



**Re-Orienting Awareness to Human Sustainability by
Integrating Indoor Spaces Strategies in Schools.
Case studies from Sharjah and Ajman**

إعادة توجيه الوعي نحو الاستدامة الإنسانية من خلال دمج استراتيجيات
المساحات الداخلية في المدارس.
دراسات حالة من الشارقة وعجمان.

by

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of the requirements for the degree of
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ABSTRACT

A combination of global and regional methods can lead to the sustainability of the entire universe; this may also require a massive, extensive effort on a larger scale. Environmental sustainability is defined as the planet's resistance to the universe's eventual expansion- as the planet's destiny-, which is brought on by the planet's rising temperature and the greenhouse gases that will eventually produce an explosion! Fighting against this fate will slow it down, but it won't stop it! In contrast, one way to change one's perspective on "what really needs to be sustained" is to consider for whom the environment is being maintained. It's crucial to understand that sustainability includes not just environmental considerations but also social, emotional, psychological, humanitarian, and economic ones. The lack of sustainability, internally and externally, has become a significant problem in today's society. Most of the time, Sustainability is typically associated with actions taken at a global level, but it is also vital to consider its effects in our immediate surroundings, especially, in indoor environments where we spend a big portion of our lives, as well as in the most important aspect among all, Our own selves. The integration between the sustainability of indoor strategies and individual well-being are two interrelated elements that affect the overall sustainability of our environment. By choosing strategies or objectives such as Feng Shui, Biophilic design, minimalism, and Islamic principles "FBMI" -as external strategies- and then studying how they will affect occupants' neuro programming and psychological well-being - the internal section- we can create indoor spaces that do not only prioritize sustainability but also enhance the psychology and well-being of individuals.. Aim: This article examines the demand for human sustainability through the educational sector by focusing on Re-Orienting Awareness to Human Sustainability by Integrating Indoor Spaces Strategies in Schools. Methodology:

Two schools were selected: The International School of Creative Science in Mueileh, ISCS and Al-Shola American School in Ajman, SAS. A voice recording of two Interviews of seven questions was done with the schools' principals, plus Two types of survey questionnaires -kids and adults- were distributed on 600 responders, as follows, 400 responses from SAS and 200 responses from ISCS. Surveys targeted these categories as follows, 100 kids between grades 3-6, 150 adult students between grades 7-12, and 150 teachers in SAS, meanwhile, in ISCS were distributed as 100 kids, 50 adult students and 50 teachers. The agreement scale questionnaire which targets adults and the image choice questionnaire which targets the children are the two selected types of questionnaire. Data will be analysed after collection by software such as Excel sheet, Nvivo and SPSS. Results: An average of 74% of the 400 adult respondents agreed that the external environment variables (airflow, site orientation, natural light, greenery, minimalism, and faith) can positively impact participants' psychology; furthermore, 73.74% of the same respondents disagreed on -the participants' psychology and well-being can be healed or enhanced by the external environment variables alone-; instead, there must be internal self-healing and enhancements. Any Indoor space strategies can't be effective if the three main human components are not well sustained. > 80% of the total 400 responses from both cases, agreed that Human sustainability is required and a vital core in sustaining the environment, which is considered a high rate of DEMAND for human sustainability through schools. Reorienting our awareness towards human sustainability is a Demand.

Keywords: awareness, human sustainability, sustainable humanity realm, schools, psychology, integration, indoor space strategies, fengshui, biophilic design, minimalism, Islamic principles, FBMI.

خلاصة

إن الجمع بين الأساليب العالمية والإقليمية يمكن أن يؤدي إلى استدامة الكون بأكمله؛ وقد يتطلب هذا أيضًا جهدًا هائلًا وواسع النطاق. تُعرف الاستدامة البيئية بأنها مقاومة الكوكب للتوسع النهائي للكون - باعتباره مصير الكوكب - والذي يحدث بسبب ارتفاع درجة حرارة الكوكب والغازات الدفيئة التي ستنتج انفجارًا في النهاية! إن القتال ضد هذا المصير سوف يبطئه، لكنه لن يوقفه! في المقابل، فإن إحدى الطرق لتغيير وجهة نظر المرء حول "ما يحتاج حقًا إلى الاستدامة" هي النظر في الجهة التي يتم الحفاظ على البيئة من أجلها. ومن المهم أن نفهم أن الاستدامة لا تشمل الاعتبارات البيئية فحسب، بل تشمل أيضًا الاعتبارات الاجتماعية والعاطفية والنفسية والإنسانية، واقتصادية. لقد أصبح الافتقار إلى الاستدامة، داخليًا وخارجيًا، مشكلة كبيرة في مجتمع اليوم. في معظم الأحيان، ترتبط الاستدامة عادة بالإجراءات المتخذة على المستوى العالمي، ولكن من الضروري أيضًا مراعاة آثارها في محيطنا المباشر، وخاصة في البيئات الداخلية حيث نقضي جزءًا كبيرًا من حياتنا، وكذلك في الجانب الأكثر أهمية بين الجميع، هو أنفسنا. يعد التكامل بين استدامة الاستراتيجيات الداخلية والرفاهية الفردية عنصرين مترابطين يؤثران على الاستدامة الشاملة لبيئتنا. من خلال اختيار استراتيجيات أو أهداف مثل فنع شوي، والتصميم الحيوي، والبساطة، والمبادئ الإسلامية - "FBMI" كاستراتيجيات خارجية - ومن ثم دراسة كيفية تأثيرها على البرمجة العصبية للراغبين والرفاهية النفسية - القسم الداخلي - يمكننا إنشاء المساحات الداخلية التي لا تعطي الأولوية للاستدامة فحسب، بل تعزز أيضًا نفسية ورفاهية الأفراد. **الهدف:** تتناول هذه المقالة الطلب على الاستدامة البشرية من خلال القطاع التعليمي من خلال التركيز على إعادة توجيه الوعي نحو الاستدامة البشرية من خلال دمج المساحات الداخلية. الاستراتيجيات في المدارس. **المنهجية:** تم اختيار مدرستين: مدرسة الإبداع العلمي الدولية في موبلج، مدرسة الإبداع العلمي الدولية ومدرسة الشعلة الأمريكية في عجمان، ساس. تم إجراء تسجيل صوتي لمقابلتين لسبعة أسئلة مع مديري المدارس، بالإضافة إلى نوعين من استبيانات المسح - الأطفال والكبار - تم توزيعها على 600 مستجيب، على النحو التالي، 400 إجابة من SAS و 200 إجابة من مدرسة الإبداع العلمي الدولية. واستهدفت الاستطلاعات هذه الفئات على النحو التالي: 100 طفل بين الصفوف 3-6، و 150 طالبًا بالغًا بين الصفوف 7-12، و 150 معلمًا في مدرسة العلوم التطبيقية، بينما تم توزيع مدرسة الإبداع العلمي الدولية على 100 طفل و 50 طالبًا بالغًا و 50 معلمًا. استبيان مقياس الاتفاق الذي يستهدف البالغين واستبيان اختيار الصورة الذي يستهدف الأطفال هما النوعان المختاران من الاستبيان. سيتم تحليل البيانات بعد جمعها بواسطة برامج مثل Excel Sheet و Nvivo و SPSS. **النتائج:** وافق ما معدله 74% من المشاركين البالغين على أن متغيرات البيئة الخارجية (تدفق الهواء، واتجاه الموقع، والضوء الطبيعي، والمساحات الخضراء،

والبساطة، والإيمان) يمكن أن تؤثر بشكل إيجابي على نفسية المشاركين؛ علاوة على ذلك، 73.74% من نفس المشاركين لم يوافقوا على - يمكن شفاء أو تحسين الحالة النفسية للمشاركين ورفاههم من خلال متغيرات البيئة الخارجية وحدها -؛ بدلاً من ذلك، يجب أن يكون هناك شفاء ذاتي داخلي وتحسينات . لا يمكن لأي استراتيجيات للفضاء الداخلي أن تكون فعالة إذا لم يتم الحفاظ على المكونات البشرية الرئيسية الثلاثة بشكل جيد . أكثر من 80% من إجمالي الردود البالغ عددها 400 من الحالتين وافقوا على أن استدامة الإنسان مطلوبة وأساس حيوي في استدامة البيئة التي تمثل نسبة عالية من الطلب على استدامة الإنسان خلال المدارس. إن إعادة توجيه وعينا نحو الاستدامة البشرية هو مطلب.

الكلمات المفتاحية: الوعي، الاستدامة الإنسانية، عالم الإنسانية المستدامة، المدارس، علم النفس، التكامل، استراتيجيات

الفضاء الداخلي، فنغشوي، التصميم الحيوي، التقليدية، المبادئ الإسلامية، FBMI.

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LIST OF ABBREVIATIONS

- i. (IISS) :Integrating the indoor space sustainability.
- ii. (FBMI) Feng shui, Biophilic design, Minimalism, and Islamic principles.
- iii. (ISS) Indoor Space Sustainability.
- iv. (AI): Artificial Intelligence.
- v. (UAE) : United Arab Emirates.
- vi. (P&C): Pros and Cons.
- vii. (CFD): computational fluid dynamics.
- viii. (STEM) :Science, Technology, Engineering, and Math.
- ix. (VISS): Victoria International School in Sharjah.
- x. (AIS):Ambassador International School in Dubai.
- xi. (BSAK):British School of Al Khubairat in Abu Dhabi.
- xii. (HDR) :high dynamic range.
- xiii. (DGP) :Daylight Glare Probability.
- xiv. (FDM) :Fuzzy Delphi method.
- xv. (VR) :virtual reality.
- xvi. (GR) :good room.
- xvii. (BR): bad room criteria.
- xviii. (SAS): Shola American School.
- xix. (ISCS): International School of Creative Science.
- xx. (SSS): Survey Sample Size.
- xxi. (SPSS): Statistical Package for the Social Sciences.
- xxii. (SHR): The Sustainable Humanity Realm

Chapter 1: Introduction

According to Surah Al-Anbiya, "And We have written after the Remembrance in the Psalms, 'Truly, My righteous servants shall inherit the earth'" 105. Three main concepts were clearly mentioned in this phrase which are: First, the destiny that has been written and fixed, Second, the earth- Environmental sustainability- which will be sustained till the destiny comes and third the type of people who are going to inherit the earth- the human sustainability-.The relationship between the materialistic variables of this phrase which are the earth and humans are going to be ended by the destiny that was written off the earth, as it is going to be expanded in size until it reaches a point that will explode as it started by the Big bang! The only left thing that will be transferred from the embodiment world - that we are living in the now- to the isthmus world are the humans' souls with the purest hearts as the phrase in Surat Ash-Shu'ara': (A day when neither wealth nor sons will benefit (88) except he who comes to God with a sound heart (89) (Badaaal-KununintheQuran). Before the earth reaches a point that will complete the expansion to shrink then explode, as the phrases in Surat Al-Anbiya from 30-34 & 104, adding to what Stephen Hawking's mention in his book Black Holes and Baby Universes, we can understand that the circumstances of what the earth is now facing such as high temperature, melting the ice in the north and south, higher rate of water and green gazes effect and much more, are preparing the earth to the destiny! As shown in *Fig.1A&B*. So, why do we resist the earth's destiny, and to whom we are sustaining the environment?! The environment we live in is not just a collection of physical spaces and surroundings,It holds a deeper connection to our inner selves. It is exciting to consider the possibility that the external environment we design or encounter is a reflection of our inside selves (tollemathematics 2016). Simply said, how we construct, perceive, and engage with the

world around us is highly correlated with our inner thoughts, feelings, and state of being (Singer 2007). Our exterior environment is made up of the physical areas we live in, the people we interact with, and the general atmosphere. The unique thoughts, emotions, convictions, and experiences that make up our inner environment, on the other hand, are what make it up. The way we shape our surroundings is an expression of our thoughts and desires, our outer environment is a reflection of our inner environment (Bargh, John 2013). The preservation and sustainability of the environment are just two of the many facets of human existence that Islam offers instructions on. Islam emphasizes the moral obligation of humans to the environment and acknowledges the significance of sustainability, and sees the natural world as a gift from God to humanity. It views the resources of the Earth as a gift (amanah) from Allah (God). All living things are interrelated and connected, according to Islamic teaching. The Universe, Nature, and humans are interdependent variables. The importance of sustainable practices that take into account the welfare of all of creation is highlighted by this connection (Ashtankar 2016).

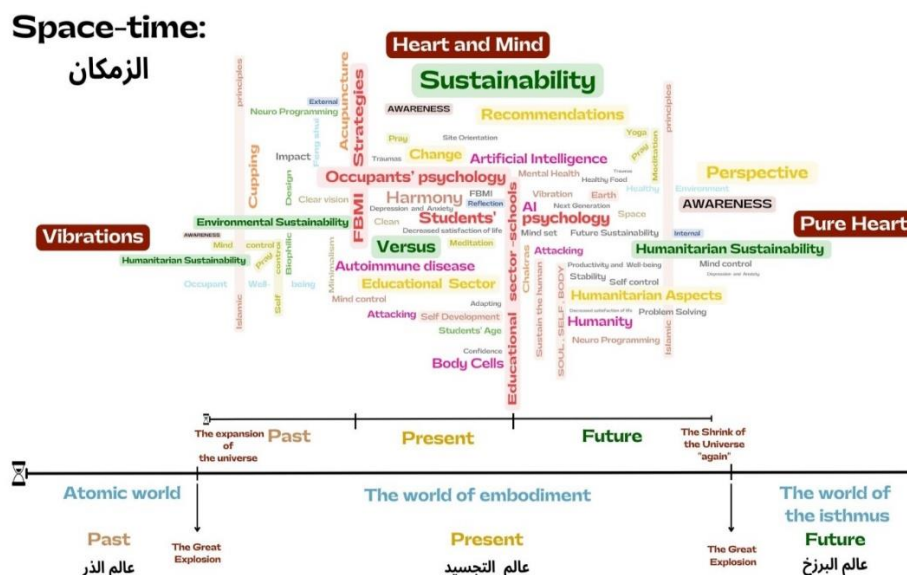


Figure 1A: Key wards of the paper

Surat Al-Anbeyaa , phrase (30-34)

