This research review brings together many of the leading published articles in the field of workplace wellbeing and happiness. It highlights the costs of a lack of wellbeing at work, what research suggests are the sources of depleted and enhanced wellbeing, as well as happiness at work. It also looks at the issue of what interventions are necessary to promote wellbeing and happiness in the workplace.
Article reviews present more than just an opinion. You will engage with the text to create a response to the scholarly writer's ideas. You will respond to and use ideas, theories, and research from your own studies. Your critique of the article will be based on proof and your own thoughtful reasoning. An article review only responds to the author's research. It typically does not provide any new research. However, if you are correcting misleading or otherwise incorrect points, some new data may be presented.[2].