

Stress among Migrant workers-An Analysis on migrant construction workers in Coimbatore City

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ABSTARCT

This paper is based on a descriptive research undertaken in Coimbatore district. The purpose of the study is to identify the factors causing stress and the impact of stress among migrant workers. The study covers a sample of 50 workers from construction sector using Simple percentage analysis and Kendall's (W) Coefficient of Concordance. The result indicated that most of the respondents are affected by headache, migraine, physical pain, blood pressure and sugar due to stress and provides some stress free technique such as meditation, yoga and physical exercise, stress can be reduced. The study has given suitable suggestions to overcome the stress.

Keywords: Stress, construction, workers, migrant, Coimbatore.

ITRODUCTION:

Recent studies have documented the high prevalence of stress, anxiety, depression, or substance abuse among the millions of migrant workers (Sloane burke winkelman, Elizabeth). Increasing mobility of workers is one of the growing demographic changes worldwide and it is likely that migration will increase in the next decade. The aim of this report is to provide an overview of the most important issues relating to the occupational safety and health of migrant workers. The people at all professions are undergoing stress due to the increased work pressure of changing life style. Stress is a term that is difficult to define and yet, it can be identified with the physical, mental, emotional and behavioural responses that signal to the person stressed. The word itself is derived from a Latin root meaning "hardships". According to the Indian constitution article 19 provides people basic freedom to move to any part of the country and the right to reside and a livelihood in the place of their choice. Poverty, unemployment and helplessness force people to leave their place of origin and to go to unknown places to work in extremely difficult condition. (S.Srinivasan, Dr.P.Illango). The stress response is also uniquely experienced and perceived which means one person's stress is another person's stimulus and vice versa, the health and safety executive defines stress as "the adverse reaction people have to excessive pressure or other types of demand placed on them.

STATEMENT OF THE PROBLEM:

Construction work has been identified in a number of studies as a stressful occupation, the workers in this sector face physical, psychological and other problems like erratic moods, skin problems, sexual behavior and sexual health problems and physical health problems, etc. which ultimately lead to stress. A better understandings of these factors in workers, may allow identification of strategies to improve the working conditions for these migrant construction workers with benefits for the quality of construction work.

OBJECTIVE OF THE STUDY:

The following are the objective of the study:

- 1.To identify the factors causing stress among migrant construction workers
- 2.To study the impact of stress among migrant construction workers

SCOPE OF THE STUDY:

The study aims to find “stress among migrant construction workers” with respect to Coimbatore city. The study identifies the factors causing stress and measures taken to reduce stress in construction workers.

NEED FOR THE STUDY:

Construction work is a reward and satisfactory profession, but at the same time it can also be extremely stressful. The workers are more stressed due to Neck pain , Low back pain, Headache, Poor sleep, Hypertension and a low pay scale significantly add to their stressed situation. They often serve as the labour force that fills the “3 D” jobs (dangerous, dirty, and degrading). At the same time, globalization of the economy and competition of the international market has led to an increase in migration, particularly for construction workers. The overall impact of immigration on construction workers’ health is poorly understood. In this study, we focused on migrant construction workers and found a high prevalence of alcohol consumption and perceived work-related stress Based on these data, unhealthy determinant factors were indeed detected in our sample of workers which are dangerous to their health, e.g., continuing work-related stress, greater alcohol intake (regardless of reasons such as social intercourse for business or personal behavior), and lower levels of physical activities that reduce both heart and lung functions all had negative impact on their health. Hence, the industry occupational health staff should concern about the construction workers’ outcome of unhealthy lifestyle and behavior and work-related stress. To prevent, particularly migrant workers, must pay more attention to work-related stress issues in their working environment because workers often ignore and do not seek professional consulting services.

SOURCES OF DATA:

The primary data was derived through the Questionnaire that was distributed to the respondents. Nearly 50 respondents were taken as the sample for the study from Coimbatore city.

AREA COVERD AND SAMPLING TECHNIQUE:

All the respondents have been chosen from the Coimbatore city based on purposive sampling.

TOOLS USED: The statistical tools used

- Simple percentage analysis
- Kendall’s (W) Coefficient of Concordance

LIMITATIONS OF THE STUDY:

1. The study was restricted to Coimbatore city only and hence general conclusion cannot be made.
2. The respondent’s views and options may hold good for the time being and may vary in future.

