



Integrating music on construction sites: Key benefits and cautions (A literature perspective)

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Abstract

The construction industry as a massive human capital-related sector requires an always motivated workforce. The inability to maintain this state has been found to hamper productivity which ultimately leads to poor project delivery, infrastructural development decline, and low morale among citizens. The need to develop an approach to keep this set of people inspired before, during, and after work becomes a necessity; this paper aims to evaluate the key benefits and cautions in integrating music on construction sites in Nigeria to improve effective project delivery. In attaining this, the study identified the advantages of music on construction sites, evaluates the key considerations in introducing music on construction sites and recommended measures for the effective integration of Music on construction sites in Nigeria. The study is a descriptive research through the use of secondary data gleaned from relevant literature, journals, and research sites. The study concluded that different forms of music genre can be implemented ranging from Pop music, rock, metal, and classical music. Introducing music has the advantage of industrial branding, improving workers' morale, setting pace for working, helping in information retention, and improving mental health and happiness. The key consideration however is to provide the right volume and music that doesn't pose health and safety challenges. The study finally recommended that for effective integration of music on construction sites in Nigeria; policies should be drafted regulating its use, specific radio customized for the site be introduced and that research-based music, proven to have previously helped should be given to group of workers.

Keywords: music, construction sites, workers, construction industry, construction management practice

Introduction

According to Ofori (2000) [4], the construction industry may be defined as comprising those organizations involved in the design, production, alteration, renovation, maintenance, facility management, demolition, and recycling of building and civil engineering works, including the supply of resources. It includes all internal and external stakeholders who in some way or another promote the industry's policies, procedures, practices, and culture. Ofori (2000) [4] defines construction industry development as: "a deliberate and managed process to improve the capacity and effectiveness of the construction industry to meet the national economic demand for building and civil engineering products, and to support sustained national economic and social development objectives".

According to Eunice (2017) [1], the growth of any nation depends on several factors including culture as it is a revenue generator, identity booster, and nation-building driver. Music is a cultural subset that creates a better society through its promotion of historical and contemporary values in its various industries. Music is a pleasant sound to the ear that has the capability to energize, strengthen and motivate the consumer in achieving his or her goal. The construction industry which is a high national indices due to its massive capital employment and its socio-development output is an industry which deserves more productivity, and music is an innovative avenue for achieving these goals. According to Mihai-Alexandru (2022) [2], Music is a common place to find construction operatives to seek stress relief or work stimulation either in office or active construction sites. For a pleasant and more engaging construction workplace with high productivity, regular breaks and socializing avenue are a way to improve work motivation as well as improve

productivity. The study identified the advantages of introducing music or pleasant sounds to active sites' activities; this ranges from an improved morale, pace setting, improved information retention and so on. The study further advised that health and safety considerations are key considerations to avoid undue distractions as what works for one may not work for another.

1. Purpose of the Study

The aim of this research is to investigate the integration of Music on Construction Sites: key benefits and cautions (A Literature Perspective). The specific objectives are to identify the advantages of music on construction sites, evaluate the key considerations in introducing music on construction sites and recommend measures for effective integration of Music on construction sites in Nigeria.

2. Research Questions

For this study, the following research questions serve as guide:

1. What are the forms of music for use in construction industry in Nigeria
2. What are the key benefits of integrating music on construction sites in Nigeria?
3. What are the cautions in integrating music on construction sites in Nigeria?
4. How do we ensure effective integration of Music on construction sites in Nigeria?

Literature Review

A new study has revealed from a survey of 2000 United Kingdom employees, on the relationship workers have with music while working. The study showed that 1 in 2 people

listened to music since the lockdown. The study included construction, property, design, creative arts, engineering, manufacturing, finance, banking, accountancy, and health care. According to Tess (2017) ^[6], oxytocin, serotonin and pheromones, known as the happy' chemicals, are released when someone sings. Singing with site-based choirs during devotions or break periods can deliver the desired objectives of team-building, improved communication, collaboration, and understanding of one's own and others' strengths and weaknesses. This, over months is deep and lasting; Rock music was the most favored genre in the construction industry. Globally, the construction industry has the worst employee mental health and suicide statistics. A conference paper titled 'Suicide in the Construction Industry: It's Time to Talk'; detailed the Construction suicide rates. These statistics hinged on the fact that

1. The industry is mostly male dominated meaning "don't ask for help culture"
2. Construction is a tough job that has the potential to trigger and exacerbate anxiety and depression due to the hire and fire mantra, long work hours, irregular pay and working conditions that have traditionally been cold and dirty.
3. Bullying
4. Lack of support network as the industry can be a long-distance travel and extended time spent away from families, friends and other support networks.

