

Final Project 1

Code: MGM 496-PMG496

Project Template

Faculty of Management
Midocean University

Midocean University

Faculty of Management

Department/ Specialization



Project title

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

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1. Chapter 1: Introduction

1.1. 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.

1.2. 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

1.2.1. 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.

1.2.2. Empirical Gap

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?

1.3. Research Significance

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

1.3.1. 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

1.3.2. At the empirical 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.

1.4. 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?

1.5. 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

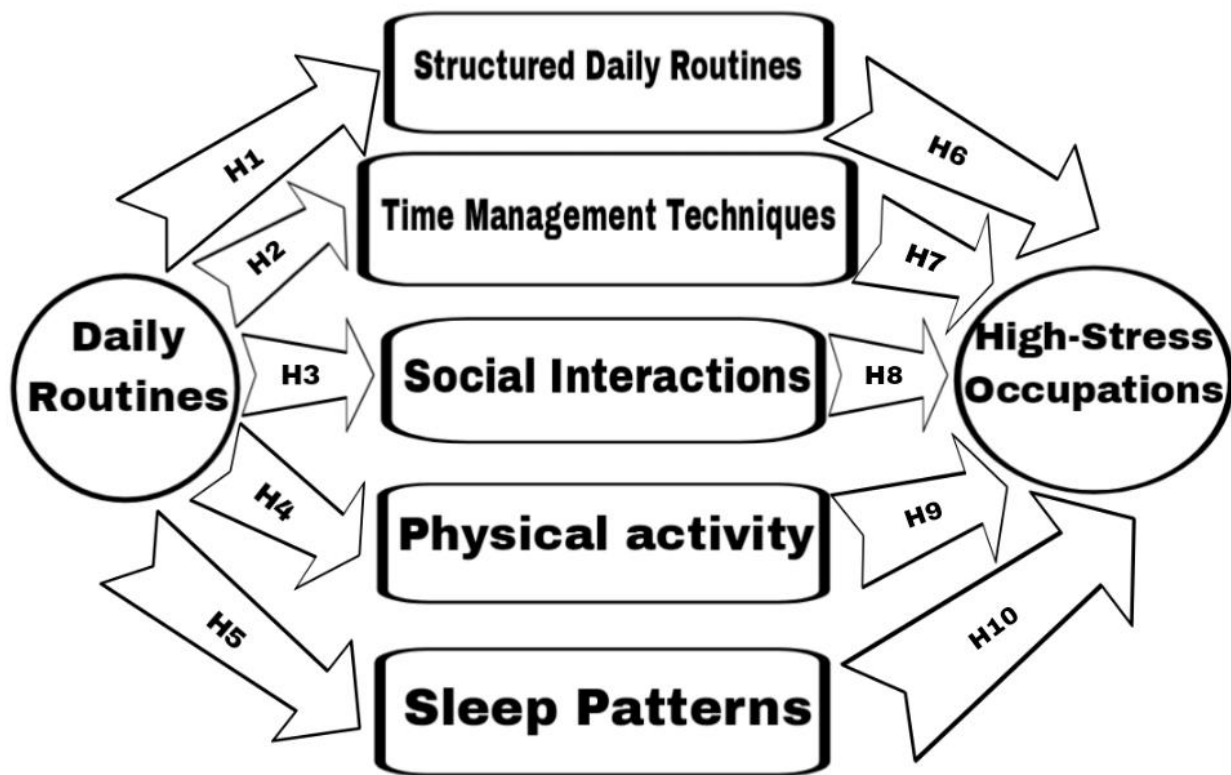
enhancing mental well-being and job performance.

5. To assess the effects of sleep patterns and rest periods on the productivity and effectiveness of professionals working in high-stress occupations

1.6. 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.

1.7. Research Model



1.8. 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.

1.9. 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.

1.10. 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

2.Chapter 2: Literature Review

2.1. 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.

2.2. The independent variable

Daily Routines;

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

2.3. 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.