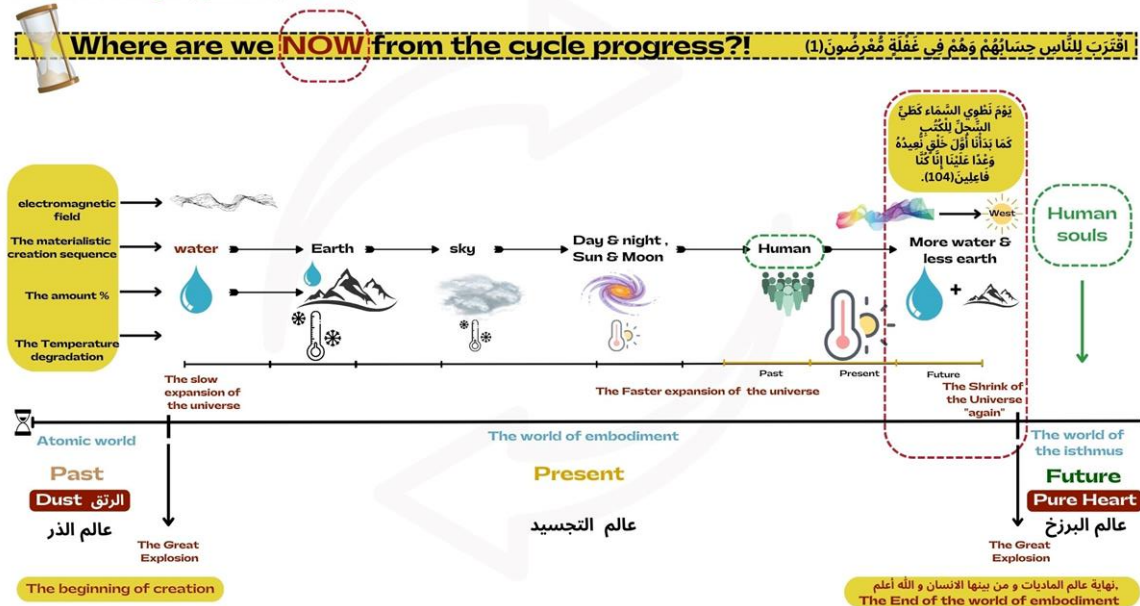


Figure 1B: Time diagram of creation and end of the embodiment world

In recent years, especially in wealthy countries, the indoor built environment—which can spread infectious diseases and chronic illnesses—has increased. After wrestling with the challenges of quantifying and monitoring these factors' impacts, researchers' attention switched to the implications for the physical and mental health of the general people. In order to better understand the relationship between the built environment and people's health, human ecology, microbiology, psychology, and neuroscience have been added to the mix.(Hu n.d.). Researchers were worried in the eighteenth century about how the quality of the indoor environment is impacted by the outside environment and how this may effect occupant health. The goal of sustainable architecture is to restore what was lost when the indoor areas were separated from the original natural environment. Receiving, interpreting, and creating the indoor built environment are all necessary for the connection between the psychological component of the occupant and the indoor architecture (mahmoud 2017)."

constructed environments that support the occupants' psychological well-being is one of architecture's key functions. Given that a person spends more than 70% of their time indoors in modern culture, this job is even more crucial” (kim, 1998) as cited in (mahmoud 2017). The indoor environmental quality (IEQ) has a direct impact on the occupants' psychology, learning, working performance, and mental health because individuals spend most of their time indoors, especially during the pandemic lockdown. The performance of occupants can be diminished by poor lighting, ventilation, indoor air quality, and space design specifications. (wang et al. 2021).“As professionals, we solve design issues for people who use and inhabit the space by taking into account their needs, whether functional, social, psychological, or environmental, and by knowing how to use research to help identify and clarify the relationship between human behavior and the built environment”(perolini 2011). Markets are moving in the direction of creating and maintaining "healthy buildings" which are seen to be essential for prolonged indoor occupancy (hu n.d. B). Disorders that can be brought on by an unhealthy environment can be treated by "healthy buildings". Mental deficiencies might result from a resident's lack of psychological awareness in all phases (min et al. 2020).

1.1 Integrating the Indoor Space Sustainability (IISS) with human psychology: Knowledge

Buildings that are sustainable are those whose design, construction, and operation, minimize their negative effects on the environment while providing a healthy and comfortable environment for their residents. It comprises using sustainable materials, implementing energy-efficient technology, and taking into account a building's life-cycle influence on the indoor sustainable environment (Cureau et al. 2022).

In order to guarantee a sustainable future for both people and the environment, sustainability principles must be incorporated into indoor design. While Sustainability is linked to environmental problems, it also has a big impact on people's psychological health. The design and management of indoor spaces can have a substantial impact on human behavior, emotions, and overall well-being, much as occupant vibration can have an impact on the indoor environment. Lighting, ventilation, colors, and spatial design, they all have a big impact on mood, attentiveness, and general behaviour. We may build environments that favourably influence human behaviour, promoting sustainable practices and human well-being, by taking into account these factors and implementing sustainable design principles. When people are aware of their surroundings and the resources they use, they are more inclined to adopt sustainable habits. Designing indoor environments that promote sustainability and awareness could lead to a society that is more ecologically aware. (Wu & Wong 2020). People's cognitive capacities, productivity, and emotional wellness are positively impacted by indoor design choices which prioritize sustainability. Studies have shown that access to outdoors, natural lighting, and green spaces can all help people feel less stressed, be more creative, and generally have better mental health. By incorporating sustainability considerations into the indoor spaces, it is possible to maintain and improve the outer environment while also fostering harmony between the built environment and human psychology(St-Jean, Clark & Jemtrud 2022).

1.1.1 Advantages of taking humanitarian concerns into account: Some among all.

Incorporating human considerations into the design of indoor spaces brings many benefits. First, it improves the overall user experience by ensuring that spaces are comfortable, functional, and conducive to productivity. Second, the inclusive design encourages freedom of

movement and efficient space usage for people of various ages, skills, and backgrounds. Additionally, it generates a good environment, lowers stress levels, increases mental clarity, and benefits health and well-being (th , 2020. 2020). Using compassionate techniques to increase the (ISS) is by designing places that not only meet human needs but also are in line with more general sustainability objectives, taking into account the human factor in the sustainability of indoor space. For example, by incorporating ventilation strategies and natural daylighting, we can reduce reliance on artificial lighting and mechanical ventilation, thus improving energy efficiency. Similarly, designing spaces that encourage physical activity can contribute to the health of occupants while reducing the need for excessive energy consumption. On the other hand, the inclusive design idea, which attempts to make places accessible for individuals of all ages and abilities, is applied by improving accessibility, such as features like ramps, broad entrances, and movable fixtures which adapt to the various requirements of people. Another example is the incorporation of biophilic design principles, which incorporate nature into indoor spaces. This approach not only enhances aesthetics but also contributes to the well-being of occupants by reducing stress and increasing connection with the natural environment, and serves the humanitarian aspect externally (Newman & Jennings n.d.).

1.1.2 The integration between the sustainability of indoor spaces and the sustainability of human psychology and well-being both at the same time and how they complete each other plus, their efficient impact on sustainability as a whole: The importance of consciousness for change

Recognizing the substantial influence of consciousness on both the effectiveness of indoor spaces and the psychological well-being of people is crucial to the goal of sustainable

development as whole. Our comprehension of ourselves, others, and the world around us is referred to as consciousness (the Power of Your n.d.). We may create an atmosphere that fosters both environmental stewardship and human flourishing by integrating sustainability concepts into the design and use of indoor spaces while keeping in mind the psychological well-being of humans and how they deal with their own mind control systems. Indoor space efficiency includes optimal use of resources, space and energy, resulting in reduced environmental impact. Consciousness plays a pivotal role in promoting sustainable practices within our indoor spaces by promoting awareness of our individual and collective responsibilities towards ourselves and our own mind sustainability (tollemathematics 2016). The conscious approach encourages individuals to make informed choices regarding energy consumption, waste management and material selection, thus reducing the carbon footprint of indoor spaces. With informed decision-making, we can prioritize sustainable design elements, such as efficient lighting systems, renewable energy sources, and environmentally friendly materials, which enhance indoor space efficiency and reduce resource exhaustion (Deakin et al. 2015). Human psychology is deeply affected by the environment in which we live and work. Consciously designed indoor spaces with human well-being in mind can greatly enhance mental health, productivity, and overall satisfaction. Elements such as natural lighting, lively design, comfortable furniture, and acoustics designed specifically for comfort and privacy can all contribute to a positive psychological experience. Furthermore, mindful design can foster social interaction, collaboration, and a sense of community, promoting a supportive environment that nurtures psychological well-being (Plud 2016). To embrace the interrelationship between sustainability and human psychology, educational institutions and design professionals must adapt their practices accordingly. By incorporating interdisciplinary

coursework, professionals can gain a comprehensive understanding of the psychological aspects of design and the potential impact on occupants. Additionally, psychologists and other mental health professionals can work with architects and interior designers to develop evidence-based design techniques that put psychological wellbeing first. The sustainability of indoor space and human psychology will work in tandem thanks to this interdisciplinary collaboration, and that's how can *educational* and design practices can be *reoriented* (Deakin et al. 2015). It is imperative to raise consciousness of the importance of mindfulness for both sustaining inner space and understanding human psychology. Campaigns for education, open forums, and business conferences can operate as venues for the exchange of information, best practices, and success tales. Building rules, laws, and certifications will be more likely to incorporate informed design principles of people, organizations, and policy-makers are engaged. We can develop a collective consciousness that supports sustainable indoor environments and fosters psychological well-being by highlighting the benefits of mindful design, which aids in fostering the required transition (Chappells et al. 2007).

Integration of humanistic perspectives with other sciences is key to creating sustainable indoor environments in the future. This integration is probably going to become more significant. The importance of human-centered design will be increased, and that goal can be attained By bridging the indoor design with disciplines like psychology, neurology, and sociology. Realizing how directly human experiences, feelings, and general welfare are impacted by indoor space quality, developing environments that cater to inner human mental health and psychology is recognized as *an all-encompassing strategy*. Emerging trends include using smart technologies to optimize energy consumption and enhance user comfort, incorporating regenerative design principles, and exploring mimicking nature to create

sustainable, user-friendly spaces. And through this synergy between sustainability and humanity, we can create spaces that genuinely support human flourishing while preserving our planet. The awareness of the future of sustainability highlights the significance of taking *psychological sustainability* into account while planning, building, and using indoor environments (Health 1998).

Being conscious of the fact that any living community's outward environment mostly depends on changes in its members' interior psychology, sense of self, and spirituality (tollemathematics 2016). Changing the exterior environment is mostly done by being sustainable and utilising sustainable principles , while looking to the humanitarian sustainability concept can bring a different approach toward what are the main thing that needs to be changed. Preparing to prevent illnesses in the external environment is mostly done to safeguard the internal, psychological and self-reflective, components of the body. As stated in Surat alra'ad of the Qur'an, "God does not change a people's condition until they change what is in themselves." once we are conscious of this idea, our viewpoint may shift toward what actually needs to be upgraded and modified. Additionally, thorough understanding of the dynamics of God's blessings and human duty can be found in Surah Al-Anfal verse 53 "That is because God will not change a blessing which He bestowed upon a people until they change what is in themselves" which highlights how crucial personal growth is to keep these advantages, in addition to the idea of individual accountability and responsibility. It serves as a reminder that we have control over our lives and the power to affect the outcomes. The verse advocates reflection and taking responsibility for our own actions rather than waiting passively for external developments. Our attitudes, behaviors, and character are things we have to shape. We can cultivate and increase the heavenly gifts bestowed upon us by acknowledging our

personal agency and working diligently toward positive transformation. Keep in mind that God's favour is not static; it depends on our ongoing efforts and earnest dedication to bettering ourselves. (Haracic & Yusoff 2016).

1.2 Integrating the (ISS) and human psychology: The FBMI strategies

Feng Shui, Biophilic Design, Mindfulness, Meditation, Color Psychology, Universal Design, Sacred Geometry, Minimalism, and Islamic principles are just a few of the techniques that can be used to achieve harmony and sustainability in indoor spaces. The techniques that contain the specifications that are present in the other ones are Feng shui, Biophilic design, Minimalism, and Islamic principles, or "FBMI" (Leventhal et al. 2016).

Feng Shui is an ancient Chinese art that focuses on creating environments that are peaceful and well-balanced. It is used to balance the energy in indoor spaces. It stresses the movement of energy, or chi, and seeks to maximize furniture placement, colour schemes, and material selection to encourage good vibes and well-being. By applying Feng Shui concepts to indoor settings, we may foster harmony and serenity while also advancing sustainability and psychological well-being (Afifah, I., & Sopiany 2017). While biophilic design aims to incorporate natural elements into indoor environments and recognizes the inherent human connection to nature. Incorporating natural light, plants, water features, natural materials, and supporting the connection with the outside are all part of this strategy. By bringing nature indoors, the Biophilic Design method promotes wellbeing, lowers stress levels, and boosts creativity and productivity (Sal Moslehian et al. 2023). Minimalism is the design approach that promotes simplicity, utility, the elimination of unneeded clutter and is used to optimize and simplify spaces. We may design surroundings that are tidy, orderly, and aesthetically

pleasing by using minimalist ideas indoors. Tradition fosters mindful consumerism, minimizes waste, and supports sustainable lifestyles while giving people a peaceful, focused environment (Sal Moslehian et al. 2023). Lastly, Islamic principles utilise for harmonizing the environment by offering a valuable insights into creating sustainable and psychologically supportive indoor spaces. Concepts such as moderation, cleanliness and respect for nature are deeply rooted in Islamic teachings. By incorporating such principles as using natural materials, minimizing waste, and designing spaces that facilitate prayer and reflection, indoor environments can promote sustainability and enhance the spiritual well-being of individuals (Stetricia & Inecologia 2013). As shown in *Fig.2*.

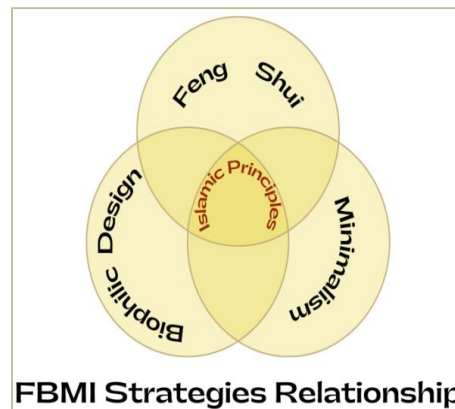


Figure 2: FBMI strategies relationship

The core ideas of FBMI are similar despite their apparent differences. Each philosophy acknowledges the need of designing peaceful environments that support psychological health. They all place a strong emphasis on using natural materials, the value of balance, and getting rid of extra clutter. Their methods and cultural influences, however, distinguish them. Both Feng Shui and Biophilic Design place a high value on incorporating nature into interior spaces, however, Feng Shui emphasizes energy movement and the placement of elements

while Biophilic Design highlights our innate bond with the natural world. While minimalism and Islamic principles both strive for simplicity and peace, minimalism lacks Islamic Principles' unique theological or cultural context. Feng shui, biophilic design and minimalism mostly refer to the external environment base, their variables are more on how they impact human psychology, meanwhile, Islamic principles are more of both variables, the exterior environmental variables and the internal human psychology and mindset. Therefore, every Islamic principle is an FBM, but not every FBM is an Islamic principle. (Stetricia & Inecologia 2013).

