Improving Mental Health in the workplace …part 1

Title: *In pursuit of Happiness: A critical analysis on Happiness within the MCAST campus*

Institute: ICS

Description: More and more people are struggling with mental health, even from a younger age, the causes of which are vast and some are often debatable. Many people have lost touch with true happiness and find solace in social media through unrealistic aliases likes, comments and any other form of attention. This focus of this project is to critically investigate **Happiness** within the MCAST campus (classrooms, grounds, canteens, the rest of the environment) for both lecturers and students alike, providing an analysis that will lead to further research in the field of Happiness.

Research Objective: This project aims to:

a) analyse what constitutes a happy environment within the MCAST campus,
b) how happy both students and lecturers are to work here,
c) highlight what factors on campus encourage people to feel positively, and
d) propose ideas on what can be done to mitigate any shortcomings that might be contributing to the lack of happiness or harming one's good feeling.

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Improving Mental Health in the workplace …part 2

Title: *An analysis on the correlation between Happiness and Productivity*

Institute: ICS

Description: This project builds on part 1 (above), where identifiers of happiness are outlined and imported into this study for further research. This focus of this project is to study how a happy and a less pleasant work/study environment influences the quality and time of productivity within that environment. This study will then be considered as a ground truth on which an MCAST scenario case study will be carried out.

Research Objective: This project aims to:

a) analyse, on a generic level, the relationship between a happy work/study environment and the quality and time of productivity within that environment,
b) compare the outcome of the first aim to that of a less pleasant environment and the productivity therein.
c) provide a critical analysis on the correlation between the environment and productivity within an MCAST scenario.

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