

Final Project 1

Code: MGM 496-PMG496

Project Template

Faculty of Management
Midocean University

Midocean University
Faculty of Management
Department/ Specialization



Project title

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Graduation Project – 1

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Date of submission – number of Semester

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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

1.5. Research Objectives

1.6. Research Hypotheses

1.7. Research Model

1.8. Research Methodology

1.9. Scope of The Study

1.10. The Suggested Project Structure

2.Chapter 2: Literature Review

2.1. Introduction

Brief introduction for the chapter

2.2. The independent variable

2.3. The dependent variable

2.4. The relationship between the independent and the dependent variables

2.5. Conclusion

References