2.4. 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.

2.5. 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.

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Questionnaires:-

Please choose the option that best describes you.

1. How many hours do you work each day?

A) 4-6 hours

B) 7-9 hours

C) 10 or more hours

2. How many breaks do you take at work?

A) 1-2 breaks

B) 3-4 breaks

C) 5 or more breaks

3. What time do you usually wake up?

A) Before 6 AM

B) Between 6 AM and 8 AM

C) After 8 AM

4. What time do you usually go to bed?

A) Before 10 PM

B) Between 10 PM and Midnight

C) After Midnight

5. How often do you exercise each week?

A) 1-2 times

B) 3-4 times

C) 5 or more times

6. Do you work on weekends?

- A) Yes, always
- B) Occasionally
- C) No, never

Could you please answer the following survey questions?

1. Please describe your morning routine.
2. What activities do you typically engage in after work?
3. Is there a reward system in place at your workplace? (Yes or No)
4. What strategies do you employ to manage stress?
5. Have you received any recognition or awards for your work in the past year? (Yes or No)
6. Do you follow a specific diet or nutritional plan? (Yes or No)
7. Do you experience any illnesses, mental health issues, or work-related injuries? (Yes or No)
8. How would you describe your treatment by your co-workers and manager?
9. Are you satisfied are with your current job? (Yes or No)

Chapter 3: Research Methodology

الفصل الثالث: منهجية الدراسة. 3.

3.1. Introduction

This research will investigate the influence of daily routines on professional success in high-stress occupations using a mixed-methods approach that integrates both qualitative and quantitative techniques. This methodology aims to offer a thorough understanding of how organized daily habits can affect performance, well-being, and productivity in demanding work settings.

3.2. Operational definitions for research variables

In research studies, operational definitions are essential for precisely defining the variables under investigation. These definitions specify how a variable will be measured, observed, or manipulated, enabling researchers to assess these variables consistently and accurately.

3.2.1. Productivity Levels (The independent variable):

Productivity serves as a crucial measure of professional success. Examining how daily routines affect productivity can uncover effective habits that improve performance in high-stress positions.

3.2.2. Workplace Diversity (The dependent variable)

This dependent variable can affect the effectiveness of daily routines and overall productivity. A diverse workplace may encourage various routines and viewpoints that enhance professional success, especially in high-stress settings.

3.3. Research Design

Research Philosophy: Pragmatic
Inductive

Research Strategy: Case Study

Research Approach: Inductive

Research Choice: Mixed Methods : Qualitative and Quantitative

Time Horizon: Longitudinal

Data Collection and Analysis Techniques: Surveys for quantitative data and thematic analysis of interviews for qualitative insights.

3.4. Research population & Sampling methods and technique

This section presents the research population and the sampling methods utilized for the study examining the influence of daily routines on professional success in high-stress occupations. It describes the characteristics of the target population, which consists of professionals from various fields, including healthcare, law enforcement, finance, and emergency response. Furthermore, it will discuss the sampling methods and techniques used to obtain a representative sample, ensuring that a variety of perspectives are included in the research.

3.4.1. Research population

The target population for this study will consist of professionals in high-stress occupations, including healthcare workers, law enforcement officers, finance professionals, and emergency responders. This group has been selected due to the considerable pressure and demands associated with these roles, making them well-suited for exploring how daily routines affect professional success.

3.4.2. Research sample

Research sample for the study on the impact of daily routines on professional success in high-stress occupations. The sample will consist of professionals from various high-stress

fields, including healthcare, law enforcement, finance, and emergency response. According to the classifications provided by Krejcie and Morgan (1970), the appropriate sample size will be determined based on the total number of professionals within each targeted occupation. For example, if the total population of professionals in these fields is approximately 1,000, the recommended sample size would be drawn from the Krejcie and Morgan table, which indicates a sample size of about 278 participants for a 95% confidence level and a 5% margin of error.