REVIEW OF LITERATURE:

To review various literature earlier studies done by various researchers were referred and the research gap was studied and analyzed.

Sloane burke winkelman, Elizabeth, Chaney, Jeffrey and bethel (2013) has conducted a study on Stress, Depression and coping among Migrant and Seasonal farmworkers. The study reveals that, employee health was used as the starting point to conduct a preliminary survey. They used a relatively homogenous sample of subjects who were similar in ethnicity and socio demographic characteristics. A significant association between perceived work-related stress and depressive status indirectly affects health-related quality of life (HRQoL). Srinivasan.S, Illango (2012) A study on the problems of migrant women workers in Thuvakudi, Trichy District, examines and discusses the effects of stress including physical, psychological and behavioral problems of stress. The causes of stress are extra organizational, individual.

ANALYSIS AND INTERPRETATION:

Particulars	Variables	Number of Respondents	Percentage
Age	Below 20years	10	20.0
	20 – 40years	24	48.0
	40 – 60years	16	32.0
	Total	50	100.0
Sex	Male	36	72
	Female	14	28
	Total	50	100.
Educational qualification	No formal education	17	34.0
	School level	33	66.0
	Graduate	0	0
	Others	0	0
	Total	50	100
Marital status	Married	40	80.0
	Unmarried	10	20.0
	Total	50	100
Wages per week	Up to Rs.3000	10	20.0
	Rs.3000 – Rs.4000	24	48.0
	Rs.4000 – Rs.5000	9	18.0
	More than 5000	7	14.0
	Total	50	100.0
Type of family	Joint	33	66.0
	Nuclear	17	34.0
	Total	50	100
Native region	North	36	72.0
	South	10	20.0

	East	3	6.0
	West	1	2.0
	Total	50	100.0
Construction work was initiated due to	Own interest	10	20.0
	Family	11	22.0
	Friends	26	52.0
	Wanted advertisement	3	6.0
	Total	50	100.0
Type of work performed in construction	Iron worker	6	12.0
	Mason	11	22.0
	Plasterer	7	14.0
	Labourer	26	52.0
	Total	50	100.0
Working hours per day	8-10 hours	42	84.0
	10-12 hours	6	12.0
	12-13 hours	2	4.0
	More than 13 hours	0	0
	Total	50	100.0

- 20 per cent of the migrant workers belong to the age group of below 20 years, 48 per cent of them are in the age group of 20 to 40 years, the age group of 32.0 per cent of the respondents are 40 to 60 years.
- 72 per cent of the respondents are male and 38 per cent of the respondents are female.
- 34.0 per cent of them have no formal education and 66 per cent of the respondents have school level education.
- 80 per cent of the migrant workers are married, and remaining 20 per cent of them are unmarried.
- weekly wages earned by 20 per cent of the migrant workers is up to Rs.3000, 48 per cent of the respondents' monthly income is between Rs.3000 to 4000, 18 per cent of the respondents earn is between Rs.4000 to 5000 per week and 14 per cent of them earn above Rs4000 per week.
- Majority (66 per cent) of the migrant workers live in joint family structure and 34 per cent of them are in nuclear family.
- 72 per cent of migrant workers are from north India, 20 per cent of them are residing in south India and 6 per cent of the respondents' residential area are east , 2 per cent of the respondents are from west India.
- 20 per cent of the migrant workers was initiated to construction work due to own interest, 22per cent of the respondents was initiated to construction work due to family members, 52 per cent respondents was initiated to construction work due to friends, 6 per cent migrant workers was initiated to construction work due to advertisements.
- 12 per cent of the respondents were working as a iron workers, 22 per cent of them were mason workers and 14 per cent of them were plasterer, Majority (52 per cent) of the migrant workers are labourers.
- Majority (84 per cent) of the migrant workers are working 8 to 10 hours per day, 12 per cent of the respondents are working 10 to 12 hours per day, 4 per cent of the respondents working 12 to 13 hours per day.

