



Midocean University

Faculty of Management

Department/ Specialization

Project title

**The role of daily routines in enhancing professional
success in high-stress occupations**

Student Name

Fahad Abdullatif

Graduation Project – 1

Faculty of Management - Midocean University

Supervisor

Dr.

Faculty member- Faculty of management- Midocean University

Date of submission – number of Semester

- Chapter 1: Introduction

- **Research Background**

Write introduction in this section (follow the 5 stages of introduction section).

From 2 to 3 pages

This section includes ONLY paragraphs

Nowadays, creating a friendly working environment is regarded as a key objective that organizations strive to achieve, particularly in high-stress occupations such as healthcare. Daily routines, which refer to the organized behaviors individuals regularly engage in, are essential for alleviating stress, improving productivity, and fostering overall well-being. High-stress occupations often present several challenges, including emotional control over logic, a loss of control in the workplace, and the necessity for quick decision-making. These issues can lead to burnout, decreased job satisfaction, and ultimately diminished performance. Establishing effective daily routines can be an essential strategy for professionals aiming to succeed in the face of these pressures. Studies have shown that well-structured routines can help individuals in prioritizing tasks, managing their time efficiently and effectively, and promoting a sense of control within their work environment. This study seeks to investigate the impact of daily

routines on professional success in high-stress occupations. Through a review of existing literature and empirical research. Examination will be done how structured routines aid in stress management, boost productivity, and improve overall job satisfaction.

- **Research Problem**

Write brief introduction to this section (paragraph)

High-stress jobs, particularly in healthcare, frequently result in serious challenges such as burnout, lower job satisfaction, and diminished performance. Although there is evidence indicating that daily routines can mitigate and eliminate these problems, there is a gap in understanding how particular routines can influence stress control, productivity, and job satisfaction.

This section divided into two sub-sections

- **Theoretical Gaps**

Although there are theories concerning stress control as well as productivity, there may not be a theoretical framework that clearly connects daily routines in high-stress jobs to specific outcomes. This research could contribute to the development of these theories.

- **Practical Gaps**

There is a lack of empirical research focused on how structured daily routines affect stress control, efficiency, and job satisfaction in high-stress roles. This study seeks to address this gap by offering empirical evidence through a literature review and data collection.

To summarize , while our primary focus is on filling the empirical gap regarding the impact of daily routines, it also has the potential to contribute to theoretical theories in understanding workplace dynamics in high-stress settings.

This section ends with the main research question

What particular elements of daily routines are most effective in reducing stress in high-stress jobs?

- **Research Significance**

In this section, the student should clarify the importance of the study at the theoretical level, and the empirical level

- **At the theoretical level**

The study will address a gap in the existing literature by offering empirical evidence on the effects of daily routines in high-stress occupations, opening the way for additional research opportunities in occupational health and psychology.

- **At the practical level**

1. Enhancing Friendly environment and well-being in workplace :

This will contribute to the understanding of how daily routines can improve the mental health and overall well-being of professionals in high-stress occupations. By acknowledging effective routines, organizations can promote a more supportive work environment

2. Taking care of burnout :

Given that burnout is a common challenge in high-stress occupations, this research can provide practical strategies to alleviate its impact, leading to potential improvement in job satisfaction and performance

3. Productivity improvement :

By exploring the relationship between planned daily routines and productivity. This will explore how individuals can optimize their performance, leading to better outcomes for both employees and organizations.

4. Enlightening and guiding organizations in the right direction. The results can assist organizations in developing programs that encourage healthy routines. This can be particularly beneficial for employee retention and can help reduce turnover rates in high-stress fields.

- **Research Questions**

What specific factors of daily routines influence productivity and performance among professionals in high-stress workplace?

- **Research Sub-Questions**

1. What is the connection between the frequency of interruptions in daily routines and productivity levels among professionals working in high-stress occupations?
2. What specific planning techniques in daily routines contribute to reduced stress and increased efficiency?
3. How do social interactions and networking during daily routines affect collaboration and performance in high-stress workplaces?
4. How does physical activity in daily routines impact productivity and performance among professionals in high-stress jobs?
5. How do sleep habits and breaks included in daily routines influence overall job performance?