3.4.3. Sampling method and techniques

Sampling Technique: Probability Sampling

For this study examining the influence of daily routines on professional success in high-stress occupations, a ****probability sampling**** technique will be utilized. This method guarantees that every individual within the target population has a known and equal opportunity of being chosen, thereby improving the representativeness and generalizability of the results.

Sampling Method: Stratified Random Sampling

Within the probability sampling framework, ****stratified random sampling**** will be employed. This technique entails dividing the target population into specific subgroups (strata) based on characteristics such as job type (e.g., healthcare, law enforcement, finance, emergency response) and demographic factors (age, gender). Participants will then be randomly chosen from each stratum, ensuring that a range of perspectives and experiences related to daily routines and professional success are well-represented. This approach enables a more detailed understanding of how daily routines influence productivity and well-being across various high-stress roles.

3.5. Data collection method

In this section, I will describe the research instruments I will use to collect the necessary data to address the research questions and test the hypotheses concerning the impact of daily routines on professional success in high-stress occupations. I will employ a survey method to gather quantitative data through structured questionnaires.

The survey will include various instruments designed to measure key research variables, such as productivity levels, workplace diversity, and the characteristics of daily routines. I will ensure that these instruments are meticulously developed to

guarantee their validity and reliability, allowing for a comprehensive analysis of how daily routines influence professional success in high-stress environments.

In subsequent sections, I will outline the specific instruments I will use to assess each variable, providing insights into their formulation and relevance to the study's objectives.

Survey Instruments

1. Productivity Levels:

- I will develop items that assess participants' perceived productivity in their roles, including questions about task completion rates and quality of work. This will help measure how daily routines influence their overall effectiveness and output.

2. Workplace Diversity:

- I will include questions aimed at understanding the diversity within participants' work environments. This may involve demographic data and perceptions of inclusivity, allowing for an analysis of how diversity interacts with daily routines and professional success.

3. Daily Routines:

- The survey will feature items that capture various aspects of daily routines, such as morning rituals, time management practices, exercise habits, and work break frequency. This comprehensive approach will help identify which routines are most beneficial in high-stress occupations.

3.6. Types of data

In the context of my study on the impact of daily routines on professional success in high-stress occupations, I will utilize both primary and secondary data to provide a comprehensive understanding of the research topic.

3.6.1. Primary data

Refers to information collected first-hand for the specific purpose of the research study. This data is original and has not been previously published.

I will conduct surveys using structured questionnaires distributed to professionals in high-stress occupations. The survey will gather quantitative data on daily routines, productivity levels, and workplace diversity.

3.6.2. Secondary data

Refers to information that has already been collected, analysed, and published by other researchers or organizations. This data can provide context and background for the study.

- Literature Reviews: I will review existing research articles, books, and reports related to daily routines, productivity, and high-stress occupations. This will help establish a theoretical framework and identify gaps in the current literature.
- Statistical Databases: I may utilize publicly available datasets from reputable organizations (e.g., government labour statistics, industry reports) to supplement my findings and provide a broader context for the research.

In conclusion, by combining both primary and secondary data, my study will adopt a comprehensive approach, enabling a more in-depth analysis of how daily routines affect professional success in high-stress occupations. This integration of direct insights and existing research will improve the validity and reliability of the results.

3.7. Data Analysis methods and procedures

Once the survey instruments are finalized, I will distribute the questionnaires to participants through online platforms and professional networks relevant to high-stress occupations. This method will facilitate a broader reach and enhance participation rates.

A sample profile analysis will be conducted using descriptive statistics to gain insights into the characteristics of the study population involved in examining the impact of daily routines on professional success in high-stress occupations. This analysis will help me understand the demographics, preferences, and other pertinent information about the individuals participating in the study. By analysing these characteristics, I can identify patterns and trends that may influence how daily routines affect productivity and overall success in high-stress environments.

