

An exploration of how intimate partner relationships impact the mental wellbeing of men in the construction sector in Aotearoa New Zealand

Background

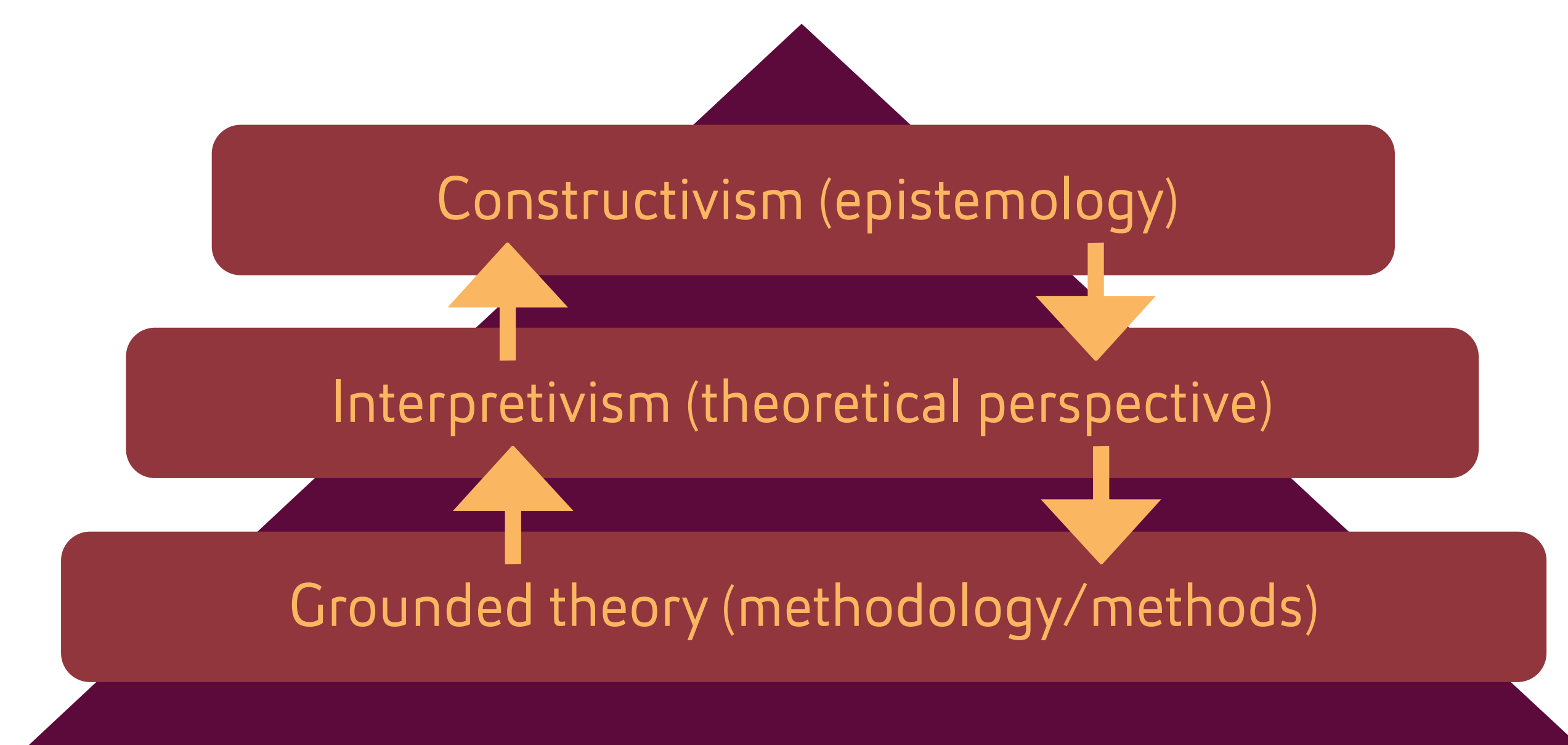
- The construction sector is one of Aotearoa New Zealand’s largest sectors, and employs ethnically diverse workforce, the bulk of which are men.
- Experiencing the highest number of suicides in any industry in the country.
- Relationship breakdown is a predominant theme preceding suicide by men in the industry.
- This research will provide an understanding of the links between working in the industry and the role of intimate partner relationships and family life on employee mental health and wellbeing.
- No research on how intimate partner relationships impact the mental wellbeing of male construction workers.

