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The construction industry is known for its mentally and physically demanding nature, often leading to significant well-being challenges, particularly for professional women. While it may not be possible to eliminate all such challenges, researchers suggest that a work-from-home (WFH) arrangement has the potential to alleviate some of them and enhance well-being (e.g., Suresh et al., 2025). Yet, studies on WFH often show both positive and negative outcomes of WFH and these outcomes are moderated by various factors. This raises concerns about whether WFH serves as a well-being enhancer or detractor for women in the construction industry and what factors moderate these outcomes, an area that remains underexplored. Therefore, this study aims to answer the question: “What is the impact of WFH on the well-being of professional women in the New Zealand construction industry?” To investigate this, this study will employ a mixed-method research 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. The findings are intended to inform industry practices and policies that promote the well-being of women in construction by implementing WFH arrangements. This poster presentation illustrates the findings from the literature review on the challenges faced by women in the construction industry and WFH, mainly focusing on advantages, disadvantages and factors that affect the WFH Outcome.

Keywords

Wellbeing; Work From Home; Construction Industry, Professional Women

References

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