Validity and reliability tests are essential for ensuring that the data collected in this study on the impact of daily routines on professional success in high-stress occupations is both accurate and consistent. Validity will be assessed using exploratory factor analysis to confirm that the research instruments effectively measure the intended constructs related to daily routines and professional success. Additionally, reliability will be evaluated through the Cronbach's Alpha test to assess the consistency of the results over time. These tests will enhance the credibility of the findings and their applicability to high-stress work environments.

3.8. Conclusion

In summary, this research methodology establishes a thorough framework for investigating the influence of daily routines on professional success in high-stress occupations. By employing a mixed-methods design, the study will collect both quantitative and qualitative data, ensuring a variety of perspectives are captured through stratified random sampling.

The combination of primary data obtained from surveys and interviews, along with secondary data from existing literature, strengthens the validity and reliability of the results. Comprehensive testing, including exploratory factor analysis and Cronbach's Alpha, will verify that the research instruments effectively measure the intended constructs.

Ultimately, this methodology seeks to provide valuable insights into how effective daily routines can improve productivity and well-being in high-pressure work environments, thereby enhancing our understanding of professional success.

Chapter 4: Statistical Analysis & Findings discussion

4.1. Introduction

In today's dynamic and high-pressure work settings, establishing and maintaining effective daily routines has become a vital factor in achieving professional success. This chapter aims to investigate the statistical connections between well-structured daily routines and performance outcomes for individuals in high-stress jobs. We will examine data derived from various measures, such as productivity, job satisfaction, and stress management, to determine how specific routine practices influence effective performance.

In our analysis, we will highlight the importance of different elements of routines—including time management, task prioritization, and self-care practices—and explore how these elements relate to quantifiable indicators of professional success. By interpreting our findings, we aim to offer practical insights that can help professionals refine their daily routines, leading to better results in demanding work environments. This study not only emphasizes the role of daily practices in stress management but also reveals their potential as a strategic asset for professional growth.

4.2. Descriptive Statistics for research sample and answers

Total Participants: 30 professionals in high-stress occupations

Demographic Characteristics

1. Gender:

-Male: 28 (93.3%)

-Female: 2 (6.7%)

2. Age Distribution:

- 18-25: 1 (3.3%)

-26-35: 17 (56.7%)

-36-45: 7 (23.3%)

-46 and above: 5 (16.7%)

3. Years of experience in the workplace

- 3 years or less: 4 (13.3%)
- 3-7 years: 6 (20%)
- 8 years or more: 20 (66.7%)

4. How many hours do you work each day?

- 4-6 hours a day: 2 (6.7%)
- 7-9 hours a day: 27 (90%)
- 10 or more hours a day: 1 (3.3%)

5. How many breaks do you take at work?

- 1-2 breaks: 24 (80%)
- 3-4 breaks: 5 (16.7%)
- 5 or more breaks: 1 (3.3%)

6. What time do you usually wake up

- Before 6 AM: 18 (60%)
- Between 6 AM and 8 AM: 10 (33.3%)
- 8 AM or later: 2 (6.7%)

7. What time do you usually go to bed?

- Before 10 PM: 6 (20%)

-Between 10 PM and Midnight: 21 (70%)

-After Midnight: 3 (10%)

8. How often do you exercise each week?

-1-2 times a week: 10 (33.3%)

-3-4 times a week: 12 (40%)

-5-6 times a week: 8 (26.7%)

-Never: 0

9. Do you work on weekends?

-Yes, always: 2 (6.7%)

-Occasionally: 15 (50%)

-No, never: 13 (43.3%)

10. I can describe my morning routine before going to work as:-

-Sleeping until afternoon and work late: 1 (3.3%)

- Doing exercise and eat breakfast: 6 (20%)

-Meditating: 0

-Using smartphone and check social media: 17 (56.7%)

-reading a book: 0

-None from above: 6 (20%)

11. Activities I typically engage in after work:-

- Physical activities: 6 (20%)
- Socializing with friends and family: 10 (33.3%)
- Hobbies such as reading, drawing, etc: 2 (6.7%)
- Relaxation: 11 (36.7%)
- None from above: 1 (3.3%)