- **Research Objectives**

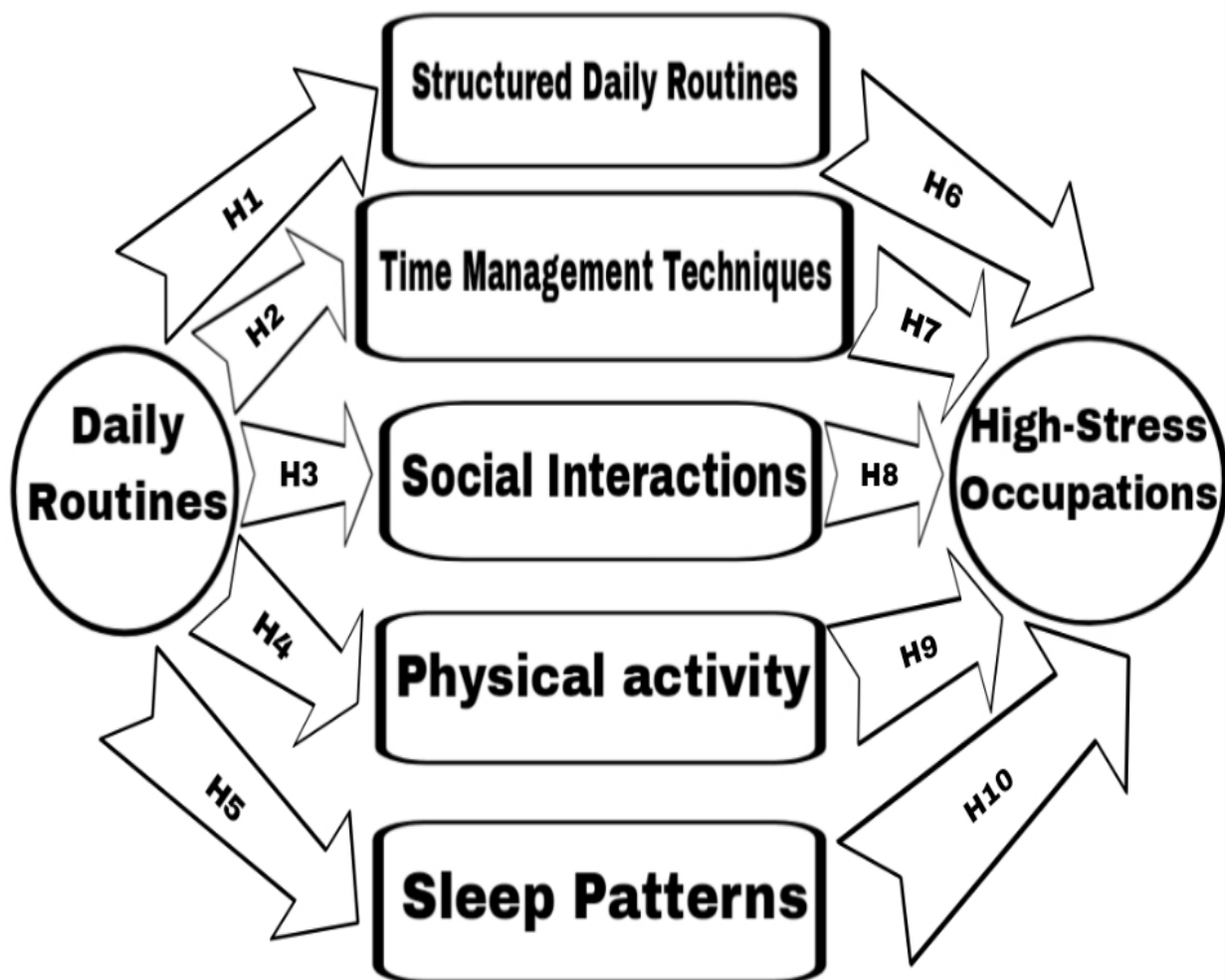
1. To identify the key components of daily routines that contribute to improved performance and productivity among professionals in high-stress jobs.
2. To examine the impact of structured planning and time management techniques on stress levels and efficiency in high-stress occupations.
3. To analyze how social interactions and networking within daily routines influence collaboration and overall success in high-stress work environments.
4. To evaluate the role of physical activity and exercise incorporated into daily routines in enhancing mental well-being and job performance.
5. To assess the effects of sleep patterns and rest periods on the productivity and effectiveness of professionals working in high-stress occupations.

- **Research Hypotheses**

1. Professionals in high-stress jobs who maintain structured daily routines show greater productivity than those with unstructured routines.
2. The use of effective time management and planning strategies in daily routines is positively associated with lower stress and increased efficiency in demanding work environments.

3. Incorporating social interactions and networking into daily routines fosters better collaboration and professional success in high-stress fields.
4. Regular physical activity included in daily routines significantly lowers stress levels and improves job performance for those in high-stress occupations.
5. Consistent sleep habits and sufficient rest periods within daily routines contribute to enhanced overall job performance for professionals in high-stress roles.