1.2.1 FBMI's Impact on neuroprogramming of human beings: Knowledge

It is impossible to overstate the importance of indoor spaces to our well-being in the fast-paced world of today. Our mood, level of productivity, and general quality of life can all be profoundly impacted by the layout and architecture of our indoor environments. Due to their ability to enhance human neuro programming, many strategies—including FBMI—have grown in popularity. Studying The process by which our brains interpret sensory data from our surroundings into thoughts, feelings, and actions is known as neuro programming. The design and architecture of indoor settings have a considerable impact on this neuro programming, both positively and negatively. By employing specific strategies, we can improve our environments to promote well-being and a tranquil way of life (Econsultancy.com & In association with redeye 2011). The influence of feng shui on the flow of energy inside a building has a significant impact on neural programming. When properly applied, it can promote harmony, improve focus, ease tension, and promote overall well-being. Using the five harmonious elements of wood, fire, earth, metal, and water, feng shui may create a place that

awakens our senses and stimulates our brain activity. To achieve this, furniture is placed strategically, natural materials are used, and their arrangements are optimized (Li et al. 2021).

While the Biophilic design recognizes humans' fundamental attraction and connection to the natural world. Its guiding principles call for blending organic designs, plants, and natural sunlight into indoor environments. It seeks to produce settings that resemble the patterns and components of the natural world. Effect on neuro programming via the elicitation of pleasurable emotional responses and the reduction of stress. Studies show that spending time outside can enhance cognitive function, increase productivity, and improve overall well-being. Indoor spaces may encourage rest, creativity, and a sense of peace by including energizing design elements like greenery, natural materials, and landscapes, and this is how biophilic design has a huge impact on brain programming (Dodds 2014). On the other hand, minimalism promotes excess and encourages simplicity and clarity. While there are less visual and mental distractions, it has a significant impact on neuro programming. By keeping our indoor environments organized, we may inspire clarity, focus, and a sense of serenity. Simple design has the advantages of stress reduction, enhanced cognitive performance, and general mental health (Mathematics 2016b).

The fourth strategy chosen is based on Islamic teachings, which emphasize harmony, balance, and awareness as well as a holistic approach to life. Islamic architecture and design are distinguished by their use of natural materials, calligraphy, and geometric designs. These guidelines are intended to foster conditions that encourage serenity, reflection, and spiritual connection. Islamic teachings encourage feelings of calmness, alertness, and spiritual well-being, which have an impact on neuro programming. Harmony and balance can be evoked by using geometric shapes and lines. The Islamic perspective on the interdependence of humans

and the natural world is consistent with the use of natural materials and a connection to nature (Akhtar 1996). *Table.1.*

Table 1: The text matrix of how the FBMI variables impact the occupants' psychology

Affect on occupants' Psychology \ 5	FBMI Strategies objectives															
	Feng shui						Biophilic design			Minimalism	Islamic principles					
	Lighting		Ventilation		site location		utilize nature elements			minimize the clutter	Site orientation		nature elements		clean & minimize the clutter	spirit & faith
	Natural	Artificial	City vent.	Farm Vent.	Surround by mountains and water features	located in the city	Bamboo	Peace Lily	Philodendron	+++	AlQibla direction	city jam location	Palm trees	water feature	+++	++++
	+++	+	-	++	+++	-	++	+++	--		+++	---	++++	++++		

We can investigate the complementing effects of these tactics on neural programming by contrasting them. Although every strategy has its own distinct concepts and methods, they all work toward the same goal of developing indoor environments that improve well-being, productivity, and general quality of life. The ideas of neuro programming must be intentionally incorporated into our indoor environments in order to be effective. The layout, colour schemes, lighting, and overall energy flow of the room must all be taken into account because they have an impact on how humans' brains are formed (El-ashry 2022).

1.2.2 How the human psychology is affected by the FBMI strategies: The opposite perspective

It is important to comprehend the considerable influence our surroundings have on our psychological well-being before diving into the precise design ideas. Numerous studies have demonstrated that the environment has an impact on stress levels, mood, emotions, and general mental health. We can build an environment that fosters beneficial psychological results by maximizing the design of a room. However, *while they cannot completely heal a*

person's psychological problems, sustainable indoor environments can sometimes make them better. While clutter reduction and increased focus are two advantages of minimalism, it may not be for everyone. It's crucial to strike a balance and design a space that suits each person's preferences and requirements (Health 1998). We may build environments that support greater mental health by comprehending how these design principles affect inhabitants' psychology. Productivity can also be strongly impacted by the design tenets of FBMI values. Focus, attention, and creativity can all be enhanced by using these concepts in the design of your office. People can work more productively and efficiently if an environment is created that minimizes distractions and fosters peace (Afacan & Demirkan 2016). The design tenets of FBMI can all improve general well-being in addition to productivity. A carefully planned environment that includes these components can encourage relaxation, lessen stress, and enhance the quality of life. People might feel more fulfilled and happy in their living and working settings by giving their mental and emotional health priority. On the other hand, FBMI can't be as beneficial for those who are psychologically ill and the person lacks life satisfaction. Thus, feng shui principles are unable to treat sadness and anxiety. Although they can help to foster a supportive environment, addressing these diseases requires professional assistance and treatment. Complex mental health issues like depression and anxiety necessitate a diverse approach to management and treatment (St-Jean, Clark & Jemtrud 2022). Although design principles cannot treat many disorders on their own, they can help by reducing symptoms and encouraging a more optimistic outlook. People may experience some relief from the burdens of sadness and anxiety by creating environments that promote serenity, creativity, and a connection with nature. In addition to these psychological factors, FBMI principles may have a diverse impact on different age groups. Children and adolescents, for

instance, might benefit from fun, nature-inspired spaces, whilst senior folks might find comfort in simple, well-organized spaces. Designing places to maximize psychological well-being requires an understanding of the unique requirements and preferences of different age groups (Kweon, Sullivan & Wiley 1998). *Table2.*

1.3 The Impact of sustainable indoor space on occupants' psychology: students in educational institutions

The emotional health and academic performance of kids are impacted by creating a happy learning environment. In educational institutions, interior design is essential. A carefully designed learning environment can positively affect students' attitudes, behaviours, and overall participation in the educational process, according to many studies. By including vibrant colours, cozy furnishings, and the appropriate lighting, school interior design may significantly contribute to fostering a happy learning atmosphere (El-ashry 2022).

Table 2: The text matrix of how the occupants' psychology is affected by FBMI variables

Affected by Indoor space strategies "FBMI" \5	Students' Psychology							
	Depression and Anxiety		Productivity and well-being		Mental health		Age	
	Decreased satisfaction of life	Environmental Psychology	Healthy food	Environmental psychology	Brain syndrome	Traumas	kids & young	Adults
	–	++++	+++	+++++	++	–	+++++	++
							Grown ups	+

Teenagers, as a result, feel more inspired to completely engage in their academics, experience less stress, and feel more a part of the group. An effective interior design plan can also support the enhancement of focus and concentration among students. Distractions can be kept to a minimum and a learning atmosphere can be created by carefully selecting layout,

acoustics, and lighting. It is possible to give students appropriate conditions for a variety of learning activities by properly dividing the space into places for quiet study and collaborative work. Students' creativity and inspiration might be stimulated by a well-designed space. A school can design a space that fosters innovation and creative thinking by including components like interactive displays, compelling artwork, and adaptable furniture. This stimulates students' curiosity, resulting in increased motivation and a deep passion for learning (Stewart 2010).

1.3.1 Applying FBMI strategies in indoor spaces: A selection of schools as a case study

Schools, which are frequently viewed as establishments for scholarly study, are vital in influencing people's worldviews. In addition to textbooks and tests, the school atmosphere has a big impact on how students view the outside world. enhancing a psychological firm that is present in the majority of UAE educational institutions. The learning environment that a student is exposed to throughout their formative years can have a significant impact on their psychological development and general well-being. Schools can use the FBMI principles to create a supportive and enduring environment for youth. A student's neuro programming system is extremely malleable and open to change, which highlights the significance of neuro programming in the early years of life, Schools have a tremendous impact on how people think. Every facet of the school environment, including curriculum development, extracurricular activities, teacher preparation, and community involvement, plays a part in this transformative process. Schools may be effective change agents by adopting progressive ideas and creating a positive environment. (Khan, Bell & Wood 2020). As shown in *Fig3*.

Indoor spaces priority in human life:

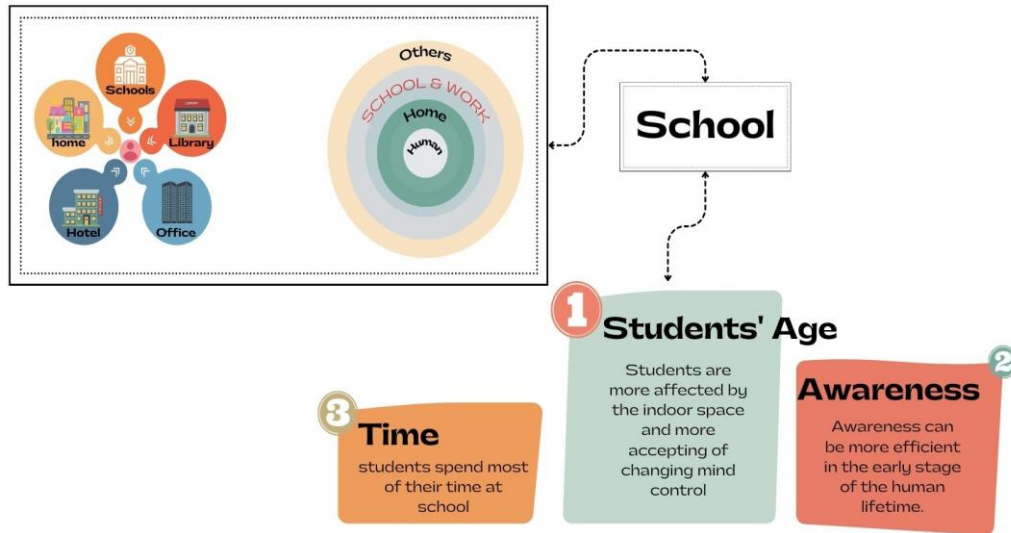


Figure 3: Diagram of school selection among all the indoor spaces

Environments and prior experiences have a significant influence on people's views, actions, and emotions. We can positively influence children's brain programming more than adults and grownups by designing indoor learning environments with sustainability and human psychology in mind. This is because children are more able to absorb, take in, and develop new information than other ages, which can be hindered by the constraints of their prior experiences (Khan, Bell & Wood 2020). *Fig4.*

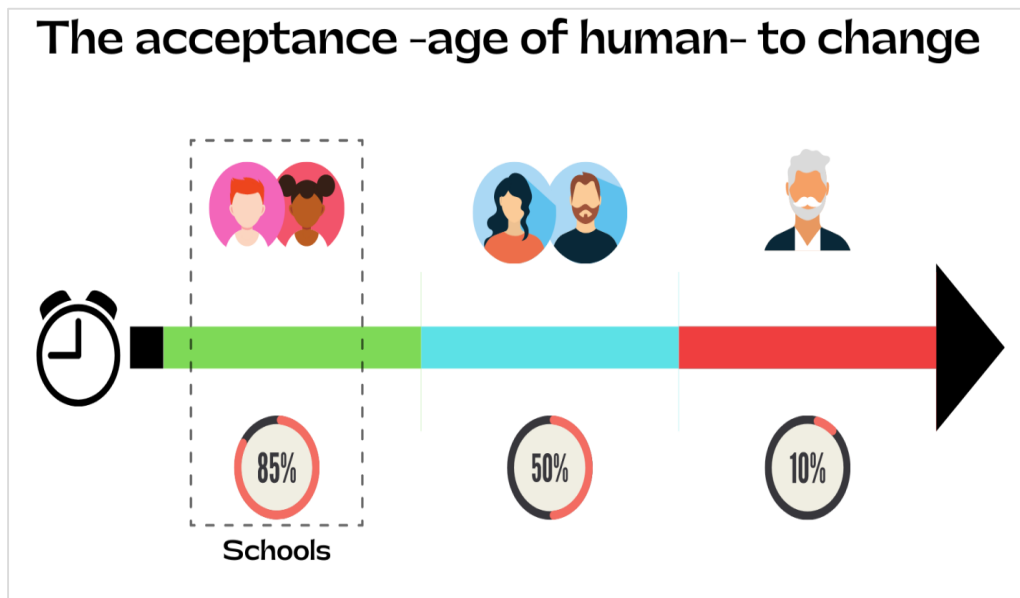


Figure 4: The acceptance age of human to change diagram

The impact of feng shui on students' neuro programming is to design a space that promotes positive energy flow and aids learning. The use of colours that promote concentration and creativity as well as the inclusion of objects that symbolize the five elements of nature (wood, fire, earth, metal, and water) can improve kids' neuro programming and improve their academic performance (Negra & Manning 1997). Biophilic design can be effectively implemented in schools by incorporating natural elements. Biodynamic design improves students' psychology and well-being by encouraging a connection with nature, which also fosters a happy learning environment (Researcher & Architecture 2020). On the other hand, Implementing minimalist principles in schools involves creating spaces that are organized and free from clutter. Streamlined classes help students stay focused, minimize distractions, and promote a sense of calm. By providing an environment free of unnecessary visual stimuli, the minimalist design promotes focus, creativity, and productivity among students (Kanno 2013). Harmonizing the indoor spaces with the principles of Islam is done by incorporating elements such as clean and spacious prayer areas, and natural materials. This

FBMI coordination enhances their well-being and contributes to a sustainable and inclusive learning environment (Li et al. 2021).

1.3.2 The implementation of FBMI design strategies: At schools' in UAE

In today's fast-paced world, creating environments that prioritize the well-being and psychology of occupants is essential, particularly in educational institutions. It has taken meticulous planning and execution to introduce design concepts like Feng Shui, biophilic design, minimalism, and Islamic precepts into schools all around the United Arab Emirates (UAE). The following is a breakdown of how these techniques have been used in UAE schools:

First, initiatives from the government; The UAE government has been instrumental in advancing these design tactics. In order to ensure a uniform approach to implementation, educational authorities have established guidelines and laws urging schools to follow these concepts (Supervisor 2015). Second, the architectural considerations, In order to successfully apply these ideas, architects and designers are essential. They meticulously arrange the layout of school buildings, ensuring that areas are created to correspond with Feng Shui concepts, contain biophilic components, and adhere to minimalistic design principles. Integrating feng shui entails making an environment that is peaceful and well-balanced. In educational settings, this frequently entails setting up common areas and classrooms to maximize the flow of beneficial energy (Qi). According to the principles of Feng Shui, factors including the arrangement of furniture, the utilization of natural light, and the orientation of structures are taken into account (Kryżanowski 2015). Third, Schools incorporate natural elements into their environments to practice biophilic design. This can involve establishing indoor gardens, utilizing eco-friendly materials, incorporating water features, and adding living walls. Large

windows with views of the outdoors are another feature of biophilic designs (Asniza Hamimi Abdul Tharim et al. 2022). Furthermore, Simplicity and functionality are stressed by minimalist concepts in educational settings. Schools employ minimalism by clearing the classrooms of clutter, choosing ergonomic furniture, and making the environment serene and focused (Lloyd & Pennington 2020).