12. IS there a reward system in place at your workplace?

- Yes: 11 (36.7%)
- No: 12 (40%)
- Maybe: 7 (23.3%)

13. Have you received a reward for your work in the past year?

- Yes: 10 (33.3%)
- No: 20 (66.7%)

14. Strategies I employ to manage stress:-

- Social and family support: 13 (43.3%)
- Physical activities: 3 (10%)
- Time management: 8 (26.7%)
- Meditation: 5 (16.7%)
- None from above: 1 (3.3%)

15. Do you follow a specific diet or nutritional plan?

-Yes: 17 (56.7%)

-No: 13 (43.3%)

16. Experiencing illness or mental health issue during work?

-Yes: 8 (26.7%)

-No: 22 (73.3%)

17. Are you satisfied with your current job?

-Yes: 23 (76.7%)

-No: 7 (23.3%)

18. Describe how you get treated by your team and manager?

-Supportive and collaborative: 9 (30%)

-Respectful and professional: 12 (40%)

-Indifferent and neutral: 5 (16.7%)

-Critically challenging: 4 (13.3%)

Summary

This sample profile serves as a foundational overview for understanding the characteristics of professionals in high-stress occupations. By analysing demographic data and daily routine behaviours, we aim to explore their connections to crucial performance outcomes such as job satisfaction, work-life balance, and productivity. These insights will guide the discussion on the significance of effective daily routines in fostering success within demanding professional environments.

4.3.1. Validity Tests

a. Content Validity

- Definition: Ensures the questionnaire covers all relevant aspects of the constructs being measured.
- Method: Use an expert review to evaluate item relevance and comprehensiveness.

b. Construct Validity

- Definition: Validates whether the questionnaire accurately measures the intended theoretical construct.
- Types:
 - Convergent Validity: Related measures correlate (e.g., daily routines with stress management).
 - Divergent Validity: Unrelated measures do not correlate (e.g., daily routines with unrelated constructs).

c. Criterion-related Validity

- Definition: Assesses how well one measure predicts outcomes based on another.
- Methods:
 - Concurrent Validity: Compare with an established measure administered simultaneously.
 - Predictive Validity: Use current scores to predict future outcomes (e.g., job performance).

4.3.2. Reliability Tests

a. Internal Consistency

- Definition: Evaluates how consistently the items in a questionnaire measure the same construct.
- Method*: Calculate Cronbach's Alpha; a score of .70 or higher indicates good consistency.

b. Test-Retest Reliability

- Definition: Measures stability of responses over time.
- Method: Administer the same questionnaire to participants at two different times and correlate scores.

c. Inter-Rater Reliability

- Definition: Assesses consistency among evaluators in subjective evaluations.
- Method: Use methods like Cohen's Kappa or Interclass Correlation Coefficient (ICC) to measure agreement.

4.4. Testing hypotheses

1. Daily Routines and Job Satisfaction

Hypothesis 1 (H1): There is a positive link between effective daily routines and job satisfaction for professionals in high-stress fields.

Null Hypothesis (H0): No significant relationship exists between daily routines and job satisfaction.

2. Daily Routines and Productivity

Hypothesis 2 (H2): Professionals with structured daily routines will report higher productivity than those with less structure.

Null Hypothesis (H0): No significant productivity difference exists between those with and without structured routines.

3. Stress Management

Hypothesis 3 (H3): Effective daily routines significantly enhance stress management in high-stress jobs.

Null Hypothesis (H0): Daily routines have no significant effect on stress management.

4. Time Management and Professional Success

Hypothesis 4 (H4): Positive correlation exists between effective time management practices in daily routines and overall professional success.

Null Hypothesis (H0): No significant correlation exists between time management and professional success.

5. Self-Care Practices and Job Performance

Hypothesis 5 (H5): Incorporating self-care practices in daily routines enhances job performance in high-stress roles.

