

Arundri De Silva (PhD) Faculty of Design & Creative Technologies

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Given the construction industry's inherent complexity in projects, strict deadlines, and multifaceted stakeholder dynamics, it is widely recognised as a mentally and physically demanding industry - posing well-being challenges, especially for professional women. While it may not be possible to eliminate all such challenges, researchers suggest that work-from-home (WFH) arrangement has the potential to alleviate some (e.g., Suresh et al., 2025). Yet, WFH is not without its drawbacks and presents its own set of challenges. Sleeping problems, musculoskeletal disorders, work-family conflicts, communication issues, technostress, and feelings of isolation are problems that are commonly associated with WFH (Haddad et al., 2024; Özsoy & Griffiths, 2025). This raises concerns about whether WFH serves as a well-being enhancer or detractor for women in the construction industry, an area that remains underexplored. Therefore, this study aims to investigate the effectiveness of WFH on the well-being of professional women in the New Zealand construction industry. To investigate this, this study will employ a mixed-methods design, combining quantitative and qualitative approaches, targeting professional women in the construction industry with WFH experience in the post-COVID era. Survey data will be analysed in SPSS to assess the impact of WFH on well-being and the influence of external factors, while interview data will be thematically analysed in NVivo to support and deepen the quantitative insights. In this oral presentation, I will discuss key findings from the literature, methodology, and the significance of this study.

## Keywords

Wellbeing; Work From Home; Construction industry; Professional Women

## References

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