Fifth, Integrating Islamic art, calligraphy, and architectural elements into the classroom setting is one way to embrace Islamic principles in educational planning. Students and teachers benefit from a stronger feeling of cultural identity and connection to tradition as a result (Al-Jayyousi et al. 2022). Adding, the community engagements for fostering a sense of ownership and connection to the new design, schools involve students, parents, and instructors in the process. Collaboration and a sense of community are fostered by this involvement. Maintenance teams are in charge of ensuring that key design components are kept in top shape through continuous maintenance. The effectiveness and aesthetic appeal of gardens, water features, and artistic components must be maintained on a regular basis. Lastly, monitoring and feedback by the educational authorities and school administrators, by carefully watch how these design modifications affect the performance and general well-being of students and teachers. The school community's input is used to hone and modify the design approaches over time (Supervisor 2015).

In conclusion, a multifaceted strategy that includes government funding, architectural competence, community involvement, and continuing maintenance is required to apply Feng Shui, biophilic design, minimalism, and Islamic principles in UAE schools. These tactics have been thoughtfully designed to foster learning settings that place a strong emphasis on wellbeing and support educators' and students' psychological well-being (Ibrahim 2015).

1.4 Some of challenges in the educational sector

According to differences in their regulations, systems, backgrounds, and intellectual approaches, educational sectors locally and globally may confront obstacles that are different from those listed below, but for the most part, these are the major issues that affect the education sector globally(Raven 2011).

1.4.1 Grading system : The impact, age, and human sustainability

First , students' stress and anxiety levels can be significantly impacted by the grading system at their schools. Grading systems can have an effect on students and their neuro-programming system in the educational sector in several ways, including high-stakes environments, fear of failure, comparison and competition, and reduced focus on learning. Students may feel under extreme pressure to do well in a high-stakes atmosphere created by grading systems that place a strong emphasis on grades and test results. The stress and anxiety levels of students may rise as a result of this strain. Additionally, students may become afraid of failing if grades become the main focus. If they don't get good scores, they can be afraid of failing themselves, their parents, or their teachers. This dread may cause increased anxiety and have a detrimental effect on mental health. Additionally, as students are graded according to their achievement, grading systems frequently encourage a spirit of competition among them. As a result, tension and anxiety levels may rise among students who are continuously comparing themselves to their classmates. Finally, if the grading system becomes the primary concern, students could put getting good scores ahead of the learning process itself. This can impede their inner desire, curiosity, and creativity because they are more focused on completing grade requirements than actually comprehending the material(Robotham & Julian

2006). Second, the grading system might have a variety of effects on students' ages. A strong focus on grades during the early years of education, sometimes known as early childhood, can put additional pressure on young children. While they are adolescents, this pressure may not be in line with their developmental needs and hurt their self-esteem and love of learning. The pressure to achieve academically grows as adolescents enter puberty because of things like college applications and potential future employment. Stress and worry during this stage, which are already common owing to different physical, mental, and social changes, may be made worse by the grading system (McCoy et al. 2019). Finally, the effects of the grading system on human sustainability can be seen from a variety of angles, starting with mental well-being. Students' mental health may suffer as a result of a grading system that causes excessive stress and anxiety. Chronic stress and anxiety can cause burnout, a decline in motivation, and even mental health problems. Human sustainability is a component of holistic development, which entails raising individuals who are well-rounded and able to adjust to changing circumstances. Social skills, emotional intelligence, and creative problem-solving may go unnoticed by a grading system that exclusively looks at academic performance. The final aspect covered by sustainability is long-term success. Although grades can be used as a measure of development, giving them excessive weight may prevent students from achieving long-term success or personal contentment. Human sustainability over the long run can be increased by placing a focus on holistic growth and fostering a love of learning (Jeronen, Palmberg & Yli-Panula 2017).

1.4.2 Artificial Intelligence (AI) progression versus humanity sustainability

The educational industry is not an exception to how quickly artificial intelligence (AI) is changing numerous businesses. Automating administrative processes, offering individualized

learning experiences, and providing intelligent tutoring systems are all possible with the help of AI technologies like machine learning, natural language processing, and data analytics. However, some of the challenges faced by schools with the advancement of AI include technological infrastructure, ethical considerations, teacher-student relationships, and curriculum adaptation. Increased AI reliance has psychological repercussions, including adjustments to decision-making processes and changes in cognitive load. Additionally, the impact on cognitive abilities raises questions about excessive AI reliance and potential cognitive decline (Baistrocchi 2018).

As AI advances, the educational sector, in particular schools, faces both promising opportunities and serious concerns. By addressing these issues head-on, schools may be able to employ AI to streamline administrative procedures, enhance the educational experience, and better prepare kids for the future. It is critical to invest in technology infrastructure, address ethical issues, reimagine the teacher-student relationship, and integrate AI into the curriculum all at the same time in order to successfully traverse the AI-driven educational landscape(Granjo 2021).

Humans' emotional reactions to AI might range from dissatisfaction and frustration to emotional attachment and bonding. The emotional component of interactions between humans and AI is influenced by the design and interaction patterns of AI technology. AI can supplement mental health care and offer individualized support, but it cannot fully take the position of human therapists. Human therapists contribute special skills that AI systems currently lack, such as empathy, intuition, and contextual comprehension. Concerns about privacy, biases in AI algorithms, a possible loss of human agency and control, and the ethical ramifications of AI-driven decision-making in delicate psychological circumstances are some

of the risks associated with depending on AI in psychology. The development of AI will have a big impact on how people think and behave. AI's effects range from modifications to cognitive functions and social interactions to moral questions and cognitive improvement. It is crucial to negotiate AI integration in a way that emphasizes human well-being and promotes ethical progress as it continues to develop (Näslund-hadley.E, A & Dougal 2013).

It's crucial to remember that grading procedures and AI development are tools with a double-edged sword that can be effectively employed to improve human sustainability and mental health, but can also vary between institutions and educational systems. Some educational models are moving toward alternative assessment methods that emphasize personal growth, skill development, enhancing learner self-esteem, thorough evaluations, and the significance of focusing on human flourishing in all educational aspects in order to reduce stress and promote a more sustainable approach to education. (Berger et al. 2012).

Mentioning these difficulties with the educational system does not imply that these are the only difficulties we encounter, but rather that these are the majority that have a direct impact on an individual's mental state and growth "output process".

1.5 The proposal motivation

Although external circumstances might not alter right away, personal change has a significant impact. It fosters inner tranquillity, resiliency, and purpose. We can improve our own lives and contribute to the advancement of society by accepting personal responsibility and forming constructive habits. The Surah Al-Ra'ad's Ayah 11 “Indeed, Allah will not change the condition of a people until they change what is in themselves” serves as a potent reminder of the relationship between internal and outward development. It motivates us to seek ongoing

self-improvement and to take responsibility for our behaviours, attitudes, and convictions. We can experience personal growth, strengthen our relationship with Allah, and have a constructive influence on the world around us by reflecting on our actions, asking Allah for guidance, and forming good habits. This implies that genuine change and improvement come from the inside out, starting with one's ideas, aspirations, and deeds. According to Surah Al-Anfal verse 53 of the Quran “Because Allah will never change the grace which He hath bestowed on a people until they change what is in their (own) souls: and verily Allah is He Who heareth and knoweth (all things)”;

internal change has a direct bearing on our exterior situations. We foster a climate that supports the preservation and expansion of benefits when we strive for inner holiness and try to align our deeds with God's will. A good change in our outward reality results from the internal transformation that is reflected in our interactions, relationships, and general well-being (Haracic & Yusoff 2016). As shown in Fig 5.

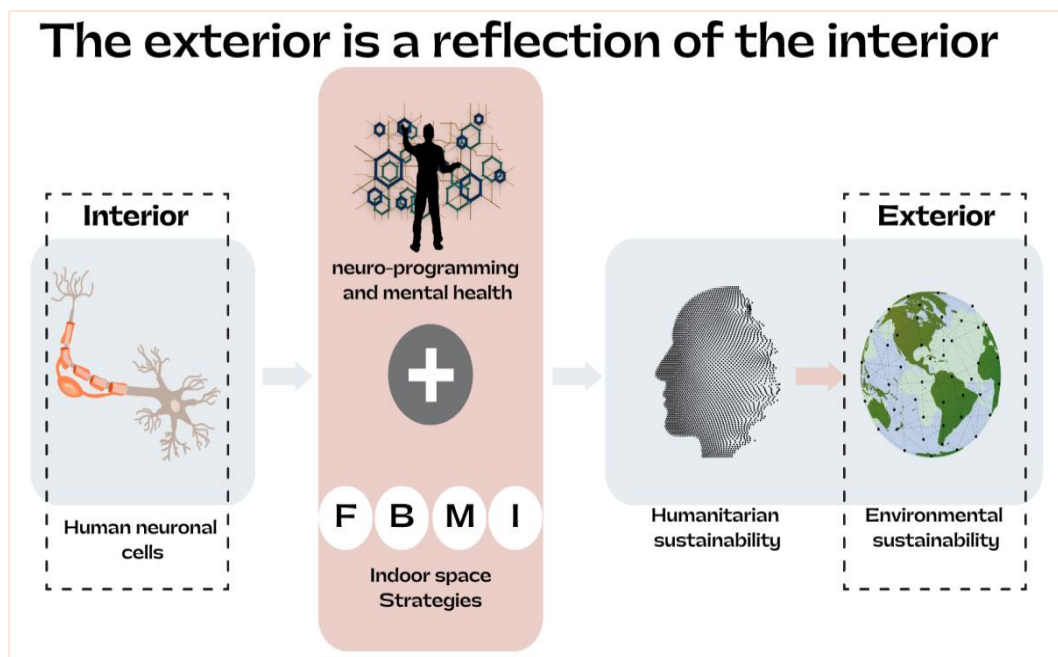


Figure 5: Diagram shows the concept of the exterior is a reflection of the interior

This report goes through various stages to make clear the significance of enhancing the psychological aspects of the students at schools: externally, through the effects of "FBMI" on their indoor environment, and internally, through the implications of mind-control for their well-being. This reports' main variables are: Independent variable: the indoor space strategies "FBMI" and the Dependent variable: occupants' psychology. Feng shui, Biophilic design, minimalism and Islamic principles are the first objectives of the independent variable, while Depression & anxiety , Productivity & well-being, Age & mental health are the first objectives of the dependent variable. *Fig 6.* Schools were chosen as the indoor space, because, they have occupants with ages who are capable of change plus they have implemented the FBMI in their indoor space. starting with a minimal number of cases as in this paper, 2 cases, to figure out how much the Demand for human sustainability in the schools is. The FBMI's original objectives are lighting, ventilation, site selection for feng shui, utilising nature elements for biophilic design, minimising the clutter for minimalism and site orientation, nature elements, cleaning, minimising the clutter and spirit with faith for the Islamic principles.

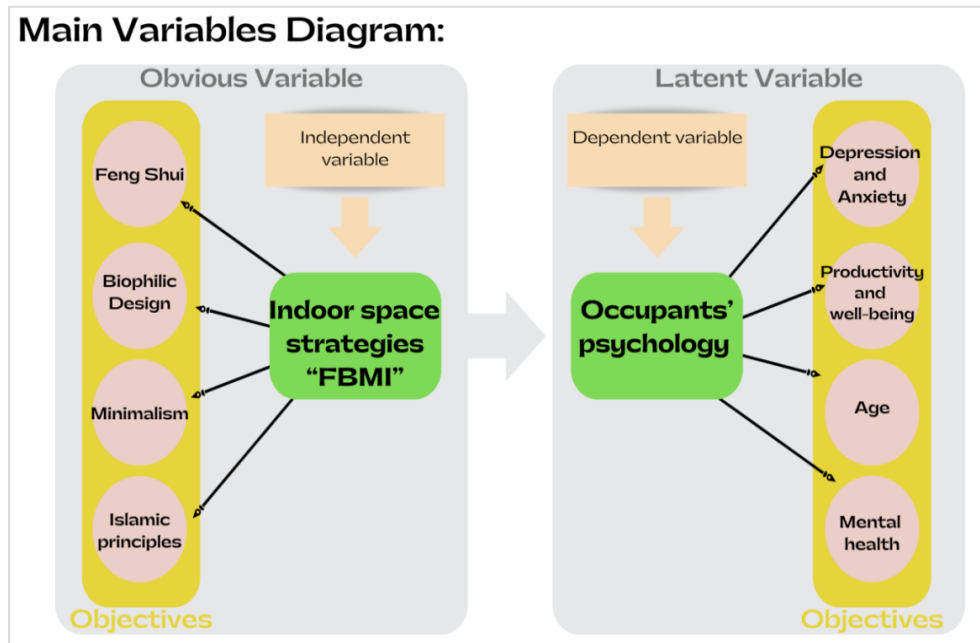


Figure 6: Diagram shows the main variables

On the other hand, Decreased satisfaction with life & environmental psychology are objectives of Depression & anxiety, meanwhile , Healthy food & Environmental psychology are for Productivity & well-being, The kids, adults & grown-ups are the objectives of the Age parameter, lastly, Brain syndrome & Traumas are for mental health. As shown in *Fig 7*.

1.5.1 Research problem and importance

Many researchers' top concerns are how to improve environmental sustainability and strike a balance between what our communities are exposing to the atmosphere and what we are exposing ourselves to, given the rapid change in awareness toward educational institutions around the world, from schools to universities, as well as toward consciousness toward the ways we can sustain the earth we are living in and how effective the strategies that are sitting to overcome the environmental issues, this rapidity may impact the effective production of many generations coming.