1. Genres of music

According to Emily (2022) a music genre is a music system that defines pieces of music based on a style and distinctive elements. Songs under the same genre, share similarities in forms, styles, and origins. Genres can be classified based on time, reason for composing, instruments used, the style/form, and country of origin. Music has developed with different genres, from the fundamental structures of folk music to hypnotic dance music or rock riffs and complex classical music or jazz pieces. Music genres are tools to navigate through different styles of music. Every individual musical piece is unique and should not fall on the same headline as others. This sometimes leads to huge misconceptions, like in the case of the genre "World Music."

2. Types of Music Genres

1. Pop Music: It is a popular music that took its form in the late 1960s. It has distinctive structures with basic melodies, repeated choruses and hooks, and defined progressions. Guitar, bass and drums are some of the most used instruments in pop music, along with the dominance of electronic elements. The lyrics are mainly about love, relationships, and money. Pop music is the most commercial music genre today, and it appeals to any audience in the world.

2. Hip-Hop and Rap: It is stylized rhythmic music with the fast rhyming singing style called rap. The two genres are closely related and originated from the Afro-American and Latin-American ghettos in the U.S.A. in the mid-'70s. The music has its own culture with break dance, MCing, DJing, and graffiti.

3. Rock: It originates in the U.S.A. with the main influence of blues as well as gospel, country, and jazz music. It is

characterized as an electric guitar dominant genre accompanied by bass guitar, vocals, and drums. Rock often have a high tempo, energetic vocals, a strong back beat, and guitar solo partitions. The first sub genre was rock n' roll, but later it spread worldwide with different sub genres like Punk, Hard Rock, Indie Rock, Alternative Rock, and many more. Although it is not as popular as it was from the '60s to 90's today, it is still one of the most popular genres

4. Dance and Electronic Music: It is defined by its electronic/ digital instrument and circuitry-based music technology, aiming to make people dance. Today, electronic music has many different subgenres that use electronic instruments for different aims and motivations, from experimental art music to hypnotic experiences.

5. Metal: This genre evolve from rock music in the 1980s, it is the rougher form of rock with a higher tempo, more aggressive guitar tones, and vocals, some with the brutal singing technique. Some sub genres are heavy metal, death metal, thrash metal, and power metal

6. Religious music: is one of the oldest genres and refers to any kind of song composed for religious uses. Some sub genres are gospel, hymns, spiritual, Christian, Islamic, Jewish, Hindu music. They may have religious lyrics or can be solely instrumental with a spiritual feeling.

7. Traditional and Folk music: This refers to a group of genres that indicates musical pieces from different cultures that have been performed for a long period. Each culture has different characteristic elements with their traditional music, but mainly are basic tunes that are orally passed from generation to generation.

3. Forms of music for construction industry

While Pop music was the most favoured in all industries, rock and classical music came next. The healthcare industry seems to favour loud music without headphones. The younger operatives especially, 18-24 and 35-44years stated that listening to music helps them focus and work faster.

Towergate's analysis, using Spotify playlist, itemized top genres, artist and songs that construction operatives find appropriate to guide them through the day. Rock music was the most favored followed by Metal with five top artists and rock bands listed below:

- AC/DC: 84 appearances
- The Rolling Stones: 63 appearances
- Led Zeppelin: 63 appearances
- Red Hot Chili Peppers: 60 appearances
- Metallica: 50 appearances

4. The key benefits of integrating music on construction sites

The advantages of introducing music on construction sites are:

1. Industrial branding: According to Steve (2014), today's highly visual world of Pinterest, Instagram and other image-based platforms, the need to mesh the right music with the right brand is important; especially in advertising the construction industry in the right light. According to the paper, music brings value to a brand identity, engagement and currency. Music establishes an emotional connection

that breeds brand recognition, creating excitement and buzz beyond the brand's core product or service. It empowers consumers and gives valuable content to discover and share.