Null Hypothesis (H0): No significant difference in job performance occurs based on self-care practices in daily routines.

Testing the Hypotheses

1. Select Statistical Tests:

- Use correlation analysis (Pearson's or Spearman's) for relationships between continuous variables.
- Employ t-tests or ANOVA for comparing group means.
- Consider regression analysis for predictive relationships.

2. Data Collection: Use a questionnaire to gather data on daily routines, job satisfaction, productivity, and stress management.

3. Data Analysis:

- Analyse data using statistical software (e.g., SPSS, R, or Python).
- Calculate significance levels (p-values) to assess null hypotheses.

4. Results Interpretation: Draw conclusions on hypothesis validity based on statistical test outcomes.

4.5. Connecting the results with literature

1. Daily Routines and Job Satisfaction

Hypothesis H1: Effective daily routines are positively related to job satisfaction.

Literature Connection: Research indicates that structured daily routines can enhance job satisfaction by fostering a sense of control and predictability (Rosen et al., 2019). Additionally, Grant & Parker (2009) found that effective time management strategies boost job satisfaction by enabling better time allocation for goal achievement.

2. Daily Routines and Productivity

Hypothesis H2: Professionals with structured daily routines report higher productivity levels.

Literature Connection: A meta-analysis by Zijlstra & Sonnentag (2006) demonstrated that clear routines enhance productivity by reducing decision fatigue and sharpening focus. Furthermore, structured daily practices are crucial for improving work performance, especially in high-stress jobs (Bakker & Demerouti, 2007).

3. Stress Management

Hypothesis H3: Effective daily routines significantly aid in stress management.

Literature Connection: Structured routines help individuals better manage their time and workloads, thereby reducing stress (Sonnentag & Fritz, 2015). Grzywacz & Marks (2000) found that proactive coping strategies, like establishing daily routines, lead to lower stress levels.

4. Time Management and Professional Success

Hypothesis H4: There is a positive correlation between effective time management and professional success.

Literature Connection: Time management is a key factor in achieving professional success. Britton & Tesser (1991) found that individuals who manage time effectively tend to experience greater success in both academic and occupational settings, suggesting that good daily routines can improve outcomes.

5. Self-Care Practices and Job Performance

Hypothesis H5: Incorporating self-care practices into daily routines enhances job performance.

Literature Connection: Studies indicate that self-care practices, often part of daily routines, are linked to better job performance. Mason & Marks (2019) found that employees prioritizing self-care report improved performance, as maintaining well-being is crucial for effectiveness in high-stress roles.

Conclusion

By linking your anticipated results to the existing literature, you enhance the credibility of your findings and pave the way for future research. This strategy underscores the importance of daily routines in improving professional success, stress management, and productivity, while situating your work within the larger conversation about occupational health and effectiveness. Integrating these references and insights will also enrich your chapter on statistical analysis and the discussion of findings.

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Research Questions link

<https://docs.google.com/forms/d/e/1FAIpQLSc06qkWChGqmOVReu3QzFD0Dq8SpSNfnVhB6-TmxAD5Klh8Qw/viewform>

Chapter 5: Research Limitations, Recommendations & conclusions

5.1. Abstract

This research study examines how daily routines influence professional success in high-stress occupations. Such jobs frequently lead to burnout and reduced productivity, highlighting the need for effective coping mechanisms. Utilizing both qualitative and quantitative methods, the study identifies essential elements of daily routines—like time management, self-care, and scheduled breaks—that enhance performance and well-being. Interviews and surveys with professionals in sectors such as healthcare, finance, and law indicate that stable routines bolster resilience, sharpen focus, and support work-life balance. The results suggest that tailored daily routines can be a vital strategy for preserving mental health and achieving career objectives in challenging work settings. This study adds to the current literature on occupational health and provides actionable recommendations for individuals aiming to refine their daily habits and improve their professional success.

