

# Stress Triggers Among the Quantity Surveyors in Construction and Consultancy Firms

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**Key words:** Quantity surveying; Construction firms; consultancy firms; quantity surveyors; stress; stress management

## SUMMARY

Having realized that today's workforce is experiencing job burnout and stress in epidemic proportions thereby making the demands of the workplace becoming too much to handle. There is no doubt that stress is one of the leading factors causing illness and absenteeism among employees at all levels. Based on the aforementioned, this study aims at evaluating the factors that trigger stress among the quantity surveyors in both construction and consultancy firms thereby improving stress management. In achieving the aim, 375 questionnaire were administered on the respondents and the it was found that organizational factors topped the list with the mean score (M.S) of 4.04 while environmental and personal factors placed 2nd and 3rd positions with the M.S of 3.92 and 3.72 respectively. The top two sub factors noted to trigger stress under environmental factors included political uncertainty (M.S = 4.54) and economic uncertainty (M.S = 4.45) while childhood experience least trigger stress (M.S = 2.26) among the Quantity Surveyors. It is also evident that office politics, policies and regulation (M.S = 4.36) coupled with the task demands (M.S = 4.13) were factors accorded highest priority in triggering stress under organizational factors while interpersonal relationship demands were noted as the least factor that triggers stress. Lastly under personal factors, financial problems and personality were germane and the least stress trigger factor being the family problems. The study recommends that to minimize the quantity surveyors exposure to stress, effective stress assessment and management programs should be initiated to ensure stress free environment coupled with continuous professional development on skills for better organization and integration of work within specified project constraints.

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