

Work Stress among Construction Company Managers in UAE

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Abstract:

Due to the expansion of dexterous and well-trained managers, most of the multinationals together with IT gives high preference to expatriates in the companies particularly in Construction Companies, engineering and leaders position such as management controllers those who actually target reforms and which can lead to business hikes. Moreover ,the data and knowledge present in them had upgraded organization performance. In spite of this , several of them area unit defined to figure pressure that sometimes can lead to the crisis of UAE construction corporations.The purpose of this paper is to examine such development associated with work pressure at geographic point.Some elements that influence the work stress at geographic point are high volume of work,clash of role and social contact area unit . Expatriates WHO area unit operating in UAE construction corporations were used as the key data during this study as a complete of ninety valid questionnaires were earned.From the study,It was concluded that the employment and social contacts were vital however on the opposite hand role competition wasn't a big issue that leads to work stress among the expatriate managers WHO area unit operating within the construction corporations.

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1. Introduction

Work place condition is one among the crucial elements in our everyday activity that leads to tons of stress. within the competitive world most of the individuals square measure payment their life with work place and that they chuck their alternative responsibility, it's cause work stress. That's the explanation behind of this study is to come to a decision factors that impacting work stress of construction company managers in UAE.

Nowadays the organizations from various nationalities endeavoring to catch new advertises and indicating their quality everywhere throughout the world and therefore the estimation of out of doors supervisors increments basically. Yet, the difficulty of labor pressure has enlarged severely among outside chiefs who negatively have an effect on them and their work additionally. As an example, individuals are laid low with all variety of sickness like attack, back pain, neck pain and fatigue.

Globalization is cause increase the inheritable of the managers from varied countries to figure together

either continued management terms or to resource specific comes addressing resolution for business problems. Most of the organizations choose their managers from completely different countries, this is often problematic and their performance isn't perpetually happy in comparison to the extent expectation. Performance is then associated with work stress, that is that the nasty appearance and negative feelings that happens once there is less match between the qualities required for job and therefore the capacity, belongings, or want of particular individuals.

In this work we tend to mention managers WHO added Construction Company of UAE. the bulk of the development company managers invest ton of your time at work since {they square measure|they're} facing drawback to regulate to a different culture and their general duties and responsibility are oft larger than they need encountered that it should be cause the work stress.

1.1 Statement of the Problems:

Today work tensions turns into a common dilemma sweet-faced by workers altogether of the businesses. sometimes expatriate managers facing ton of stress in their operating life. which will have an effect on the expatriates mental and physical health, that square measure continue in while can have an effect on the organization performance. This study centered on the explanations of labor stress of construction company managers operating in UAE. With the high burden of work and alternative conducive featured, most of the managers in abroad acknowledged within the Government coupled firms (GLCs) square measure facing the jib pressure. Employment pressure are often outlined as hesitance to return to figure and a sense of continuous pressure in the course of the overall physical, mental, and humanistic signs of stress (Division of Human Resource, 2000). Leka et al. (2003), duty burden, ethnic conflict and social contacts at work square measure the reasons that crystal rectifier to the work load.

1.2 Objectives of the Work

In order to find different factors that affects the work in construction company managers in UAE which leads to stress in employees.

1.3 Relevance of the Study

This study is useful for expatriate managers to manage and overcome from stress at the workplace. It would also be useful for all other staff and institutions as an entire to boost vigorous working condition.

2. Review of Literature:

1. Lazarus (1991) stress is considered a relative conception, for instance, stress isn't outlined as a particular reasonably extrinsic stimuli nor a specific design of reflex, bio-process, or intrinsic reactions. Rather than this, stress is seen as a connection or dealing among people and their setting.

2. Carr et al. (2011) declared that the rules and regulations of employment may be significant supply of work pressure. Job needs may be composed of intrinsic assignments, degree of insecurity, time pressure and also the value, quantity and issue of labor.

3. Al-Aameri (2003), from his studies concluded that one in every six conditions of activity stress is the employment stress during their work.

4. Ring Lardner and Manshor (2003) found that, in several situations, additional work is needed for a brief amount then employment can be flexible and biddable. Though, if these issues square measure perennial oftentimes or intimate with perpetually over long term services, harmful to workers in some way or other.

5. Behrman and Perreault (2006) found that the struggle on workers amplifies once there is clash between role occurs as a result of the employees cannot follow one set of rules rather than violating or well aware of the opposite set of orders.

6. Elloy and Smith (2003) conflict between roles refers to the presence of opposing guarantees in one or more than one conflicts. In normal places the clashes between roles will be more and also in the employment arena. Here it might lead to clarify whether large amount of the observations on similar career role disputes has centered on household and working family conflict because of the basement supply of performance clash.

3. Methodology

3.1 Research Design:

This study is conducted by survey method. The survey is conducted with construction company managers in UAE. Ultimate intention of this research is to find what are the important factors that leads to work burden of expatriates.

3.2 Data Collection:

The data is obtained with the help of collected questions based on this work

3.3 Source of Variables

Literature survey is conducted to find out the source of variables in which it is found that work Stress is the cause effect dependent while the non -dependent variables are Work Load, Role Clash and Person-person link .

3.4 Hypothesis

H_0 : When no remarkable relationship when comparing load and tension due to work.

H_1 : No such considerable relationship between role conflict and stress.

H_2 : There is no significant contact between person-person link at workplace and work stress.

3.5 Demerits of studied work

Here the research is concentrated only on construction company managers in UAE.

Literature survey should be done in variety of areas in order to obtain respondents to finish the study. Moreover, since the respondents is difficult to obtain and not available in the workplace at every time.

The respondents are busy with their everyday jobs; hence, there is no special consideration to researchers

Similarly some respondents are reluctant to answer the questions and while other reply unnecessary things which does not add something complete the work.

