

A Study of Physical Health Problems and Associated Risk Factors among Construction Workers in National Capital Region of Delhi

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Abstract

Introduction: The construction industry forms the oldest and largest employment industry in India. The industry employs both organized and unorganized sectors. This study aims to determine the physical health problems among the study subjects in the National Capital Region of Delhi.

Material and Methods: A cross-sectional descriptive study was conducted among 451 construction workers, working at various construction sites in the National Capital Region of Delhi. Study subjects were selected through multistage random sampling method, out of 12 Municipal Corporation of Delhi zones, 5 were selected randomly and one zone each from the districts of Haryana and Uttar Pradesh was selected randomly. A list of all the workers was obtained from a selected zone. Systematic random sampling method was adopted to select workers to be interviewed. After obtaining consent, the investigator conducted an interview using a pre-designed, semi-structured and pre-tested questionnaire consisting of questions related to their socio-demographic details, disease profile, health-seeking behaviour, occupational exposure and hazards at work and pattern and type of substance abuse. Chi-square test was applied to find the association between variables and a p-value of ≤ 0.05 was considered significant.

Results: Among 451 participants, nearly half (47%) of the study participants were working as unskilled labourers and majorly (82.9%) belonged to the age group 18-40 years. Nearly all participants had migrated to Delhi, in which highest proportion (29%) belonged to West Bengal. Among the participants, the majority (67%) had the habit of substance abuse and amongst those 75.5% were consuming multiple substances. More than half of the subjects (51%) had chemical exposure while 40.1% had exposure to smoke. The mean age of the participants was found to be 30 years. The majority of the participants (72.6%) preferred private healthcare facilities and substance abuse was found in two-thirds of the subjects.

Conclusion: The mean age of the participants was found to be 30 years. The majority of the participants (72.6%) preferred private healthcare facilities and substance abuse was found in two-thirds of the subjects.