

# OCCUPATIONAL STRESS IN QS PROFESSION

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## ABSTRACT

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Construction is a competitive, ever-changing, and challenging industry. Therefore, the majority of construction professionals suffer from occupational stress and there is no exception for the quantity surveyors. Occupational stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources, or needs of the worker.

This study aims to investigate the stress and stressors in QS profession for preventing and reducing stress at work. This can be obtained by achieving the following objectives. First is finding out the stressful scope of work handled by the QS. Second, identifying and ranking the causes of occupational stress in QS profession. To fulfil these objectives, research was carried in two stages: literature review, and questionnaire survey. A total number of 60 questionnaires have been completed.

Among the 60 number of respondents, 95% of the respondents have experienced occupational stress in the construction industry. Based on the results, the top three (3) stressful job scope chosen by the respondents are preparation of tender documents and tender evaluation, estimating and preparation of cost plan, and preparation of final account. The stressors are identified by top five (5) consists of work overload, bureaucracy, job conflict, lack of autonomy and job insecurity. Furthermore, there was a significant relationship between the occupational stress and the working experience.

As a result, this study provides quantity surveyors a clearer picture about the actual origin of their work stress thus they are able to find their own solutions to cope with the stress faced in their workplace.