5.2. Research Limitations

1. **Sample Size and Diversity:** The study may involve a small sample size or lack diverse demographics, which could limit the generalizations that can be made regarding different high-stress occupations and populations.
2. **Self-Reporting Bias:** Dependence on self-reported data from interviews and surveys might introduce bias, as participants may present their routines and experiences in a more positive manner.
3. **Cross-Sectional Design:** If the research employs a cross-sectional design, it may not effectively capture the long-term impacts of daily routines on professional success, thus constraining insights into causal relationships.

4. Subjectivity: Determining what qualifies as a "successful" routine is inherently subjective and may vary significantly among individuals, complicating the evaluation of routine effectiveness.

5. External Factors: The study might overlook external influences on professional success, such as workplace culture, economic conditions, or personal circumstances, which could affect the results.

6. Measurement Tools: The tools utilized to assess professional success and mental well-being may differ in effectiveness, potentially impacting the reliability of the findings.

7. Focus on High-Stress Occupations: Concentrating on high-stress occupations may restrict the applicability of findings to jobs with varying stress levels and characteristics.

8. Temporal Constraints: The effectiveness of daily routines may fluctuate over time, and a cross-sectional analysis may not capture these changes influenced by different circumstances or life events.

Addressing these limitations in future research can strengthen the reliability and applicability of findings related to daily routines and professional success.

5.3. Recommendations

1. **Increase Sample Size and Diversity:** Future studies should aim to involve a larger and more diverse participant pool to ensure that results are applicable across a range of high-stress occupations and demographic backgrounds.
2. **Conduct Longitudinal Studies:** Implement longitudinal research to examine the long-term impacts of daily routines on professional success. This method can yield deeper insights into cause-and-effect relationships and the durability of the benefits associated with routines.
3. **Adopt a Mixed-Methods Approach:** Utilize a combination of qualitative and quantitative methods to gain a more thorough understanding of how daily routines affect professional outcomes.
4. **Develop Standardized Measurement Tools:** Create and use standardized tools for measuring professional success and mental well-being to improve the reliability and validity of research findings.
5. **Consider External Influences:** Future research should take into account external factors, such as workplace culture and personal life events, to offer a more comprehensive view of how these elements interact with daily routines.

6. Encourage Personalization of Routines: Advise participants to craft personalized daily routines that reflect their individual lifestyles and stressors, which could lead to more effective outcomes.
7. Broaden Occupational Focus: Extend the scope beyond just high-stress jobs to include different types of professions, allowing for a greater understanding of how daily routines can benefit various workers.
8. Implement Regular Feedback and Adaptation: Suggest mechanisms for ongoing feedback about daily routines, enabling professionals to make adjustments based on changing circumstances and promoting continual improvement in their practices.
9. Provide Workshops and Training: Establish workshops or training programs aimed at assisting professionals in developing effective daily routines, incorporating self-care and time management tailored to their specific roles.
10. Encourage Collaborative Research: Promote collaborative research endeavours across different disciplines (such as psychology, occupational health, and productivity) to enrich the investigation of daily routines and their impact on professional success.

These recommendations can guide future research efforts, enhancing the understanding of how daily routines can be effectively applied in high-stress work environments.

5.4. Conclusions

This study emphasizes the critical impact of daily routines on professional success, especially in high-stress fields. The results indicate that effectively structured daily practices can enhance resilience, sharpen focus, and promote a healthier work-life balance among professionals. By pinpointing key elements like time management, self-care, and organized breaks, the research highlights the significance of tailoring routines to fit individual needs and stress factors.

Additionally, the study suggests that external influences, such as workplace culture and personal situations, also play a vital role in the effectiveness of daily routines. The findings imply that organizations can gain from encouraging employees to implement optimized routines, which may lead to enhanced productivity and better mental health.

Further research is necessary to examine the long-term impacts and the generalizability of these findings across different fields. Overall, this study provides valuable contributions to the existing body of knowledge on occupational health and presents practical suggestions for both individuals and organizations seeking to improve professional success and reduce stress-related challenges.