3.6 Analysis

Profile of the Respondents

3.1 Age Group

Age Group	No. of Respondent	Percentage
26 - 35	13	14.44
36 - 45	56	62.22
46 - 55	20	22.22

Table 3.1 The above table revealed that the 62 percentage of the respondents from the 36 – 45 age group.

3.2 Respondent from UAE

Respondent of UAE	No. of Respondent	Percentage
Dubai	35	38.88
Abudhabi	27	30
Sharja	28	31.11

Table 3.2 This table shows that most of the respondents from Dubai.

3.3 Mean and S. D

Factors	Mean	S.D
Work Stress	3.8322	0.48337
Work Load	3.8578	0.87773
Emotional Clash	00.6355	00.91826
Workplace person-person link	3.6279	00.77205

3.4 Personal Correlation Coefficient

Factors	1	2	3	4
Work Stress	1.000			
Work Load	0.578**	1.000		
Emotional Clash	0.533**	0.818**	1.000	
Workplace person-person link	0.456**	0.563**	0.471**	1.000

Table 3.4 **Correlation is suggestive at the 0.01 level (2-tailed)

A parallel relative test was done to decide or to find out the bond between the work burden which is dependent variable and role clash, person to person link and load at work station in which all three are independent variable.

3.5 ANOVA Result

Factors	F Values	Sig.
Work Stress	16.381	0.000*

Table 3.5 In this table that work stress is significantly related at 0.000 level. Workload, Role Conflict, Relationship Workplace can be predicted earlier while Work Stress cannot be predicted because its variable quantity.

3.6 Relationship between work stress and factors

Factors	F Values	Sig.
Work Load	2.228	0.026*
Role Conflict	1.069	0.277
Interpersonal Relationship at Workplace	2.029	0.044*

Table 3.6 **Correlation is necessary at the 0.01 level (2-tailed)

*Correlation is significant at the 0.05 level (1-tailed)

The research reveals that the p value is momentous ($p = 0.026$) and therefore the hypothesis (H1) is dropped.

Role conflict ($p = 0.277$) reveal as it is not serious predictor towards work stress.

The conclusion from the research shows that the federation between interpersonal link at workplace and work stress is relevant with ($p = 0.044$) and therefore, this hypothesis is again rejected.

Based on the analysis the above table revealed that Work stress has an important relationship with the work load and Interpersonal Relationship at Workplace .While the Role Conflict does not have much relationship with Work Stress.

4. Findings

1. The findings additionally show that the lot of work load of construction company managers got to contend, the increment in the work stress are experienced by expatriates of construction companies . It is used to justify the link between Work Load and work stress.
2. In comparison with Work Load and link between persons at workplace, clash between roles isn't extremely giving a sway to the work stress . This is often thankful to management role of that Construction Company in UAE is extremely abundant corroboratory to their workers.
3. Upon considering the interpersonal relationship at workplace, result show that those elements can

easily decrease the stress at workplace if the the cultural differences in their organizations is taken into value by the expatriate managers . Those expatriate managers have to adjust themselves into UAE working methods and for maintaining a positive outlook with the surrounding people. All that matters depends on how people react and respond to other things..

5. Suggestion

In additions to this,from this research it is clear that the work load can cause disagreement in expatriate managers or employees in hassle.This happens as a result of stress caused by diseases like back pain , headaches, neck pain, dizziness, chest pain, heart palpitations, and internal organ issues. Also,this can affects the guts movements and poses a risk for serious heart disease with suchdisorders in individuals. This can also cause serious issues to hair,bio-process tracks,muscles,skin,lungs,hearing capability and this can even affect brain.Doing exercise can relax both body and mind.This gives a relief to the workers.The pressure and physical tensions can be reduced by taking part in activities like sports ,meditations and exercise. Exercise will make the body calm and this improves smart snap (Smith, 2007). By that those achievements undertaken can be achieved without causing harm to the body. Making an attempt to obviate the difficulties through exercise could keep more healthy. The more one give over care to the factors , the negative impact on that particular person will be more as compared to.

Even though role clash isn't vital in work burden , however the expatriate heads face the drawback, they have to come over . Role conflicts severally occur when an employees doesn't perceive the content of the task or once a personal is appointed for the role of getting to hounddifferent goals. However, this problem is solved through identifying and deleting technique,suggestingawalk out to briefly move away from disagreeable thoughts. By this methodology, the affiliation betwixt stress and its factors are differentiated, and slowly this will reduce the stress level.

Taking into consideration of various cultural variations can more over reduce the level of stress in those managers. The expatriate managers got to adjust themselves into UAE operating culture and

continually making positive feeling with others working around. Whatever feeling happens it's extremely a lot of passionate about the approach individuals see things and answer the others. The essential thanks to produce a great feeling by creating a tension free mind and protect from dangerous emotion like getting into depression stages. So that, there will be complete arena with positive thinking people.

6. Conclusion

From the research it is concluded that the Work Load and Interpersonal relationship at Workplace are the two basic elements of work stress among expatriate managers in UAE Construction Companies. Additionally those expatriate managers, employees and companies should mark the unwanted link between Stress and conflicts. Those important values are helpful for the expatriates, employees and therefore the whole organization itself so as to increment the performance in duty in future as well. Hence, all the above mentioned particularly expatriate managers should be terribly worried about this elements and check out to develop the simplest strategy so as to balance back the work stress and skill for the healthy life. Besides, the study additionally paves the ways to those organizations so as to beat the work issue in their organizations. Finding the factors currently can eventually improve the businesses for better management of the business. More over, the companies has to realize that factors influencing work stress may be taken into consideration and modified accordingly because of changes in people attitudes, environment and so on.

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