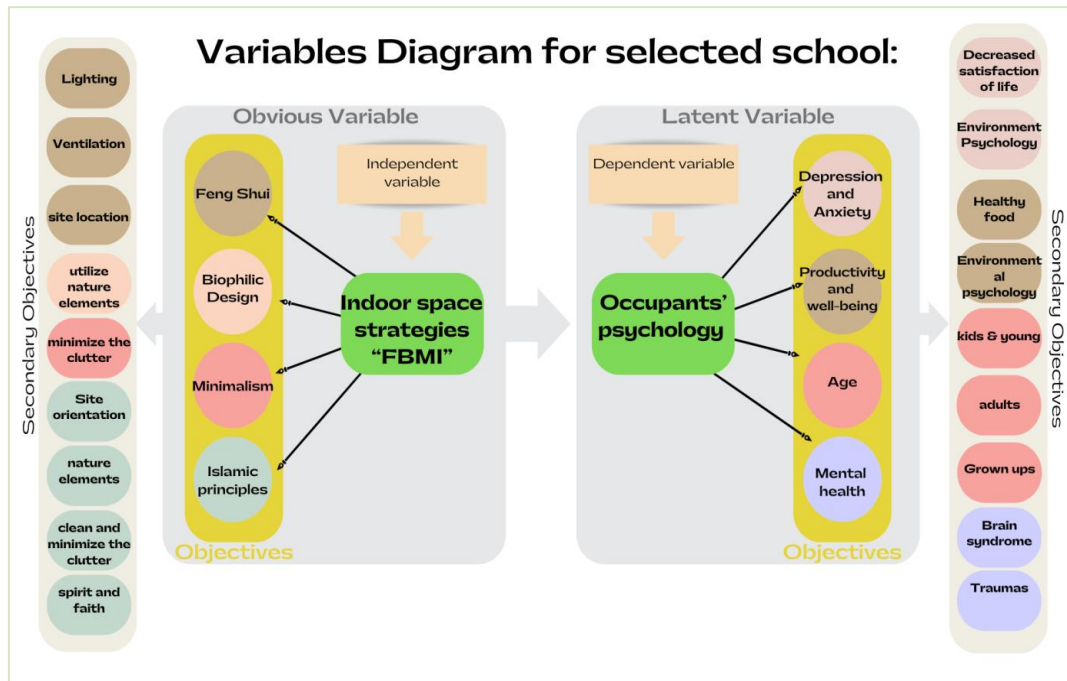


Figure 7: Diagram shows the main objectives and secondry objectives of the two main variables

Neglecting human sustainability while concentrating on environmental sustainability is a challenge that could pay us dearly in terms of future generations' understanding. For example: By distinguishing the results in the external environment, known as "artificial intelligence progression," from what is happening internally, known as "autoimmune disease," we can refocus our attention on a humanitarian sustainability approach. AI begins to attack humanitarian progress just as autoimmune disease is attacking the cells in the human body. Therefore, this paper is going to test the demand from the schools' occupants towards the human sustainability applications and implementations in the current schools' curriculum and future ones'. furthermore, It will clarify that whatever strategies we employ to improve indoor environmental sustainability may not be as effective as improving internal humanitarian sustainability at the same level.

1.5.2 Aims and objectives

This report's main aims and objectives are as follows:

-Showing how effective can be indoor space strategies if -only- human sustainability is well maintained.

- Identifying how age is a critical aspect in determining the efficiency of indoor space strategies.

-Investigating how important to prioritise starting the change from human psychology to integrate with environmental sustainability.

-Showing the **demand** for creating a healthy schools.

1.5.3 Questions of the research

The following queries will be addressed at the conclusion of this report:

- Was the effectiveness of the student's well-being enhanced by applying the FBMI alone or by enhancing students' psychology alone, or by the integration between the two - FBMI and students' psychology enhancements-?

- Are the FBMI strategies considered as the solution for Human sustainability or a way among others to reach it? Meanwhile , How can education promote human sustainability and create healthier future generations “recommendation”?

1.6 Research map

The research map's two main components are The research's motivation until reaching the milestone stage. Building up the motivation was after the data collection from different sciences and resources, the problem is well defined with its objectives and questions.

Investigating the required types of equipment such as time management, research plan, data collection as literature and the formal accessible letters for the selected cases: Al-Shola American School-SAS- and International School of Creative Science-ISCS-. The constraints are Data availability, time and quality of data gathered "responses". Determining the stakeholders of the cases, principals, teachers and students, the site visit is required to take pictures of the facilities and to do the interviews with the principals. The determination of the risks was one of the most important stages that may save time and effort by prior planning. Reaching the level of collecting the responses, then start analysing the data by different software: SPSS, nvivo and Excel sheets. Comparing the results and findings to the main questions of the research, filled the gaps in the recommendation section. *Fig8.*



Figure 8: The research map

Chapter 2: Literature reviews

The impact of "FBMI" strategies on indoor spaces, and the FBMI's role in enhancing human psychology and well-being, has been the subject of an enormous number of investigations across the globe. The coming literature reviews are going to discuss how researchers exposed the importance of the FBMI strategies' impact on human psychology. The Parameters of the FBMI strategies, parameters of the Occupants' psychology, and sustainability. However, other researchers were discussing how the change can be started internally, from human psychology itself to the outer world .lastly, challenges of the educational sector. Summary, methodology, discussion, pros & cons and critiques are done below.

2.1 The importance of the FBMI strategies' impact on indoor spaces and human psychology

2.1.1 The impact of Feng Shui literature reviews

- In order to compare specific suggestions from the Feng Shui School of Form, Alexander et al.'s and pela KRYANOWSKI reviewed the literature (Kryżanowski 2019). The goal of the study was to evaluate the research methods used in earlier studies, discuss the results, and offer insights into the parallels and discrepancies between these three approaches in the context of design and the built environment.

Methodology: Author used a methodical strategy to find and analyze pertinent literature on the topic and focused on research that contrasted the advice of the Feng Shui School of Form plus outcomes of environmental psychology via a thorough search in academic databases, including journals, books, and conference proceedings. The relevance,

methodology, and empirical support of the chosen research were assessed. The review includes theoretical and empirical studies that investigated how these approaches' overlapping and divergent tenets applied to the design and the built environment. The review of the literature turned up numerous significant **Discussions** and discoveries involving the comparison of the Feng Shui School of Form, Pattern Language developed by Alexander et al., and environmental psychology findings: Firstly, the review covered the design tenets each approach put out. The Feng Shui School of Form places a strong emphasis on using particular forms, materials, and spatial configurations to encourage harmony and balance. The Pattern Language by Alexander et al. Suggests a number of design patterns that are meant to produce environments that are both practical and appealing to the eye. Environmental psychology sheds light on the ways in which one's immediate surroundings affect their behaviour, happiness, and fulfillment. Additionally, it emphasized how these methods all have a user-centered design orientation. Each of the three focuses on how crucial it is to take into account human requirements, preferences, and behavior when planning the physical environment. They understand how important it is to design places that promote social interaction, human well-being, and functionality. Finally, the review covered the cultural setting in which each approach has its roots. Deeply rooted in East Asian civilizations, notably Chinese traditions, is the Feng Shui School of Form. The Pattern Language of Alexander et al. Is more universally applicable and culturally indifferent. In order to pinpoint common psychological reactions to the physical environment, environmental psychology integrates cross-cultural research.

Result: The review found that these approaches share a number of common ideas, including the use of natural light, the blending of indoor and outdoor areas, and the development of welcoming and useful environments that promote human well-being. The

review brought out variations in particular proposals. In contrast to the suggestions made in Pattern Language by Alexander et al. Or the results of environmental psychology, the Feng Shui School of Form may encourage the usage of specific colours, materials, or spatial orientations. The review covered the possibility of including suggestions from various methods in order to develop design standards that are more thorough. It demonstrated how an interdisciplinary approach may take advantage of each approach's strong points and produce design solutions that are more efficient and culturally considerate.

Pros: Compares advice from several design methodologies, including the Feng Shui School of Form, Alexander et al.'s Pattern Language, and environmental psychology, discusses the possibility of integrating overlapping ideas to produce more thorough design standards and Emphasizes the significance of cultural and user-centred design.

Cons: The review process' transparency is affected by the lack of an explicit statement of the methods utilized to locate and evaluate the literature in and Would benefit from a more thorough examination of the empirical data supporting each approach's suggestions, as well as any potential drawbacks or discrepancies in the results.

Critique: The literature review successfully contrasts the environmental psychology findings with the Feng Shui School of Form's suggestions, Alexander et al.'s Pattern Language, and other theories. However, the approach utilized to locate and assess the literature is not made apparent, which has an impact on the review process's transparency and reproducibility. The evaluation should have offered specific examples of how each method has been used in design practices and a more thorough examination of the empirical data supporting each approach's suggestions. Additionally, discussing potential restrictions or

findings that were inconsistent across the various methodologies would have given the review more depth.

- Ebru Erdogan researched the Feng Shui paradigm as a design philosophy (Erdogan & Erdogan 2014) in order to better understand it. The study's objectives were to evaluate the research methodology used in earlier studies, talk about the results, and emphasize the possibilities for incorporating Feng Shui concepts into sustainable design methods.

Methodology: Ebru Erdogan used a methodical process to find and analyze pertinent literature on the issue. A thorough search of academic resources, including books, journals, and conference proceedings, was done by the author. The relevance of the chosen studies to the subject, their methodology, and their empirical support were assessed. The review covered theoretical and empirical studies that looked at how Feng Shui concepts could be applied to environmentally friendly design strategies.

Several significant **discussions** and ideas on the Feng Shui paradigm as a design philosophy emerged from the literature review: Conceptual Alignment, to start Numerous research have emphasized the compatibility between sustainable design ideas and Feng Shui principles. Both fields place a strong emphasis on a holistic view of the environment, harmony, and balance. The review covered how applying Feng Shui concepts might help design aesthetically pleasing and long-lasting constructed settings. Second, Feng Shui principles place a strong emphasis on the best energy (Qi) flow possible within the built environment. Several studies looked at how incorporating Feng Shui concepts into architectural designs might improve resource use, increase energy efficiency, and encourage sustainable behaviours. The third is health and well-being. Studies that highlighted Feng Shui's benefits for occupant health and happiness were found in the review. According to these

studies, buildings have better indoor air quality, less stress, and higher levels of productivity and satisfaction. These research showed that Feng Shui-designed buildings had better indoor air quality, lower stress levels, and higher levels of productivity and satisfaction and it was noted how using Feng Shui concepts can lead to the improvement of both personal and professional contexts.

The review emphasized Feng Shui's cultural importance, notably in East Asian societies and underlined that while incorporating Feng Shui concepts into sustainable design techniques, it is important to take cultural contexts and sensitivities into account. Understanding the cultural values and ideas behind Feng Shui can help devise strategies for sustainable development to be more sensitive to cultural differences. **The result** is according to the review, sustainable design goals and principles like energy efficiency, resource optimization, and human well-being are aligned with Feng Shui principles. Studies have repeatedly shown benefits for tenant happiness and well-being when Feng Shui principles are included during the design phase. These effects included enhanced productivity, lower stress levels, and better indoor environmental quality. The review stressed how crucial it is to take cultural factors into account when using Feng Shui principles. Sustainable design methods can work better and be more appropriate if they are sensitive to cultural differences and comprehend the cultural values linked with Feng Shui. **Pros:** Offers a thorough examination of how Feng Shui principles are used into sustainable architecture, Focuses on the advantages of integrating sustainable design principles with feng shui and Emphasizes the importance of cultural awareness in design approaches and the cultural value of Feng Shui. **Cons:** It is challenging to evaluate the thoroughness of the review process because the mechanism for selecting the literature is not explicitly provided and Would benefit from additional empirical

data and particular instances of Feng Shui's successful use in sustainable design. **Critique:** The literature analysis offers a thorough investigation of how Feng Shui principles are incorporated into sustainable design. Since the methodology used to find pertinent material is not explicitly explained, it is challenging to judge the thoroughness of the review process. The review might have gone farther into the actual data supporting the statements made about the benefits of incorporating Feng Shui into sustainable design, even if it does mention these benefits. The review might have been strengthened by more empirical research and real-world examples of how Feng Shui principles have been successfully incorporated into sustainable design.

2.1.2 The impact of biophilic design literature reviews

- In order to investigate the convergence of biophilic design, environmental psychology, and Feng Shui in the context of holistic housing, Katelyn PC Hudson did a literature study (Sarvimäki 2013). The goal of the study was to evaluate the research methods employed in earlier studies, discuss the results, and highlight the possible advantages of merging these three disciplines for the design of sustainable and peaceful living environments.

Methodology: In order to find and analyze pertinent literature on the subject, Katelyn PC Hudson used a methodical methodology. In-depth academic database searches were done by the author for journals, books, and conference proceedings. The chosen papers were evaluated according to their applicability to the subject, technique quality, and empirical support. The review covered both theoretical and practical works that investigated how to incorporate environmental psychology, Feng Shui, and biophilic design into the setting of residential spaces.

The literature review uncovered numerous significant **Discussions** and ideas addressing the application of environmental psychology. Studies have shown how crucial it is to include

aspects of nature and natural processes in the built environment in order to improve human well-being. Biophilic design concepts have been shown to have a favourable effect on occupants' health, mood, and cognitive performance. These principles include the use of natural materials, exposure to natural light, and incorporation of indoor plants. In order to comprehend how the physical environment affects human behavior and well-being, the review placed particular emphasis on the role of environmental psychology. Creating psychologically healthy living places was examined in relation to environmental psychology concepts such as personalization, privacy, and sensory stimulation. The review looked at how Feng Shui principles can be used for holistic housing. Feng Shui places a strong emphasis on the movement of energy (Qi) and the placement of items to produce balance and harmony. Studies have looked at the role that Feng Shui concepts like furniture arrangement, colour, choice, and space planning might have in fostering a peaceful and supportive home environment. **As a result**, studies that incorporated environmental psychology, biophilic design, and Feng Shui principles consistently found that the inhabitants' well-being was improved. Reduced stress levels, increased output, enhanced cognitive function, and more overall pleasure with the living environment were some of these results. Additionally, it was discovered that combining these three disciplines supports ecologically responsible design strategies by fostering energy efficiency, a connection to nature, and the use of sustainable materials. The review highlighted many design ideas and tactics that can be used to successfully combine environmental psychology, biophilic design, and Feng Shui principles. These criteria covered topics including having access to the outdoors, daylighting, views, natural ventilation, arrangement of the space, and choosing the right colors and materials. **Pros:** Examines how holistic housing incorporates concepts from several disciplines, including biophilic design, environmental

psychology, and Feng Shui, Explains the advantages of merging these disciplines to produce harmonious living spaces and Acknowledges the significance of taking into account a person's connection to nature and well-being when designing. **Cons:** The review's transparency and reproducibility are harmed by the review's failure to expressly describe the methods it utilized and Would benefit from incorporating additional empirical proof and specific illustrations of how these disciplines have been successfully integrated in actual projects. **Critique:** The literature review effectively investigates how Feng Shui, environmental psychology, and biophilic design are used into holistic housing. Because the review's methodology was not made clear, it was difficult to determine how thorough the literature search was. Furthermore, although the paper emphasizes the possible advantages of merging these three fields, it does not go into great length about the empirical data that backs up these statements. The credibility of the review would have been improved by the inclusion of more empirical studies and actual cases of effective integrations.

-This literature review (Deakin et al. 2015) aims to investigate the physiological and psychological reactions of people to the index of greenness in an interior environment. The presence and visibility of plants and other greenery within an indoor space is referred to as the index of greenness. The review looks into the methods used in earlier studies, the findings, and criticisms of the study. **Methodology:** A number of research that looked into the connection between the index of greenness and people's reactions were examined in the literature review, which was conducted between 2010 and 2021. Studies have used a variety of study designs, such as questionnaires, fieldwork, and laboratory experiments. **Discussion:** Indicators of human responses were taken into account in the analysis using both objective measurements (such as physiological responses) and subjective evaluations (such as self-reported

psychological states). **Results:** The index of greenness has a substantial influence on human physiological and psychological responses, according to the findings of the research that have been analyzed. Exposure to green elements in interior areas has been linked physiologically to lowered levels of stress hormones, blood pressure, and heart rate. These results point to a potential relaxation and stress-reduction reaction. Furthermore, higher-greenness surroundings have been linked to psychological reactions like greater mood, increased attention, and improved cognitive performance. **Critique:** While the studies that have been evaluated offer insightful information, there are a number of limitations that need to be recognized. First of all, it is challenging to directly compare the findings of different studies due to the variety in research designs and methodology. Different measurement methods, measurement procedures, and participant characteristics are all part of this diversity. Second, the majority of research used self-report measures to evaluate psychological reactions, which are vulnerable to subjective biases. It is also difficult to determine the long-term impacts of greenness on human well-being because the majority of studies concentrated on short-term effects. Few studies have also looked at potential mediating factors like personal preferences or cultural differences that may affect how people react to greenness.