- Research Model



- **Research Methodology**

Research Philosophy

Positivism/

Concentrates on measurable phenomena and quantifiable information.

Application: Employ surveys and statistical methods to assess the relationship between daily routines and indicators of professional success, such as productivity and job satisfaction.

Interpretivism/

Focus on highlights the importance of grasping individuals' subjective experiences.

Application: Carry out interviews and focus group discussions to investigate how people in high-stress roles view their routines and their effects on success and stress.

Pragmatism/

Focusing on the practical relevance of research outcomes.

Application: Integrate qualitative and quantitative approaches to determine effective routines and create actionable recommendations for both professionals and organizations.

The process of inductive research approach/

1- Gather Information/

Begin by gathering qualitative data through methods such as observations, interviews, or surveys that explore daily routines and their perceived effects on professional success.

2- Ask Questions/

Using the identified patterns and categories, create questions that investigate why specific routines might contribute to increased success. For instance, "In what ways does time blocking affect productivity?"

3- Form Categories/

Organize the identified patterns into distinct categories. For example, you could classify routines based on factors like time management, work-life balance, or goal-setting.

4- Look for Patterns/

Examine the collected data to uncover common themes or behaviors associated with how people organize their daily routines.

5- Develop Theory/

Based on the insights obtained from the analysis, begin formulating a theory that clarifies the connection between particular daily routines and professional success. This theory will be based on the observed data rather than prior assumptions.

6- Compare Theory/

After formulating a theory, evaluate it against existing theories to determine how it corresponds with or differs from established ideas in the area of professional success and productivity.

The process of deductive research approach/

1- Research Objective/

To evaluate established theories about how daily routines affect professional success in high-stress jobs.

2- Hypotheses/

- * Organized daily routines result in greater job satisfaction for professionals in high-stress roles.
- * Efficient time management routines are associated with higher productivity in high-stress jobs.
- * Professionals who have set routines experience lower stress levels than those who do not.

3- Data Collection/

Conduct surveys by distributing organized questionnaires to a group of professionals in high-stress roles to gather quantitative data on their routines, job satisfaction, productivity, and stress levels.

4- Findings/

- * Evaluate whether the data confirms or contradicts the hypotheses.
- * Make conclusions regarding the impact of daily routines on improving professional success, using statistical evidence.

5- Hypotheses confirmed or rejected/

Hypotheses are usually evaluated to either confirm or reject them based on the evidence gathered. If the data backs the hypotheses, they are accepted; otherwise, they are dismissed.

6- Revision of the theory/

Generally includes refining current hypotheses based on new evidence or insights. For example, if a theory suggests that daily routines enhance job performance but initial findings are inconsistent, researchers may modify the theory to clarify which elements of routines are most beneficial or under what circumstances they are effective. This iterative process deepens the understanding of how routines relate to professional success.

Mixed Methods Research

1-Qualitative Component/

Data Collection:

- * Carry out semi-structured interviews with 20-30 participants from diverse professions, concentrating on their daily routines, the challenges they face, and their perceived effects on professional success.
- * Arrange 3-4 focus groups to encourage discussions among participants regarding shared patterns and varying strategies related to their routines.

Data Analysis:

Utilize thematic analysis to uncover recurring themes and behaviors associated with daily routines, and code the data to draw out key insights.

2-Quantitative Component/

Data Collection:

Create a structured questionnaire to collect quantitative data from a larger sample, such as 200-300 respondents. This should include questions about specific routines, time management techniques, and self-reported measures of success, such as productivity levels and career progress.

Data Analysis:

Conduct statistical analyses, such as correlation and regression analysis, to assess the relationships between particular routines and productivity outcomes.

Research Methods

Qualitative Research Methods/

Historical Research:

Objective: Examine the evolution of daily routines and their impact on success over time.

Method: Analyze historical documents and accounts.

Result: A narrative detailing changes in routines and their effects on professional success.

Grounded Theory:

Objective: Formulate a theory grounded in experiences related to routines and success.

Method: Carry out interviews and analyze the data through coding to uncover patterns and concepts.

Result: A theory that clarifies how routines impact professional success, derived from participant responses.

Case Study:

Objective: Analyze individual or group routines in-depth.

Method: Select specific cases and conduct interviews, observations, and document reviews.

Result: A detailed case study illustrating the relationship between daily routines and success.

Quantitative Research Methods:

Descriptive Study:

Objective: Overview of daily routines and success metrics.

Method: Use a structured survey to gather data on routines and self-reported success.

Result: Summary report detailing participants' routines and success indicators.

Correlation Study:

Objective: Evaluate relationships between routines and productivity outcomes.

Method: Analyze survey data using correlation analysis (e.g., Pearson correlation).

