

## Enhancing Project Sustainability Through Effective Management Practices

**Access to new resource related to Sustainability and Project Management added to PMWL**



Resource provided by [Ameena Haq](#)

8<sup>th</sup> March 2024 – Rawalpindi, Pakistan – Access to a new resource has been added to the PM World Library (PMWL) related to Sustainability and Project Management. The new resource is titled “**Sustainable Environment to Prevent Burnout and Attrition in Project Management**”, an article by Baskaran Govindaras, Tuan Sau Wern, Sharangeet Kaur, Idris Akmal Haslin, and R Kanesaraj Ramasamy published in Sustainability in 2023. This study focuses on mitigating project sustainability risks, particularly on factors influencing burnout and attrition in project management scenarios. The goal is to strengthen sustainable practices creating an environment favorable for project longevity and team well-being.

The research study talks about the problems that project teams encounter when balancing the triple constraints of cost, scope, and schedule to deliver high-quality products or services while meeting stakeholder needs. The dual objectives of realizing benefits and satisfying stakeholders often lead to conflicts within project settings, potentially causing burnout and attrition among team members. To address this issue, the paper analyzes various factors that contribute to unsustainable project settings and proposes solutions based on a comprehensive review of 28 pieces of literature from multiple sectors including information technology, construction, energy, and health.

The findings of the literature highlight the significance of focusing on Project Resource Management, namely the processes of planning resource management, developing teams, and managing teams. These processes, which fall under the Planning and Executing process groups, are critical to establishing a sustainable environment. Furthermore, project communication management and project schedule management appear as key areas for ensuring project longevity and minimizing burnout among team members.

The study also identifies common challenges faced by project team members, such as prolonged working hours, miscommunication, unclear objectives, and inadequate planning. These challenges contribute to stress, burnout, and attrition among team members, emphasizing the need for organizations to prioritize a healthy work-life balance and cultivate a supportive workplace culture. Organizations can enhance project sustainability and employee well-being by addressing the challenges of project scope management, schedule management, resource management, and stakeholder engagement, ultimately leading to greater productivity and organizational performance.

## PMWL Research Result

To access this new resource, go to the Basic PPM Processes and Topics section of the library at <https://pmworldlibrary.net/applications-and-topics/>, click on either “Sustainability and Project Management”, “Human Resources Management” or “Teamwork and Team Leadership”, then scroll down to resource. Must be registered and logged-in to access. If not yet registered, please consider the 30-day FREE trial membership.

*This new resource provided through the PMWL university research internship program; [to learn more, click here](#)*

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### For PMWL Post

Govindaras, B., Wern, T. S., Kaur, S., Haslin, I. A., & Ramasamy, R. K. (2023). **Sustainable Environment to Prevent Burnout and Attrition in Project Management**. *Sustainability*, 15(3), 2364. Available online at <https://www.mdpi.com/2071-1050/15/3/2364> (Haq)

*Where to post in the library:* <https://pmworldlibrary.net/sustainability-and-project-management/>

And: <https://pmworldlibrary.net/human-resources-management/>

And: <https://pmworldlibrary.net/teamwork-and-team-leadership/>

And: <https://pmworldlibrary.net/work-life-balance/>