-Collins Adjei Mensah, Lauren Andres, Upuli Perera, and Ayanda Roji carried out a study to investigate the connection between green areas and quality of life(Adjei et al. 2016). To summarize the body of literature already written on this subject, the researchers used a systematic review methodology. The study concentrated on how having green spaces affects people's physical and mental health, social relationships, and environmental sustainability, among other aspects of quality of life. The review covered a wide range of papers from various situations and regions. **Methodology:** To find studies relating to the effect of green

spaces on quality of life, the researchers carried out an extensive search of pertinent databases. To guarantee the selection of high-quality studies, the inclusion criteria were carefully outlined. The important data and themes from the chosen research were then extracted through analysis and synthesis. To examine the methodological quality and dependability of the included studies, the researchers used strict quality evaluation procedures. **Results:** Green spaces have a number of beneficial effects on people's quality of lives, according to the systematic review. It has been discovered that the presence of green areas improves physical health by fostering physical activity, lowering the risk of chronic diseases, and enhancing general wellbeing. Positive mental health outcomes, such as lowered stress, better moods, and increased cognitive function, were also linked to green spaces. A sense of belonging, community cohesion, and social contact were also facilitated by the presence of green spaces. Green areas also significantly contributed to improving environmental sustainability by fostering biodiversity and reducing the effects of climate change. **Pros and Cons:** This review's systematic approach, which guarantees a thorough and objective investigation of the literature, is one of its strongest points. The generalizability of the results is improved by the inclusion of studies from various geographical regions and circumstances. Additionally, the thorough quality review procedure increases the credibility of the combined data. One drawback, though, is that the review predominantly emphasizes the advantages of green areas, perhaps omitting any unfavorable effects or difficulties in creating or maintaining them. **Criticisms:** The researchers may have overlooked unpublished or gray literature because they relied solely on published studies, which is one potential criticism of their review. Additionally, the review does not offer a thorough examination of the ways in which green spaces affect quality of life, which may limit our comprehension of the underlying

mechanisms. Additionally, the review does not expressly take into account any potential differences in access to green areas among other population groups, which could affect how broadly applicable the results are.

- Children's perceptions on the management of green spaces in Sweden and Denmark are the subject of a literature review done by Märit Jansson and Inger Lerstrup (Khan, Bell & Wood 2020) . The review aims to comprehend how green spaces are administered in the two countries and how youngsters interact with them. **Methodology:** Using numerous databases, the authors gathered pertinent studies for their systematic literature review. They chose research that concentrated on children's perceptions on green space management in Sweden and Denmark using precise inclusion and exclusion criteria. A wide variety of studies, including qualitative interviews, surveys, and observational research, were included in the final selection. **Discussion:** The authors highlight the important themes that emerged about children's perceptions on managing green spaces as they examine the data from the chosen research. They investigate how kids see the layout, use, and design of green areas. They also explore the influence of adults on children's experiences in different settings, including parents, teachers, and legislators. **Results:** The review reveals a number of significant discoveries. First of all, it demonstrates how much kids enjoy green spaces as venues for socializing, exploring, and playing. They value natural features like trees, plants, and wildlife and place a high value on locations that encourage physical activity. Children like green places that are accessible from their homes or schools and that are secure, well-maintained, and safe. **Critique:** The writers offer a critique of the research included in the literature review as well as the methodology. They recognize the drawbacks of just relying on existing studies, as it might not adequately convey the variety of experiences and viewpoints of youngsters. They

also draw attention to the need for further studies that involve kids directly in the study process, giving them a voice and better guiding management strategies for green spaces.

2.1.3 The impact of minimalism literature reviews

- Mayumi Karasawa and Shinobu Kitayama analyze the idea of minimalism in their literature review (Karasawa & Kitayama 2009), as it relates to self, identity, and well-being in Japan. The study attempts to comprehend how individuals' self-perceptions, identity formation, and general well-being are related to minimalism as a lifestyle and cultural phenomenon in Japan.

Methodology: To review the body of literature on Japanese minimalism, the self, identity, and well-being, the writers used a thorough approach. They carried out searches in several academic databases, choosing studies according to predetermined standards. To find major themes and patterns, the chosen studies were examined and synthesized. **Discussion:** The literature review demonstrates how deeply ingrained minimalism is in Japanese culture, aesthetics, and social standards. It addresses the idea that minimalism embraces a more comprehensive lifestyle approach and goes beyond the literal world of material belongings. The authors focus on the quest for simplicity, harmony, and awareness as they talk about how minimalism affects self-perceptions and identity construction in Japan. **Pros and cons:** The literature review's thorough methodology, which takes into account the psychological, societal, and environmental facets of minimalism, is one of its strong points. The review offers a detailed knowledge of the subject by taking into account a wide variety of studies. However, given that Japanese minimalism may be a relatively specialized field of study, the availability and diversity of current literature on the subject could be a significant hindrance. According to the literature review, Japanese minimalism is linked to a number of beneficial effects on

people's well-being. Living a minimal lifestyle is associated with improved psychological health, decreased stress, and more life satisfaction. The writers also draw attention to the potential advantages of minimalism in encouraging environmentally conscious behaviour and sustainable activities. **Critique:** Although the literature study provides insightful information, it's necessary to take into account any potential restrictions. The use of previously conducted research could result in biases and constraints due to its methodology and sample characteristics. The review may perhaps have left out some important viewpoints or recent developments in the field.

2.1.4 The impact of Islamic principles literature reviews

- In order to investigate the correlates and intervention results of gratitude in youth and schools, Tyler L. Renshaw and Rachel M. Olinger Steeves carried out a systematic review and meta-analysis (Renshaw & Steeves 2016). The study's objective was to investigate the impact of thankfulness on several psychological and social aspects of young people in an educational setting.

Methodology: To review the body of research on appreciation in children and schools, the writers followed a methodical process. They searched academic databases and chose studies based on certain standards. A meta-analysis was then conducted to statistically evaluate the intervention results of thankfulness interventions after the selected papers had been reviewed, summarized, and analysed. **Discussion:** The literature review emphasizes the beneficial relationships between youth psychological and social characteristics, including thankfulness, and these relationships. It investigates the connections between thankfulness and better health, happier emotions, resilience, prosocial conduct, and interpersonal relationships. The writers also go over thankfulness activities and journals, as well as their potential value in

fostering gratitude and good results in educational contexts. The systematic approach of the literature review, which ensures a thorough understanding of the subject, is one of its strengths. A meta-analysis's inclusion increases quantitative rigour and enables the integration of intervention results across several studies. However, the review's scope and potential inclusion of new or unpublished material may be constrained by its dependence on published studies. **Results:** Significantly positive correlations between gratitude and numerous psychological and social characteristics are found in young people, according to the literature review and meta-analysis. The effects of gratitude interventions on happiness, good feelings, and prosocial conduct are constant. The review also emphasizes how appreciation interventions could improve pleasant learning environments and strengthen teacher-student interactions. **Critique:** Although the literature study provides insightful information, it's necessary to take into account any potential restrictions. There may have been heterogeneity in the results due to the review's inclusion of papers with various methodology and sample characteristics. The use of published studies may also induce publication bias because unpublished or unfavorable results might be underrepresented.

- The area of Islamic psychology with an empirical foundation is explored in the literature review by Hisham Abu-Raiya and Kenneth I. Pargament (Abu-raiya & Pargament n.d.), The writer's goal is to critically review the body of literature that has already been written on the subject while emphasizing methodology, discussion, and findings. They shed light on the psychological facets of Islamic beliefs, practices, and experiences by looking at a variety of studies.

Methodology: Reserchers carry out a thorough search of academic databases like psycinfo and Pubmed to find pertinent publications published within a given time window.

Empirical works that look into psychological issues in an Islamic environment are among the selection criteria. The sample size, research design, and measuring equipment are among the variables taken into consideration by the writers as they critically analyze each study's methodology. **Discussion:** The authors talk about numerous themes and subjects that come up in the literature they have read. They look at the psychological effects that Islamic religious practices and beliefs have on people both individually and collectively. These include things like intergroup connections, spirituality, mental health outcomes, and religious coping techniques. The influence of Islam on attitudes and behaviours pertaining to social justice, prejudice, and well-being is another topic covered by Abu-Raiya and Pargament. **Results:** The authors draw attention to research showing beneficial psychological effects of Islamic practices, including improved well-being, resiliency, and social support. They also point to research that reveals difficulties and psychological stressors in the context of Islam, such as encounters with prejudice, religious conflict, and extremism. Further study is necessary, according to Abu-Raiya and Pargament, to fill in knowledge gaps and give a more complete grasp of Islam's psychology. **Critique:** Abu-Raiya and Pargament provide a critical analysis of the literature throughout the review. They draw attention to methodological flaws such as limited sample sizes, a lack of diversity, and biases in measurement. The writers acknowledge the majority of research that is Western-centric and stress the significance of using culturally sensitive methods when researching Islam's psychology. Additionally, they make recommendations for future study approaches, including the inclusion of other Islamic communities, long-term studies, and more exact methodology.

- The subject of Amber Haque's literature review (Haque et al. 2016), is the incorporation of Islamic traditions into contemporary psychology, and it looks at the

developments in this field over the previous ten years. Haque's goal is to present a summary of the available literature together with a critical evaluation of the research design, findings, and discussion. The review attempts to shed light on the incorporation of Islamic ideas and practices in psychological theory and application by outlining current research trends.

Methodology: Haque does the literature review in a methodical manner. To find pertinent publications published within the last ten years, she makes use of a variety of scientific sources, including psycinfo and pubmed. Empirical works that examine the fusion of Islamic traditions and psychology are covered by the inclusion criteria. Haque analyzes each study's methodology critically, taking into account things like the research design, sampling procedures, data collection strategies, and theoretical frameworks. **Discussion:** The author explores the major ideas and subjects that come up in the literature under consideration. Haque looks at how psychology theory and research are incorporating Islamic traditions, including beliefs, values, and practices. She talks about research examining how Islamic coping strategies, ethical precepts, and spirituality might be used to understand various psychological problems. The implementation of Islamic-based therapies in clinical settings and the consequences for mental health outcomes are also included in the review. **Results:** A variety of conclusions from the research that Haque has studied are presented in the literature review. The author draws attention to research showing the advantages of incorporating Islamic traditions into psychology, including better well-being, stronger coping skills, and increased psychological resilience. The review also points to studies that demonstrate how Islamic spirituality and practices can improve mental health and alleviate psychological suffering. Haque also examines the difficulties and restrictions that researchers working in this area encounter, such as the necessity for cultural sensitivity and the need of placing Islamic

teachings in the context of various communities. **Critique:** Haque offers a critical examination of the literature throughout the review. She points out the methodological flaws in the available research and admits the dearth of studies in this field. Small sample sizes, a lack of diversity, and potential biases in measurement instruments are some of the topics covered by the author. In order to improve the validity and generalizability of findings, Haque also underlines the necessity for more rigorous research methodologies, longitudinal studies, and the inclusion of various Islamic groups.

- In her assessment of the literature(Najam et al. 2019), Rabia Sannam Khan looks at how Muslims' mental health is impacted by Islamic customs. The review seeks to offer a thorough account of the body of literature in this field, as well as a critical evaluation of the methodology, discussion, and findings of the research that was done. Khan aims to advance knowledge of the function of religion in fostering psychological well-being among Muslims by examining the connection between Islamic practices and mental health outcomes.

Methodology: Khan does the literature review in a methodical manner. To find pertinent publications on how Islamic rituals affect mental health, she undertakes a thorough search of academic databases like psycinfo and pubmed. The inclusion criteria cover empirical research that looks at how different Islamic rituals—like prayer, fasting, almsgiving, and pilgrimage— affect mental health outcomes. Khan assesses each study's methodology, taking into account the sample characteristics, research design, measurement equipment, and data analysis methods.

The author **discusses** the major ideas and conclusions that come from the literature under study. Khan investigates the ways in which Islamic practices have an impact on psychological well-being, stress management, coping strategies, resilience, and social support. The review

dives into research on the psychological processes that underlie the beneficial impacts of Islamic activities, including improved mindfulness, spiritual well-being, and a feeling of life's purpose and meaning. Khan also covers the potential cultural and contextual influences that can limit the impact of Islamic practices on outcomes related to mental health. **Results:** The author cites research showing that following Islamic principles has a favourable effect on mental health, with observant Muslims reporting lower levels of anxiety, depression, and psychological discomfort. The study also identifies studies that support a relationship between Islamic activities and subjective well-being and a potential protective function for Islamic practices against mental health illnesses. In addition, Khan talks about the shortcomings and gaps in the current body of research, such as the dearth of longitudinal studies, the narrow diversity of study populations, and potential biases in the assessment methods.

Critique: Khan offers a critical examination of the literature throughout the study. She recognizes the drawbacks of the studies under consideration, such as their reliance on cross-sectional designs, the use of self-report measures, and the possible impact of confounding variables. The necessity for more robust research methodologies, such as randomized controlled trials and the inclusion for other Muslim groups, is also covered by the author. Khan stresses the need for cultural sensitivity and the necessity of taking into account the complex nature of mental health in an Islamic context.

2.2 The change concept literature review

- Nedim Haracic and M. Y. Zulkifli Mohd Yusoff examine the causes of societal change and the function of mentorship in promoting such change from a Qur'anic perspective in their study of the literature (Haracic & Yusoff 2016). The authors' goal is to present a thorough

review of the literature that has already been written on this subject, which will include a look at the methodology, a discussion, a critique, and the findings of the research that have been done. They aim to comprehend the processes and environments in which mentoring can contribute to social transformation by taking lessons from the Qur'an.

Methodology: To investigate the topic, Haracic and Yusoff use a literature review methodology. To find articles, books, and other materials pertaining to social change and mentorship from a Qur'anic perspective, they conduct an organized search of academic databases and other sources. The theoretical frameworks, data gathering techniques, and Qur'anic text interpretation used in the studies under evaluation are all evaluated by the writers. They also take into account the many contexts, such as academic, professional, and community settings, in which mentoring interactions are studied. **Discussion:** The authors go over the major ideas and conclusions that come from the literature they have read. The Qur'anic ideas on social change are examined by Haracic and Yusoff, who also discuss the significance of education, moral development, and guidance in bringing about beneficial social change. They explore how mentoring might promote moral improvement, personal development, and the spread of ideals and concepts that encourage social change. The examination also looks at several mentoring techniques and philosophies that are mentioned in the Qur'anic writings, emphasizing the importance of wisdom, compassion, and empathy in mentor-mentee interactions. **Results:** The Qur'anic focus on mentorship as a means of fostering both individual and societal development is emphasized by the authors. The study finds research that demonstrate the beneficial effects of mentoring relationships based on Qur'anic principles on people's attitudes, habits, and participation in social change initiatives. The

writers also cover the difficulties and restrictions associated with putting mentorship programs into practice in various cultural and religious situations.

