

ABSTRACT

Nowadays, most people spend a lot of their time working in an air-conditioned office building and they have more chances to experience illness stemming from poor working environments and working conditions. They may be affected by Sick Building Syndrome. Sick Building Syndrome (SBS) refers to health and comfort problems associated with working or being in a particular building.

The purpose of the study of Awareness of Sick Building Syndrome (SBS) was to explore the degree of awareness of Sick Building Syndrome of office workers in the Silom area in terms of their awareness of Sick Building Syndrome's causes, symptoms, and prevention.

The respondents of the study were 100 office workers working full-time in air-conditioned buildings located in the Silom area. The cross-sectional design, quota and snowball sampling method were used to conduct the study and select the samples. The instrument of the study was a questionnaire consisting of closed-ended questions, an open-ended question, and Likert scale. The data was analyzed by using the Statistical Package for Social Sciences (SPSS) version 15.0 to find out descriptive statistic including frequency and percentage.

The findings revealed that more than half of the respondents were women and they were more likely to be aware of Sick Building Syndrome than men. Nearly 100% of the respondents experienced discomfort when working long hours in the buildings and most of them had background knowledge of Sick Building Syndrome. Also, the degree of awareness of Sick Building Syndrome's causes was very good and good. They were mostly aware of poor ventilation systems and a lack of air circulation. Meanwhile, the degree of awareness of the symptoms was good and moderate. The most significant symptom they were aware of was headache. In addition, smoking restrictions regarded as the prevention of Sick Building Syndrome was at the highest level of awareness.

The study also suggested that mass media such as TV, the Internet, and email were an effective tool enabling the respondents to gain knowledge of Sick Building Syndrome and to increase their awareness of Sick Building Syndrome.