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**SICK BUILDING SYNDROME: PREVENTIVE
APPROACH TO REDUCE EFFECT ON OFFICE
WORKERS**

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of the requirement for the award of
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ABSTRACT

A good building is a building that does not suffer from prolonged building defects. Defects in buildings that are left without maintenance will cause of sick building syndrome which will eventually affect human health. These symptoms usually occur on the first day back at work after a break, it occurs frequently in the same afternoon, and it can worsen in the evening and night after the person has left work. Sick building syndrome will also cause the occupants of the building or those who are in the building to feel uncomfortable and ultimately adversely affect health. Thus, the aims of this research is to propose the preventive approaches to eliminate sick building syndrome in a new building. Towards this end, the research sought to achieve the objectives which are to identify the contributing factors of sick building syndrome (SBS) that cause adverse effect on health of office workers, to determine the effect of sick building syndrome to the health of office workers and to suggest the preventive approaches to eliminate the effect of sick building syndrome on people in a building. The quantitative method approach was adopted via questionnaire survey. A total of 148 questionnaire has been distributed to the office workers at the state of Perak through random sampling method and 113 have been returned. The data were collected and evaluated by using the Statistical Package for the Social Science (SPSS) software. Based on the data, the dominant factor of sick building syndrome is poor indoor air quality in office building and the dominant of effect of sick building syndrome is the people feel uncomfortable. While the dominant of preventive approach is by doing a cleaning operation and also separate the extract ventilation from office machinery. The findings, revealed that there are many factors of sick building syndrome that cause adverse effect to office workers and most of the respondents were got effect from sick building syndrome. To sum up, the author recommended broadening the scope of research such as make a lot of education or seminar program in both remedial and preventive indoor air quality management programs, enlarge range of the research to other office building in other state and the comparison can be made by the researcher by comparing the office building with other type in order to get more accurate and a strong statement.

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CHAPTER 1

INTRODUCTION

1.1 Introduction

This chapter discusses the context the research which is about the sick building syndrome among office workers. This chapter also presented the research problems, research aim, research objectives, research questions and scope of the research. This research come out with three (3) research objectives and three (3) research questions. Furthermore, the summarization of the research methodology for this research is explained in this chapter. This introductory chapter addresses the structure of this research from the initial stage until the end of research.

1.2 Background of the research

One of the reasons why it is important to work in a safe working environment is that happier employees are able to do more work as they feel better. Since they are happier employees, they may take less time to work, which means that the workforce is not drained by those who are sick. According to (Katunge et al., 2016), safety at work desire that safe working conditions do not initiate a significant risk of people being made unfit to perform their work. Many laws and regulations govern health and safety; failure to comply with the law subjects companies and individuals to prosecution. It is significant because it can protect and secure workers' well-being. Furthermore, health and well-being are critical components of people's building design and are at the base of productivity.(Ghaffarianhoseini, AlWaer, et al., 2018).