Critique: Haracic and Yusoff offer a critical evaluation of the literature throughout the review. They recognize that there aren't many research that have directly examined how mentorship, societal transformation, and Qur'anic ideas interact. The writers stress the significance of a nuanced comprehension of cultural and contextual aspects in interpreting and implementing Qur'anic principles to mentoring practices, as well as the need for greater empirical study in this field. Additionally, they go over the studies' shortcomings, including their small sample sizes, inherent biases, and the requirement for more thorough measuring techniques.

2.3 Challenges of the educational sector literature reviews

- The convergence of humanitarian efforts with the digital era is examined in Catarina Mauritti Granjo's study of the literature(Granjo 2021). The analysis looks into how digital technology have changed and impacted humanitarian efforts and analyzes what that means for the future of the sector. **Methodology:** To acquire pertinent scholarly works on the subject of humanitarian action in the digital age, the literature evaluation follows a methodical methodology. To ensure the inclusion of many viewpoints and a thorough review of the topic, the author uses a variety of databases and search phrases. For the purpose of locating the most important sources for study, the methodology also incorporates a rigorous selection procedure.

Discussion: Granjo examines the major themes and conclusions that come out of the material that has been reviewed in the discussion portion. The analysis emphasizes how digital technologies may revolutionize humanitarian efforts, especially how they might improve

collaboration, communication, and data management. It talks about how social networking, digital fundraising platforms, and mobile technologies have all become quite popular. The review also explores the difficulties and constraints of digital humanitarianism. It covers issues with data protection, privacy, and the digital divide since not all populations have equal access to technology. The topic of digital humanitarianism's ethical ramifications is also discussed, including the possibility of surveillance, the commodification of pain, and the power relationships between affected populations and digital actors. **Results:** It highlights the paradigm shift in humanitarian action brought about by digital technologies, enabling quicker and more effective responses to emergencies. The results show how digital platforms have the potential to include local players, strengthen community bonds, and make it easier for impacted groups to participate in decision-making. The findings also made clear the dangers and difficulties posed by the digital era in humanitarian endeavors. They place emphasis on the necessity of moral standards, legislative frameworks, and capacity-building initiatives to ensure the ethical and equitable use of digital technology. The outcomes also emphasize the significance of tackling the digital gap in order to prevent escalating already existing disparities.

Critique: A critical examination of the studied material is part of Granjo's review of the literature. It looks at the constraints and gaps in the body of knowledge that is already available on the subject. The criticism underscores the necessity for additional study to examine how long-term use of digital technologies may affect humanitarian efforts. Additionally, it necessitates a more sophisticated comprehension of the socio-cultural contexts in which digital interventions occur as well as any possible unintended effects.

- The focus of John Raven's literature review is on the United Arab Emirates' (UAE) efforts to emiratize the education sector, and it examines the background and difficulties that surround these efforts (Raven 2011).

Methodology: Raven uses methodical searching strategies to compile pertinent academic papers, government records, and reports on emiratization in the UAE's educational system. Studies that concentrate on the particular context of emiratization and the difficulties faced during implementation are those that meet the inclusion requirements. **Discussion:** The conclusions of the emiratization of the education sector are thoroughly discussed in Raven's evaluation of the literature. The author provides a thorough overview of the subject by highlighting important themes and trends that appear throughout the chosen literature. The conversation covers a number of topics, such as the justification for the Emiratization project, how it would affect the workforce makeup, the difficulties facing institutions, and how it will affect both local and foreign teachers. **Results:** The review emphasizes the benefits of emiratization, including the promotion of national identity and greater presence of Emirati educators in educational institutions. The evaluation also clarifies the difficulties that were encountered, such as the lack of trained Emirati teachers, the requirement for professional development programs, and the risk for conflict between local and foreign teachers. **Critique:** The author addresses the shortcomings and gaps in the literature and makes suggestions for additional research. Raven emphasizes the necessity for further empirical research that examines the long-term effects of emiratization and possible solutions.

2.4 The parameters of the FBMI strategies, parameters of the occupants' psychology, and sustainability

The parameters they had studied in their multi-topic literature evaluations were clearly demonstrated in other reviews of the literature. The parameters, methods, and outcomes for upcoming literature reviews were displayed.

2.4.1 Feng Shui parameters

- The author Ke-Tsung Han,(Han 2001), examines the traditional Chinese practice of site selection based on Feng Shui principles from an evolutionary and ecological perspective in his book "Traditional Chinese Site Selection - Feng Shui: An Evolutionary/Ecological Perspective". The study focuses on analyzing the factors utilized to choose the site, the methods used, the outcomes attained, and the benefits and drawbacks of this strategy.

Parameters: The author lists many factors, such as landform, water features, orientation, energy flow, and symbolism, that are taken into account when choosing a traditional Chinese site utilizing Feng Shui. These factors are thought to effect a site's harmony and balance, which in turn affects the happiness and fortune of its residents.

Methodology: He examines the body of literature and scientific research to investigate the procedures used in traditional Chinese site selection. The techniques often include observation, arithmetic calculations, and geomantic ideas. Feng Shui specialists evaluate a site's auspiciousness by looking at its terrain, water movement, and surrounding conditions.

Results: The review includes case studies demonstrating the effects of choosing traditional Chinese sites based on Feng Shui as well as the conclusions of earlier research. The findings show that careful site selection can improve inhabitants' overall health, energy flow, and

environmental quality. A pleasant living environment, greater prosperity, and enhanced health are examples of positive consequences.**(P&C)** The literature study outlines the benefits and drawbacks of using traditional Chinese site selection techniques based on Feng Shui. Better environmental quality, cultural preservation, and a wholistic approach to design and planning are some advantages. Feng shui may encourage sustainability and foster a sense of harmony between people and the natural world. The disadvantages, however, include potential incompatibilities with contemporary urban planning techniques, a lack of adequate scientific support, and practitioner-specific subjective interpretations.

- Chin-Nung Liao and William Li Chang, (Chen et al. 2015), in their literature "Framing the Decision-Making Model of Chinese Business with Feng-Shui Concept", examines the integration of Feng Shui principles into the Chinese business approach for making decisions. The study focuses on the criteria for site selection, the technique used, the outcomes, and the benefits and drawbacks of incorporating feng shui into corporate procedures.

Parameters: The authors look at the site selection criteria used in Feng Shui-based business decisions in China. These criteria include assessing the site's overall harmony and balance, as well as its proximity to water, orientation, energy flow, and symbolism. Through the choice of fortunate sites, it is hoped to increase corporate success and prosperity.

Methodology: In order to assess the approaches used in incorporating Feng Shui into the decision-making model of Chinese enterprises, Chang and Liao review the literature and research that have already been conducted. The procedures often involve consultation with Feng Shui professionals who analyze the energy and environmental features of potential locations, perform geomantic calculations, and take into account symbolic components in relation to the business goals. **Results:** The review includes case studies that highlight the

benefits of applying Feng Shui into Chinese business decision-making as well as the results of prior research. According to the findings, choosing locations that are in line with Feng Shui principles can have a favorable effect on business success, employee happiness, client satisfaction, and brand reputation. **(P&C):**The literature analysis outlines the benefits and drawbacks of including Feng Shui in Chinese companies' decision-making processes. The advantages include the possibility for improved company performance, encouraging harmony at work, and respecting cultural norms. Additionally, feng shui can improve a business's reputation and brand image. The drawbacks, however, include potential incompatibilities with Western management techniques, a dearth of reliable scientific data, and practitioners' varying subjective interpretations. Additionally, it could be difficult to combine Feng Shui concepts with current business demands.

- This examination of the literature by Rui, Chumei, (Type & Thesis 2023), looks at how the layouts of modern homes are affected by the old Fengshui principles and how well they support human health. The study focuses on elements including ventilation, methodology, findings, and the study's benefits and drawbacks.

Parameters:The review investigates the ventilation parameter in connection to the Fengshui principles used in the designs of modern homes. In Fengshui, ventilation is important because it has an impact on the air quality, energy flow, and general wellbeing. The study investigates how layout design might enhance airflow within living spaces by incorporating Fengshui principles. **Methodology:** To examine the approaches used in assessing the influence of ancient Fengshui principles on the layouts of contemporary homes, the author evaluates the body of literature and research studies that have already been conducted. The approaches often entail comparing and analyzing various layout designs,

measuring airflow, and gauging how comfortable and how well the air is perceived by the inhabitants. **Results:** The review discusses the conclusions reached by earlier investigations on how Fengshui principles affect the design of modern homes. According to the findings, well-planned floor plans based on Fengshui principles can help with better ventilation, which will improve the quality of the air, the flow of energy, and the contentment and well-being of the occupants. **(P&C):** The literature analysis outlines the benefits and drawbacks of assessing the effects of traditional Feng Shui concepts on modern home designs. The benefits may include increased comfort, indoor air quality, and general health and well-being. Feng shui concepts can help create surroundings that are peaceful and well-balanced. The drawbacks, on the other hand, include potential incompatibilities with contemporary building techniques, a dearth of scientific support, and difficulties applying the arbitrary Fengshui principles in a uniform way.

- In this study of the literature, Pela Kryanowski,(Kryżanowski 2019), compares and contrasts some advice from the Feng Shui School of Form, the Pattern Language of Alexander et al., and environmental psychology research. The study focuses on elements including illumination, methodology, findings, and the advantages and disadvantages of the analysis.

Parameters:The review analyzes the illumination parameter in relation to advice given by the Feng Shui School of Form, Alexander et al.'s Pattern Language, and environmental psychology studies. Considered essential to establishing a helpful and comfortable workplace is lighting. The study examines the suggestions made by these three viewpoints for improving lighting conditions in built areas. **Methodology:** Kryanowski uses a review of the literature and research projects that have already been done as part of his methodology. The process entails locating and choosing pertinent advice from the Feng Shui School of Form, Pattern Language by Alexander et al., and environmental psychology discoveries. The methods to

lighting design of these proposals are then examined and contrasted to find similarities and contrasts. **Results:** The review highlights the common suggestions and different viewpoints on lighting design from the three sources as it shows the findings of the comparative study. The findings imply that although some concepts may coincide, there are also differences in emphasis, cultural context, and particular design tactics. The research sheds light on each approach's possible advantages and drawbacks. **(P&C):** The literature study covers the benefits and drawbacks of applying environmental psychology research, the Feng Shui School of Form's suggestions, and Alexander et al.'s Pattern Language to lighting design. The advantages include the possibility to design environments that are peaceful and encouraging, to improve occupant wellbeing, and to take into account cultural and psychological components of lighting. Cons include potential inconsistencies between suggestions, the necessity for arbitrary interpretation, the lack of extensive scientific support, and difficulties in actual implementation.

- The use of environmental psychology and Feng Shui concepts to create a more supportive living environment is explored by Pela Kryanowski in this literature study (Kryżanowski 2015). The study focuses on elements including illumination, methods used, outcomes, and the advantages and disadvantages of the research. **Parameters:** The paper investigates how lighting can be used in conjunction with environmental psychology and Feng Shui concepts to create a comfortable living space. Lighting is said to be a key component in determining the mood and impacting people's wellbeing. The study looks at how these two methods offer knowledge and suggestions for improving lighting conditions in residential settings. **Methodology:** In order to assess the methods used in integrating environmental psychology and Feng Shui in the construction of a supportive living environment, Kryanowski

reviews the body of existing literature and research papers. The process often entails integrating concepts from Feng Shui linked to lighting design and placement as well as principles and research from environmental psychology, such as the impact of lighting on mood and behavior. **Results:** In order to create a supportive living environment, environmental psychology and Feng Shui concepts have been integrated. The review covers the findings of prior research and investigations. The findings imply that improving lighting conditions based on these methods can have a good effect on occupant well-being, including an improvement in mood, increased comfort, and a higher sense of harmony and balance in the living area. **(P&C):** The literature study outlines the benefits and drawbacks of using Feng Shui and environmental psychology to create supportive living spaces. The advantages include the opportunity to design a peaceful and psychologically supportive environment, improve occupant contentment and well-being, and take into account both the psychological and energetic components of lighting. The disadvantages, on the other hand, include potential inconsistencies between recommendations, the necessity for arbitrary interpretation, the limited scientific support for some components of feng shui, and difficulties in actual application.

2.4.2 Biophilic design parameters

- **Summary:** The relationship between biophilic design strategies, the use of natural elements indoors, and the psychological performance of occupants in office buildings is explored in the literature review titled "The Determinant Factors of Biophilic Design Strategies and Occupants' Psychological Performance in Office Building" (Asniza Hamimi Abdul Tharim et al. 2022). The assessment opens with an introduction outlining the growing need for office buildings to include biophilic design aspects. By incorporating natural

components into the built environment, biophilic design seeks to foster a relationship between people and the natural world. The use of natural lighting, greenery, water features, and natural materials are just a few examples of the different biophilic design techniques that the writers cover that can be used in office buildings. These tactics are designed to enhance the inhabitants' psychological performance, productivity, and general well-being. **Parameters:** The usage of natural elements indoors is one of the important factors examined in the literature study. The writers go into how factors like views of nature, indoor plants, and natural lighting can have a favorable impact on inhabitants' mood, stress levels, cognitive performance, and creativity. **Methodology:** The research strategy used in the studies under consideration is described in the methodology section. It emphasizes the use of quantitative and qualitative techniques, including as surveys, observations, and interviews, to evaluate occupants' psychological performance and compile information on how well biophilic design principles work. **Results:** The review highlights the conclusions from many studies, showing that the psychological performance of occupants is positively impacted by the introduction of natural components indoors through biophilic design solutions. It has been demonstrated that having natural elements nearby helps office workers focus better, feel less stressed, and work more productively. **(P&C):** A discussion of the studies' advantages and disadvantages finishes the literature evaluation. The rising corpus of research demonstrating the advantages of biophilic design, the utilization of various approaches, and the potential to enhance occupant well-being are among the benefits. However, restrictions like modest sample sizes, constrained generalizability, and the requirement for additional study are also noted.

