

Bringing Emotional Wellbeing to Workplace through Spirituality and Restoration at a Selected Public Universities in Malaysia: A Preliminary Research

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ABSTRACT

Emotional wellbeing is a concept that emerged in the 1990s as a topic of scholarly discourse and quickly became popular due to its important part in human resource development and the study of workplace dynamics. Whilst, studying spirituality and restoration in the workplace of academics has a high value that definitely needs attention. This study is conceptualized to review the spirituality and restoration of the workplace of civil servants through the lens of emotional intelligence in selected public universities in Malaysia. The study is asked to pinpoint these by extracting related literatures as an emotional wellbeing is a mental health issue that needs to be taken seriously by all employers. The design of this study will use a quantitative approach that will target the population among civil servants in Malaysia. Expected findings for this study will increase the emotional wellbeing of civil servants through spirituality and restoration at work. The study identified that a more conducive green space needs to be provided to employees to help civil servants control negative emotions through the concept of nature. The nature that is therapeutic not only reduces the problem of emotional disturbance faced as self-restoration. Therefore, it can also strengthen the sense of self-attachment, which is the emotional relationship with nature and connect spiritual values not only to reduce emotional disturbances but to get closer to God who created nature.

Keywords: Emotional Wellbeing, Emotional Intelligence, Green Work Place, Human Resource Development, Mental Health, Spirituality, Restoration, University