shadowed when decisive the group of trades/corporations to be deliberate. Large and medium-sized trades will be occupied into deliberation for this training because it is supposed that only these kinds of administrations have an additional steady labor force that may be wedged by the numerous issues occupied into version in the training.

Presentation and analysis of data

Table 1: Main Reasons of Anxiety on Construction Workforces

SN	Statement	N	Mean	Std. Deviation	RL
1.	Career-developing pressures and internal pressure (such as perfectionism or fear of failure).	73	3.10	1.095	10 th
2.	Climate and structure of the company and/or position, such as lack of feedback and inadequate staffing	73	3.21	1.244	9 th
3.	Interpersonal relationships with colleagues, superiors, friends or family.	73	3.26	1.093	8 th
4.	Lack of training	73	3.27	1.134	6 th
5.	Poor communication and collaboration	73	3.27	1.397	6 th
6.	The interaction between work and private life such as I have too much work to do for the time available	73	3.40	1.222	5 th
7.	Poor planning	73	3.44	1.312	4 th
8.	Being asked to do something unethical on a project	73	3.55	1.248	3 rd
9.	Role in the company such as role ambiguity or conflict, lack of autonomy	73	3.68	1.052	2 nd
10.	Job characteristics such as quantity of work, deadlines and responsibilities.	73	4.44	.850	1 st
Valid N (listwise)		73			

Source: Field Survey 2022.

RL= Rank Level

Table 1 above shows the analysis of the response of the respondent on main sources of anxiety on construction hands in Nigeria construction industry in ranking order. The analysis above showed that, The 1st rank on main sources of anxiety on construction workforces is Occupation physiognomies such as amount of effort, limits and errands, followed by Part in the business such as character vagueness or battle, absence of independence which ranked 2nd in the analysis result, followed by Being asked to do something unethical on a project which is the 3rd ranking level,



followed by Poor planning, followed by the interaction between work and private life such as I have too much work to do for the time available which took 4th and 5th position in the ranking level respectively, followed by poor communication and collaboration, followed by lack of training that ranked 6th in the ranking level, the 8th ranking level is Interpersonal relationships with colleagues, superiors, friends or family, also the result proved that the 9th level is Climate and structure of the company and/or position, such as lack of feedback and inadequate staffing, while last on the ranking level of major causes of stress on construction workers in Nigeria construction industry is Career-developing pressures and internal pressure (such as perfectionism or fear of failure).

Table 2: Categories of Stressors Connotation with Construction Project

S/N	Statement	N	Mean	Std. Deviation	RL
1	Interpersonal stressors	73	2.97	1.247	5 th
2	Physical stressors	73	3.42	1.184	4 th
3	Personal stressors	73	3.63	0.89	3 rd
4	Organisational stressors	73	3.79	1.092	2 nd
5	Task stressors such as cost, time and quality and time	73	4.15	1.151	1 st
<i>Valid N (listwise)</i>		73			

Source: Field Survey 2022.

RL= Rank Level

Table 2 above showed the response of the respondent on mutual kinds of stressors related with construction schemes in position command. The examination overhead presented that, The 1st rank on shared kinds of stressors related with construction schemes is Duty stressors such as cost, time and quality and time, followed by structural stressors which ranked 2nd in the analysis result, followed by individual stressors which is the 3rd ranking level, then bodily stressors that took fourth, while the last on shared kinds of stressors related with construction projects in Nigeria is relational stressors..

Table 3: Possessions of Anxiety on Construction Location Workforces

SN	Statement	N	Mean	Std. Deviation	RL
1.	Loss of creativity and responsibility	73	3.18	1.251	9 th
2.	Accident and Injury	73	3.30	1.330	8 th
3.	Low performance	73	3.42	1.404	7 th
4.	Low job involvement	73	3.45	1.155	6 th
5.	Lack of interest for the organization	73	3.53	1.081	5 th
6.	Anxiety	73	3.62	.952	4 rd
7.	Poor decision making	73	3.73	1.216	3 rd
8.	Forgetfulness	73	3.79	1.040	2 nd
9.	Lack of concentration	73	4.04	1.283	1 st
<i>Valid N (listwise)</i>		73			

Source: Field Survey 2022.

RL= Rank Level

Table 3 above shows the response of the respondent on possessions of anxiety on construction site workforces in Nigeria construction industry in ranking order. The analysis above showed that, the 1st rank on possessions of anxiety on construction location workforces is absence of attentiveness, followed by obliviousness which ranked 2nd in the analysis result, followed by Deprived choice which took 3rd position followed by Anxiety and Lack of attention for the society which is in 4th and 5th in ranking respectively, followed by Little occupation participation, that took 6th position in the ranking level, followed by Little presentation, chance and Wound that ranked 7th and 8th respectively in the ranking equal, the consequence shows that the last level is Damage of inspiration and accountability in the ranking of possessions of anxiety on construction site labors in Nigeria construction industry.

Summary of the Findings

The summary of the results based on the research, Influence of Anxiety on an Experienced Construction Operative in Nigeria. The study reveals that the Main Sources of Anxiety on Construction Workforces includes physiognomies of



the occupation such as amount of work, limits and errands of the labors, lack of independence such as part vagueness or battle in the business or construction place and also by existence involuntary to do something unprincipled on a project amongst others. Shared kinds of stressors related with construction projects as originate by the study are duty stressors (such as cost, time and quality and time), society connected stressors and individual stressors among others are exposed to be predominant amid workers in Nigeria construction industry. Lack of absorption, vagueness and unfortunate conclusion making between others are recognized as the properties that anxiety have on construction workforces in Nigeria construction industry.

Conclusion

Based on the findings of the study, Influence of Anxiety on an Experienced Construction Operative in Nigeria the following conclusions were made. The study concluded that the main sources of anxiety on construction workforces are the physiognomies of the job or chore to be complete such as quantity of exertion, bounds and errands of the workforces, lack of independence such as role vagueness or battle in the company or construction site and also by being involuntary to do something unprincipled on a project among others.

Additionally, the research concluded that the mutual types of stressors allied with construction projects are job stressors (such as cost, time and quality and time), society linked stressors and individual stressors among others, which are originate to be predominant amid workforces in Nigeria construction industry.

Lastly, the research likewise originate that lack of attentiveness, amnesia and deprived choice creation amid others are recognized as the belongings that anxiety have on construction workforces in Nigeria construction industry.

Recommendation

Based on the above conclusion the following recommendations were made:

- i. Correct development should be position in domicile in contradiction of the possibility of exertion to be completed before boarding on such project.
- ii. Construction group should have a real method of way of handling anxiety amid their workforces and on construction site.

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