Result: Identification of significant relationships between routines and productivity.

Experimental Study:

Objective: Assess causal effects of routine interventions on productivity.

Method: Randomly assign participants to a new time management strategy or control group, measuring productivity before and after.

Outcome: Analysis of productivity differences to determine the effectiveness of the intervention.

Time Horizon**Cross-Sectional Study:**

Duration: Several weeks to a few months; data gathered at one specific moment.

Longitudinal Study:

Duration: Lasts from several months to years; monitors changes over a prolonged timeframe

Data Collection Techniques**Surveys and Questionnaires:**

Organized instruments designed to collect quantitative data on routines and success.

Interviews:

Comprehensive discussions that investigate participants' experiences regarding their routines.

Focus Groups:

Group discussions aimed at gathering diverse viewpoints on routines and success.

Observational Methods:

Directly watching participants in their workplace settings.

Diaries and Journals:

Records kept by participants to document daily activities and thoughts.

Document Analysis:

Examination of existing documentation related to routines and success.

Case Studies:

In-depth analysis of particular individuals or organizations.

- **Scope of The Study**

Understanding Routines:

Examine how daily habits and schedules affect productivity and career success.

Impact on Performance:

Explore the connection between organized routines and work performance results.

Diverse Populations:

Study routines across different professions, cultures, and demographic groups.

Longitudinal Changes:

Investigate how routines change over time and their influence on career paths.

Interventions:

Evaluate the impact of changes in routines on enhancing success measures.

Qualitative Insights:

Collect personal stories and subjective views related to routines and success.

- **The Suggested Project Structure**

Introduction

Background Information:

Definition of high-stress occupations

Importance of professional success

Purpose of the Study:

Why daily routines matter

Research Questions:

What routines are most beneficial?

How do routines impact stress management?

Literature Review

Overview of High-Stress Occupations:

Examples (e.g., healthcare, law enforcement, corporate sectors)

Impact of Stress on Performance:

Effects of chronic stress on productivity and health

Role of Daily Routines:

Existing research on routines and success

Psychological theories related to habits and routines

Research Methodology

Research Design:

Qualitative, quantitative, or mixed-methods approach

Participants:

Selection criteria for individuals in high-stress jobs

Data Collection Methods:

Surveys, interviews, or observational studies

Data Analysis Techniques:

Statistical analysis or thematic analysis

Statistical Analysis

Data Collection

- Conduct surveys to evaluate daily routines, stress levels, and indicators of professional success.

- Target a sample size of 100-300 participants from diverse high-stress fields.

Descriptive Statistics

Summarize the demographics of participants and the characteristics of their routines, including means and standard deviations.

Correlation Analysis:

Assess relationships between routines and success using Pearson/Spearman coefficients.

Regression Analysis:

Predict success based on routines while controlling for stress.

Comparative Analysis

- Use t-tests to compare success and stress between structured and unstructured routines.

- Conduct chi-square tests for categorical data on routines and job satisfaction.

Visualization

- Present findings with graphs and charts for clarity.

Findings' Discussion and Conclusion

Findings :

Routine Characteristics:

Common elements of effective routines

Correlation Between Routines and Success:

Key findings from data analysis

Case Studies:

Examples of individuals who have benefited from specific routines

Discussion:

Interpretation of Findings:

How do routines contribute to professional success?

Comparison with Existing Literature:

Aligning findings with previous studies

Limitations of the Study:

Potential biases and constraints

Conclusion:

1- Summary of Key Points

2- Future Research Directions

3- Areas for further exploration

Criteria	Independent Variable Daily Routine	Dependent Variable Professional Success
Definition	Structured activities and habits performed regularly	Outcomes related to job performance, productivity, and mental well-being.
Impact	Affects how individuals time and responsibilities.	Influenced by efficiency, job satisfaction, and stress management.
Components	Includes time management, self-care, and work-life balance.	Encompasses productivities, job satisfaction, and overall mental health.
Measurement	Assessed through self-reported routines,schedules, and habits.	Evaluated through performance metrics, surveys, and qualitative feedback.
Examples	Morning routines, exercise schedules, meal planning.	Performance reviews, productivity level, stress level.
Purpose	To create stability, reduce stress, and improve well-being.	To achieve higher efficiency, satisfaction, and longevity in careers.
Interrelation	Effective routines are expected to lead to greater professional success.	Changes in professional success can indicate the effectiveness of daily routines.