2. Improves morale: Since comfort is a morale booster, introducing music on construction sites, will starve boredom. A pleasant and engaging backdrop of melody is found to make workers happier. A happy workplace often motivates construction workers to contribute more productively.

3. Pace setting: According to Mihai-Alexandru (2022) [2], a united workforce through listening to a rhythmic coherent music receives a productivity stimulant. Up-tempo music with a solid beat is predicted to adjust the working speed of construction workers, thereby improving their work output.

4. Information retention: Cognitive abilities that accrue from listening to music have both emotional and physical effects. Knowledge retention and quicker/effective communications of project-specific information are proven benefits of the presence of music. The earlier research added that in inducting construction workers, music allows for swifter and more robust onsite training as it leaves a lasting impression on them.

5. Improved mental health and happiness: The survey by Mihai-Alexandru (2022) [2], states that listening to music improves peoples mood, helps to increase work focus and reduces boredom.

5. The Cautions in integrating Music on Construction Sites

Although the above applicable benefits come to areas of interest that can pose health and safety issues to construction activities; excessive exposure to noise above 85db has been found to cause hearing damage. Considering that the industry has a lot of power tools with a loud sound, this can cause distraction instead of creating focus. Since loud noise creates difficulty in communication and miss-understood communications; the likelihood of accidents or dangerous incidents are high.

6. Measures for effective integration of Music on construction sites in Nigeria

Failure to address the mental health issues of construction workers will breed poor outcomes for workers. Music has been proven to remove excess stress, stress, anxiety and poor mental health within a construction firm's workforce which can result in falling productivity, worker absence and poor staff retention rates. The negative effects of unmanaged music is not enough reason to throw off the initiative, the development of practical integration approaches will eliminate the negatives of introducing Music on construction sites in Nigeria.

1. Drafting polices: The key attempt to address the concerns of music creating distractions therefore warrants that effective policies on Music in the workplace is provided for both employers and their employees. This policy will amplify the benefits and mitigate unnecessary risks.

2. Provide Localized radio: According to Mihai-Alexandru (2022), introducing Milwaukee or any other

customized/designed radio to work spaces prevent external use of sources that isn't regulated. This particular radio ensures that volume does not creep above accepted levels and that the right station is adopted in the construction site. Using a cordless radio, will eliminate the risk of tripping on construction sites.

3. Research based music: Research based music proven to have helped previously should be given to group of workers. New workers should be studied before, being introduced to new genres of music.

Research Methodology

The study adopted secondary data to review the use of music on construction sites in Nigeria. Relevant literature that addresses the advantages of music on construction sites, evaluates the key considerations in introducing music on construction sites and recommends measures for effective integration of Music on construction sites in Nigeria were reviewed.

Conclusion

The study concluded that different forms of music genres could be implemented, ranging from pop music to rock, metal and classical music. Introducing music has the advantage of industrial branding, improving workers' morale, setting the pace for working, helping in information retention and improving mental health and happiness. The caution, however, is to provide the right volume and music that doesn't pose health and safety challenges. The study finally recommended that policies should be drafted regulating its use for effective integration of music on construction sites in Nigeria, specific radio customized for the site be introduced and research-based music proven to have helped previously should be given to a group of workers.

Recommendations

The following recommendations are worth pointing out

1. Policies should be drafted to regulate the use of customized radio with the right volume and music that doesn't pose health and safety challenges.
2. Research-based music proven to have helped previously should be given to a group of new workers.
3. Rock music should be introduced in construction sites since it is the most favoured.

Contribution to Knowledge and Practical Implications

Effective project delivery can only be achieved by ensuring good mental health and high motivation of those responsible for implementing construction activities. Its absence has been responsible for accidents, low turnover, project abandonment and fatalities on construction sites in Nigeria. This study has practically been able to point out specific benefits of integrating music, known as the food of the soul, in enhancing construction organization workers' performance affecting the nation's infrastructural and capital investments. It has recommended measures to meet the identified cautions against the use of music within the study area.

Compliance with Ethical Standards Conflicts of Interest

The authors declare that there is no conflict of interest regarding the publication of this manuscript.

Ethical Approval: Ethical approval is not required.

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