Research Questions:

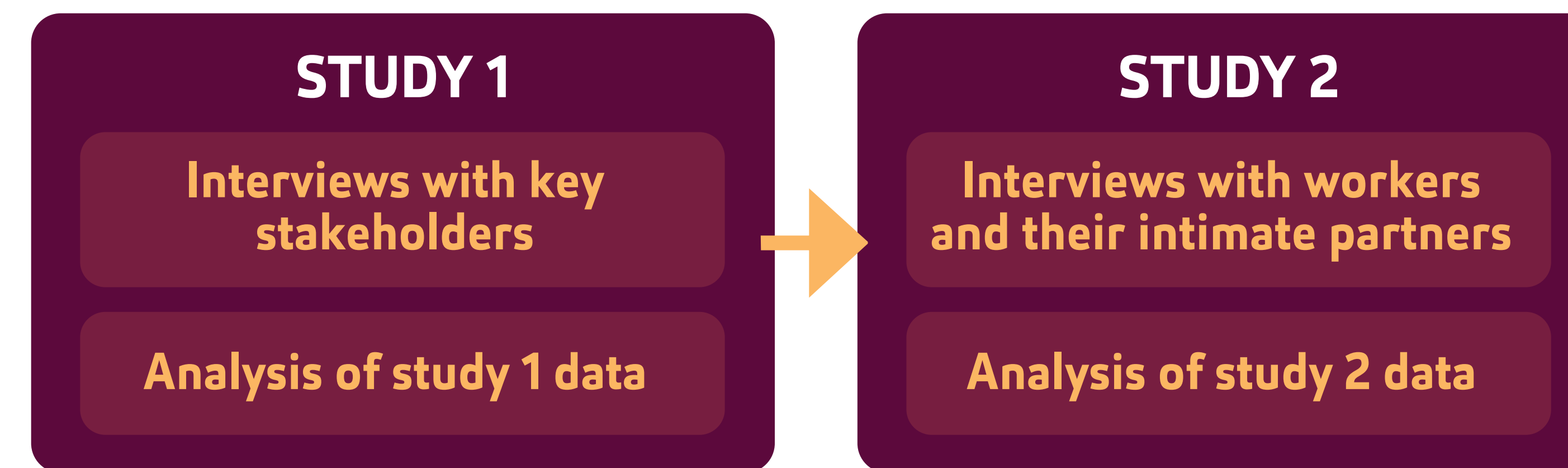
1. How does the interaction of intimate partner relationships and work-related factors impact the mental wellbeing of men in the Aotearoa New Zealand construction sector?
2. How do work-related factors, such as workplace bullying, long extended working hours, and other factors, impact the intimate partner relationships of men working in the construction sector?
3. How do men’s intimate partner relationships and family life impact the wellbeing of men in the construction sector?

Methods

- Qualitative research strategy will be used.
- A constructive-interpretive inquiry will be used to understand the participant’s views of the situation being studied.
- Grounded theory will be used to explain the interaction of intimate partner relationships’ impact on the mental wellbeing of men in the construction sector in Aotearoa New Zealand.



The research will comprise two studies:



Study 1: Interviews with key stakeholders.

- MATES, Worksafe NZ, CHASNZ, Site Safe NZ, Building Industry Federation, Women’s Refuge, etc.
- Industry experts and representatives of various levels of the system within the sector.
- The aim is to conduct **15 – 20 interviews**.
- The purpose of these interviews will be to capture key stakeholders’ perspectives on mental health issues within the industry while also considering relevant cultural and organisational influences on construction workers.

Study 1 findings will inform Study 2 by ensuring important topics are not missed.

Study 2: Interviews with construction workers and/or their intimate partners.

- Range of occupations.
- Recruited via MATES’ links within the sector.
- The aim is to conduct **30-40 interviews**: 15-20 interviews with construction workers and 15-20 interviews with intimate partners.
- The purpose of these interviews will be to capture how workplace factors (e.g., workplace bullying, long working hours, organisational politics, hazardous working conditions) affect intimate partner relationships and family life and how the interaction of these factors affects mental wellbeing.

Study 1 and 2 continuations

- Interviews will be audio-taped and fully transcribed.
- Face-to-face semi-structured interviews will be for 30 to 60 mins (key stakeholders) and 1 to 2 hours (workers).
- All study 2 participants will receive a \$30 gift voucher as a koha in appreciation of their participation in the study.
- The researcher shall construct theories based on the data analysis by constructing a new theory that is “grounded” in the data.
- Data analysis and coding using NVivo software.

Ethics

- AUTEK approval.
- Informed consent.
- Researcher safety protocols.
- Respect for privacy and confidentiality.
- Cultural considerations.

Research Output and Impact

- At least two articles for publication.
- Disseminate findings at mental health and wellbeing academic conferences.
- Present findings to industry and government stakeholders, local community groups related to mental health, individual participants.
- Knowledge base for future research.

“Like the pillars of a strong structure, a thriving career and a loving relationship stand tall when built with dedication and care.”