- **Chapter 2: Literature Review**

- **Introduction**

Brief introduction for the chapter

In the contemporary work landscape, high-stress jobs are becoming more prevalent, impacting both employee health and organizational effectiveness. Developing effective daily routines has proven to be essential for boosting productivity and managing stress. This literature review investigates the connection between daily routines and professional success in high-stress sectors like healthcare and finance.

Studies show that structured routines offer stability and predictability, aiding individuals in dealing with workplace challenges. Moreover, incorporating mindfulness and self-care into daily activities can enhance mental well-being, facilitating improved stress management. By reviewing various academic sources, this review aims to illuminate how daily routines enhance performance and well-being, providing valuable insights for organizations seeking to better support their workforce.

- **The independent variable**

Daily Routines;

This encompasses the structured activities, habits, and practices that individuals engage in regularly to manage their time and responsibilities.

- **The dependent variable**

Professional Success;

This refers to the outcomes related to job performance, productivity, mental well-being, and stress management in high-stress occupations.

- **The relationship between the independent and the dependent variables**

The relationship between these variables explores how variations in daily routines affect levels of professional success within these demanding fields.

- **Conclusion**

This literature review emphasizes the critical impact of daily routines on professional success in high-stress occupations. Evidence indicates that structured routines offer stability, helping individuals effectively manage workplace challenges. Incorporating mindfulness and self-care into these routines enhances mental health and resilience, leading to improved performance and job satisfaction.

Organizations should prioritize supporting employees in developing effective routines, as this can boost well-being and productivity. Future research should further explore this relationship in various high-stress fields to identify best practices for optimizing daily routines for success.

References

1. (Leaders.com, 2023). The most productive people follow daily routines, here's why. <https://leaders.com/articles/leadership/daily-routine/>
2. (VIPcare, 2022). Benefits of having a daily routine. <https://getvipcare.com/blog/benefits-of-having-a-daily-routine/>
3. (Lightwork Therapy & Recovery, 2024). The power of routine: How structured days can enhance your mental health. <https://lightworktr.com/routine-mental-health/>
4. (Ontario Psychological Association, 2025). The power of routine: How establishing daily habits can improve mental health. <https://www.psych.on.ca/Public/Blog/2025/The-Power-of-Routine-How-Establishing-Daily-Habits>
5. (eLearning Industry, 2023). How flexibility can boost employee productivity and engagement. <https://elearningindustry.com/how-flexibility-can-boost-employee-productivity-and-engagement>
6. (Blue Lynx, 2023). The connection between sleep, work, and productivity. <https://bluelynx.com/blog/the-connection-between-sleep-work-and-productivity/>
7. (Verywell Mind, 2025). The importance of maintaining structure and routine during stressful times. <https://www.verywellmind.com/the-importance-of-keeping-a-routine-during-stressful-times-4802638>
8. (WebMD, 2024). Psychological benefits of routines. <https://www.webmd.com/mental-health/psychological-benefits-of-routine>
9. (Northwestern Medicine, 2022). Health benefits of having a routine. <https://www.nm.org/healthbeat/healthy-tips/health-benefits-of-having-a-routine>

10. (Rise, 2023). 10 examples of health and wellness programs in the workplace.
<https://risepeople.com/blog/workplace-wellness-programs/>
11. (Qualtrics, 2023). Employee wellness programs: A complete guide.
<https://www.qualtrics.com/experience-management/employee/employee-wellness-programs/>
12. (Workleap, 2023). How workplace flexibility boosts productivity, morale, and wellness.
<https://workleap.com/blog/workplace-flexibility>
13. (Vorecol, 2023). The impact of daily routines on time management effectiveness.
<https://vorecol.com/blogs/blog-the-impact-of-daily-routines-on-time-management-effectiveness-8269>
14. (Culture Monkey, 2023). Why are flexible work arrangements important: Best practices to implement in 2024. <https://www.culturemonkey.io/employee-engagement/flexible-work-arrangements/>
15. (Business News Daily, 2023). Flexible work arrangements benefit employees and businesses.
<https://www.businessnewsdaily.com/flexible-work-arrangements>
16. (Impact Factory, 2023). How time management can help reduce stress.
<https://www.impactfactory.com/resources/how-time-management-can-help-reduce-stress/>
17. (TimeCamp, 2023). How to improve time management and reduce stress.
<https://www.timecamp.com/planner/how-to-improve-time-management/>
18. (Loving Life, 2023). The impact of daily routines on personal growth and job satisfaction.
<https://lovinglifeco.com/personal-growth/the-impact-of-daily-routines-on-personal-growth-and-job-satisfaction/>
19. (Kreo Software, 2023). How to manage stress at a high-pressure job.
<https://www.kreo.net/news-2d-takeoff/tips-for-managing-stress-in-high-pressure-jobs>