Rank analysis using Kendall's (w) coefficient of concordance

Physical causes

Table 1: Distribution of respondents according to their physical causes

Physical cause	Mean	Rank
Head ache /migraine	2.18	II
Physical pain	2.17	I
Ulcers	2.81	III
Asthma	3.79	IV
Diabetics	4.05	V

(source :computed)

Kendall's coefficient of concordance

Kendall's W		4.05
s	W	

From the mean ranks it is seen that physical pain gets first position followed by headaches/migraine, ulcers, asthma, and last position is for diabetics. Kendall's coefficient of concordance (w) was used to find whether there is similarity among the respondents in order to assign the ranks. Kendall's (w) indicate the extent of similarity among the respondents in the order of assigning the ranks. Kendall's (W) indicates the extent of similarity among the respondents higher the value of (W) more will be the similarity. Kendall's (W) ranges between 0 – 1. From the above table it is seen that the w is 4.05 which shows that there is low similarity among the respondents in assigning the ranks.

Psychological causes

Table 2: Distribution of respondents according to their psycho-logical causes

Physical cause	Mean	Rank
Loss of Weight	2.80	II
Lack of sleep	2.39	I
Depression	2.86	III
Physical health problem	3.30	IV
Low self-esteem/ confidence	3.65	V

Kendall's coefficient of concordance

Kendall's		
s	W	3.65

From the mean ranks it is seen that lack of sleep gets the foremost priority, followed by loss of weight, depression, physical health problem and the least priority is for low self-esteem/confidence. From the above table it is seen that the (w) is 3.65 which shows that there is low similarity among the respondents in assigning the ranks.

Other causes Table: 3 Distribution of respondents according to their other causes

Physical cause	Mean	Rank
Erratic moods	2.64	I
Irresponsible work	2.70	II
Bad habits	3.11	IV
Skin problem	2.97	III
Sexual health problem	3.58	V

(source :
computed)

Kendall's coefficient of concordance

Kendall's		
s	W	3.58

From the mean ranks it is seen that Erratic moods gets the foremost priority, followed by Irresponsible work, bad habits, skin problem and the least priority is for sexual health problem of construction workers. From the above table it is seen that the (W) is 3.58 which shows that there is less similarity among the respondents in assigning the ranks.

FINDINGS:

Based on the sample of 50 respondents selected from Coimbatore city, Following important findings of the study on stress among migrant construction workers are given:

PERCENTAGE:

It is concluded that maximum (40%) of the respondents are below 20-40 years of age and majority (80%) of the respondents are married. It is evident that majority (66%) of the respondents are educated till school level, It is found most of them have opted for working in both day and night duties, majority (66%) of the respondents are in joint family and most (48%) of the respondents are earning a wages of Rs.3000-4000 per week.

KENDALL'S CO-EFFICIENT OF CONCORDANCE:

Based on Kendall's Co-Efficient of concordance (W) highest importance has been assigned by the respondents that the stress for the construction workers is due to the physical pain. Kendall's coefficient of concordance was used to find whether there is similarity among the respondents in assigning the rank. The Kendall's (W) for the given terms is 2.17, which shows that there is moderate level of similarity in assigning ranks.

It is found that the stress for the construction workers is due to the poor sleep pattern. The Kendall's (W) for the given terms is 2.39, which shows that there is moderate level of similarity in assigning ranks.

It is found that stress for the construction workers is due to the erratic moods. The Kendall's (W) for the given terms is 2.64, which shows that there is moderate level of similarity in assigning ranks.

SUGGESTIONS:

Most of the respondents are affected by headache, migraine, physical pain, blood pressure and sugar due to stress. By providing some stress free technique such as meditation, yoga and physical exercise, stress can be reduced. Deep sleep is an effective technique to reduce stress. It enables the nervous system to function well. Listen to good music, as it is great stress remover. Laughter is a good medicine to reduce the stress, so spend some time daily with people who make you cheerful. Plan the duty according to the duty time.

CONCLUSION:

An individual's success or failure in controlling stress depends on his physical and psychological strength. If they face stress with a positive attitude, it will create a lot of positive energy to achieve the task. The commitment of the organization and the individuals are very important factors in managing stress effectively. The cost of stress is very expensive because it affects the individuals, organization and society at large. The stress of work overload in the construction was often a direct result of workers shortage. Unless the various work stressors are recognized and properly dealt with, it may lead to poor morale and uncooperative behavior.

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