- **Summary:** The use of virtual environments in the context of biophilic design is examined in the literature study titled "Application of Virtual Environments for Biophilic

Design: A Critical Review"(Mollazadeh & Zhu 2021). The evaluation investigates and assesses the use of virtual reality (VR) and other digital technologies to bring natural aspects indoors. The review starts off by defining the term "biophilic design" and emphasizing the significance of fostering a sense of connection between humans and nature in interior settings. The use of virtual settings, especially virtual reality, to imitate natural features and offer immersive experiences is highlighted. The *parameter* of using natural materials within through virtual environments is the main topic of the literature review. It addresses how to give residents a biophilic experience by incorporating digital versions of natural components like plants, water features, daylighting, and external views. The authors outline the **Methodology** used in the studies they reviewed. These comprise the use of computer simulations, virtual reality technology, and user surveys. The investigations seek to determine how effectively virtual environments work at monitoring user preferences, generating biophilic reactions, and enhancing occupant well-being. **Results:** The review highlights the potential advantages of adopting virtual environments for biophilic design while summarizing the conclusions from the studies that were analyzed. The findings imply that virtual representations of natural components can improve indoor environments overall and have a good effect on occupants' psychological well-being, relaxation, and cognitive function. **(P&C):** The literature review closes by outlining the advantages and disadvantages of the studies it has examined. The advantages of virtual environments include their capacity to provide immersive and adaptable experiences, their capability to get beyond spatial constraints, and the chance for design research. However, there are also acknowledged drawbacks, including the need for additional study, the difficulty of simulating real-life experiences, and the possibility of sensory differences between virtual and real worlds.

2.4.3 Minimalism parameters

- In order to better understand the connection between minimalism and wellbeing, a literature review titled "Towards a Theory of Minimalism and Wellbeing", (Lloyd & Pennington 2020), focuses on minimizing interior clutter. The writers' goal is to evaluate the study's methodology, findings, and benefits and drawbacks.

Methodology: The researchers did a thorough analysis of the body of research on minimalism and its effects on happiness. To get knowledge about how minimalism affects various facets of wellbeing, they examined a wide range of academic books, papers, and empirical studies. The literature review method made it possible to synthesize previously conducted research and identify recurring themes and patterns. **Results:** A number of important conclusions on the connection between minimalism and wellbeing were drawn from the literature review, particularly in regards to minimizing interior clutter. Studies have repeatedly shown that eliminating clutter and tangible goods can improve mental and emotional wellbeing. It has been discovered that minimalism improves general life satisfaction, calmness, and attention. The assessment also emphasized how minimalism may be able to reduce tension and anxiety brought on by a surplus of material items and cluttered living spaces. **(P&C):** Comprehensive evaluation of the literature: The study entailed a careful analysis of the existing literature and provided a full overview of the subject. Results synthesis: The writers combined the information from several sources to create a more comprehensive analysis of the connection between wellness and minimalism. Specifically looking at indoor clutter, the study addressed a significant part of minimalism's influence on wellbeing by examining the impacts of eliminating indoor clutter. Absence of original empirical data: The study only included a literature review and no primary research was conducted. Potential for

bias in the sources chosen: The authors' choice of literature may contain bias because some opinions or research may have been accidentally left out. Limited generalizability: The results may not be applicable to all situations because they are based on prior research, which may have different techniques and sample characteristics.

- The "Minimalism in Consumption: A Typology and Brand Engagement Strategies" literature review examines the idea of minimalism in consumer behavior, concentrating on criteria including minimizing indoor clutter (Minimalism in Consumption: A Typology and Brand Engagement Strategies NOTE: This is a pre-print version. AUTHORS Aniruddha Pangarkar, Paurav Shukla and Charles Ray Taylor n.d.). The writers' goal is to evaluate the study's methodology, findings, and benefits and drawbacks. **Methodology:** The researchers thoroughly reviewed the body of knowledge on consumer simplicity and brand engagement tactics. To create a typology of minimalist consumption and comprehend the ways in which brands might interact with minimalist customers, they examined a variety of academic publications, books, and empirical investigations. The literature review method made it possible to synthesize previously conducted research and identify important themes and tactics. **Results:** The literature analysis identified numerous significant findings about consumption minimalism, with a focus on minimizing indoor clutter. Based on their motivations and activities, the authors created a typology of minimalist consumption that divided minimalist consumers into various segments. They found a number of brand interaction methods, such as promoting practicality, sustainability, and simplicity, that could entice minimalist shoppers. The review emphasized the significance of matching company values with minimalist principles and the opportunity for firms to capitalize on the expanding minimalist consumer market. **(P&C):** Comprehensive evaluation of the literature: This study

provided a detailed grasp of consumption minimalism by analyzing the existing studies.

Creation of a typology: To better understand the motivations and actions of minimalist customers, the authors classified them using a typology.

Identification of brand engagement tactics: The review revealed successful brand engagement tactics for minimalist customers, offering marketers useful information.

While the cons are, The study did not collect primary data and exclusively relied on a review of the literature, which may have limited the scope of the analysis.

Potential for bias in the sources chosen: The authors' choice of literature may have unintentionally introduced bias by omitting some viewpoints or studies.

Limited generalizability: Because the conclusions are based on prior research, which may have different techniques and sample characteristics, they may not be applicable to all situations.

2.4.4 Islamic principles parameters

- The relationships between faith, health, and psychology are examined in the literature review titled "Faith, Health, and Psychology" (Azadboni & Rabinataj 2011). The study explores how faith affects people's mental and physical health, emphasizing the psychological processes that underlie this link. The literature review is described in this summary along with its methodology, findings, and advantages and disadvantages.

Methodology: The writers thoroughly reviewed the body of knowledge in the fields of psychology, health, and religion. In order to find relevant studies, they used a variety of databases and search engines, using terms like "faith," "religion," "spirituality," "health," and "psychology." Studies on the connection between faith, health, and psychology that were published in peer-reviewed journals and books met the inclusion requirements.

Results: The literature review produced a number of important conclusions about the dimensions of faith, health, and psychology.

Favorable Effects on Mental Health: It has been discovered that faith has a favorable impact

on mental health outcomes, such as a reduction in the signs of stress, anxiety, and depression. The study showed that those who have a strong sense of faith typically have more effective coping strategies and resilience when faced with challenges.

Enhanced Physical Health: The study found a link between faith and improved physical health. Strongly religious or spiritual people had better immune systems, lower incidence of cardiovascular diseases, and a higher propensity to engage in healthy activities like regular exercise and nutritious food.

Psychology: The study looked at the psychological processes that underlie how faith affects health outcomes. It emphasized the significance of hope, meaning-making, social support, and the development of pleasant emotions as significant psychological elements mediating the relationship between faith and health. **(P&C):** The literature review presents a thorough synthesis of the body of knowledge on faith, health, and psychology, providing insightful information on the subject. The study uses a methodical methodology to find and analyze pertinent material, guaranteeing the inclusion of various viewpoints and high-quality sources. The findings draw attention to the potential advantages of integrating faith-based interventions into psychological and medical procedures, thereby advancing the development of treatments that are supported by scientific evidence. On the other hand, Due to its reliance on published research and the omission of unpublished or contradictory findings, the study may be biased by publication. Given that faith comprises a wide range of religious and spiritual beliefs, the writers acknowledge the difficulty in defining and quantifying faith. The findings' generalizability might be constrained by the absence of a defined methodology for evaluating faith. Despite identifying a number of psychological factors that contribute to the faith-health

relationship, the review does not offer a thorough grasp of the underlying neurobiological mechanisms.

- According to the Al-Quran, Hadith (prophet Muhammad's sayings), and Islamic scholars' interpretations, the literature review titled "Analysis of Literature Review on Spiritual Concepts According to the Perspectives of the Al-Quran, Hadith, and Islamic Scholars" looks at how Muslims understand spiritual concepts (Aziz et al. 2021). This succinct summary gives a quick rundown of the literature review, including its methodology, findings, and advantages and disadvantages of the study. **Methodology:** To investigate the spiritual ideas in Islam, the writers did a thorough literature research. In order to gain awareness of how religion, health, and psychology are understood within the Islamic framework, they looked at a number of sources, including the Al-Quran, Hadith, and writings of Islamic scholars. The inclusion criteria covered academic publications in renowned journals and books, assuring a thorough examination of the subject. **Results:** The literature review produced several important conclusions about the Islamic perspective's dimensions of health, psychology, and religion. These include: The review emphasized the importance of faith in Islam, highlighting the need to believe in Allah, the Prophets, the Day of Judgment, and other fundamental Islamic principles. It emphasized how crucial it is to preserve and develop one's religion in order to achieve spiritual well-being.

Health and well-being: The study looked at how Islam views health, highlighting how well-being is a holistic concept that includes aspects of the physical, emotional, and spiritual selves. It emphasized the value of leading a balanced lifestyle, according to Islamic dietary regulations, and obtaining medical care while putting your trust in God and making supplications.

The literature review explored numerous psychological ideas within an Islamic context. Psychology and Mental Health. It highlighted the value of pursuing knowledge, developing good character (akhlaq), engaging in self-reflection and mindfulness practices, and relying on Allah's direction for managing emotions and mental health.

(P&C): The study adds to the body of knowledge on the connection between faith, health, and psychology by offering valuable insights into the Islamic perspective. The literature review provides a thorough analysis of spiritual concepts in Islam, incorporating perspectives from the Al-Quran, Hadith, and writings of Islamic scholars, thus offering a comprehensive understanding of the topic. while the cons are The availability and accessibility of pertinent literature might pose a constraint on the investigation. Due to the selection criteria or linguistic restrictions, it's possible that some viewpoints or interpretations were left out. The examination largely draws on textual sources, which could offer various readings and comprehensions of spiritual ideas in the context of Islam. This can result in biases or inconsistencies in the analysis. The study may have limited generalizability because it does not thoroughly discuss actual research or scientific data about the connection between faith, health, and psychology.

- The convergence of Islamic worldviews and sustainable development is examined in the literature review titled "Re-Thinking Sustainable Development within Islamic Worldviews" (Al-Jayyousi et al. 2022). The purpose of the study is to shed light on how Islamic worldviews might influence and contribute to the pursuit of sustainable development goals. The literature review is described in this summary along with its methodology, findings, and advantages and disadvantages. The writers used a **Methodical** review of the literature to compile pertinent studies on sustainable development in Islamic worldviews. They used a

strict search technique and selection criteria to find academic publications, reports, and articles. The review's main objective was to assess the compatibility of Islamic teachings, values, and principles with those of sustainable development. **Results:** In relation to the dimensions of faith, health, and psychology in the context of sustainable development and Islamic worldviews, the literature review produced several notable findings:

* **Islamic Principles and Sustainable Development:** The study highlighted a number of Islamic principles that are consistent with the objectives and tenets of sustainable development, including stewardship (amanah), fairness (adl), balance (mizan), and conservation (hifz al-bi'ah). These values place a strong emphasis on people's obligations to protect the environment, advance social justice, and strike a healthy balance between development and preservation.

The review looked at case studies and initiatives within Islamic contexts that serve as examples of sustainable development practices. It featured instances of Islamic teachings and values being applied to community-based initiatives, sustainable agriculture, water management, and renewable energy projects.

***Opportunities and Challenges:** The study found barriers to sustainable development implementation within Islamic worldviews, such as the need for policy integration, awareness raising, and education. In order to promote a more comprehensive and culturally appropriate approach to sustainability, it also examined the prospects for collaboration between Islamic scholars, policymakers, and sustainable development practitioners.

(P&C): The literature review offers important insights into how Islamic principles might guide sustainable development objectives by providing a thorough examination of the junction between sustainable development and Islamic worldviews.

A systematic approach is used in the study to guarantee the inclusion of various viewpoints and strict selection standards. On the other hand, the cons are: The availability and accessibility of pertinent literature might pose a constraint on the investigation. It's possible that some viewpoints or case studies weren't included because of linguistic restrictions or publication prejudice. The review mainly concentrates on the theoretical and conceptual components of sustainable development within Islamic worldviews, possibly necessitating further study on the actual application and empirical proof of the efficacy of such approaches. The study's lack of a thorough examination of potential objections to or restrictions on the application of Islamic worldviews to sustainable development may limit our ability to comprehend the subject fully. The results show how Islamic teachings and values can be incorporated into sustainable development methods to provide a more inclusive and anchored approach to sustainability.

2.5 Case studies of schools in UAE – examples & selected cases

2.5.1 Examples of schools in Sharjah, Dubai and Abu Dhabi, which implemented sustainable strategies

The administration of Uae is aware of the importance of education in the growth and advancement of any country. Uae has made great efforts to improve its educational system with a heavy focus on developing a knowledge-based economy. The UAE government is aware of the importance of an educated populace to the city's long-term growth and prosperity. In order to ensure that children obtain a top-notch education that will prepare them for the difficulties of the modern world, it has consistently placed a high priority on the growth of the educational sector.

Science, Technology, Engineering, and Math (STEM) education is becoming more and more significant, according to Dubai. The government actively supports STEM areas by providing specialized initiatives and programs to encourage interest and competence in these fields. Dubai wants to establish itself as a global leader in scientific and technology developments by fostering a generation of innovators and problem-solvers (Supervisor 2015).

Here is a quick look at a few case studies of schools in Abu Dhabi, Dubai, and Sharjah that prioritize creating a future generation that is well-maintained by putting an emphasis on the principles of the indoor space environment.

A. Victoria International School in Sharjah, VISS.

Leading educational organization, the VISS School in Sharjah places a high priority on environmental sustainability. It serves students from a variety of backgrounds and places a significant emphasis on ecological responsibility combined with a broad curriculum. The school is dedicated to developing responsible citizens who can make a good impact on society. VISS School has made substantial investments in creating green facilities and infrastructure. The campus has green structures that are made to use less energy and emit fewer carbon emissions. All over the property are solar panels and energy-efficient lighting systems (<https://www.viss.ae/about-us/why-viss>). As shown in *Fig9*.



Figure 9: Solar panels at the roof of the VISS school.

(<https://vymaps.com/AE/Victoria-International-School-42258/>)

These programs not only lessen the impact the school has on the environment, but they also teach students about sustainable behaviors. The VISS School incorporates renewable energy sources into its operations as part of its ongoing commitment to environmental sustainability. The campus greatly lessens its dependency on conventional power sources by using solar panels to harvest clean and sustainable energy. This not only lowers greenhouse gas emissions but also exposes occupants to renewable energy technologies up close. Education and awareness are two important cornerstones of the VISS School's strategy for environmental sustainability. The curriculum contains specific lessons and exercises that place emphasis on the value of environmental protection and sustainable lifestyle choices. Students obtain practical knowledge and gain a profound awareness of environmental concerns and solutions through hands-on projects, field trips, and guest lectures. The VISS School in Sharjah is a prime example of how environmental sustainability may be implemented in educational settings. The school equips students to become responsible global citizens through its green infrastructure, renewable energy integration and dedication to sustainability

education. VISS School helps to create a culture of environmental awareness and pave the road for a more sustainable future. Adding it uses a variety of tactics that place a priority on student well-being and foster a happy learning environment to improve the indoor environment and student psychology. The school aspires to foster an environment where kids can succeed academically and emotionally by applying intelligent architectural features and incorporating psychological principles. (<https://www.bayut.com/schools/viss-khorfakkan/#overview-viss-khorfakkan>). *Fig10.*

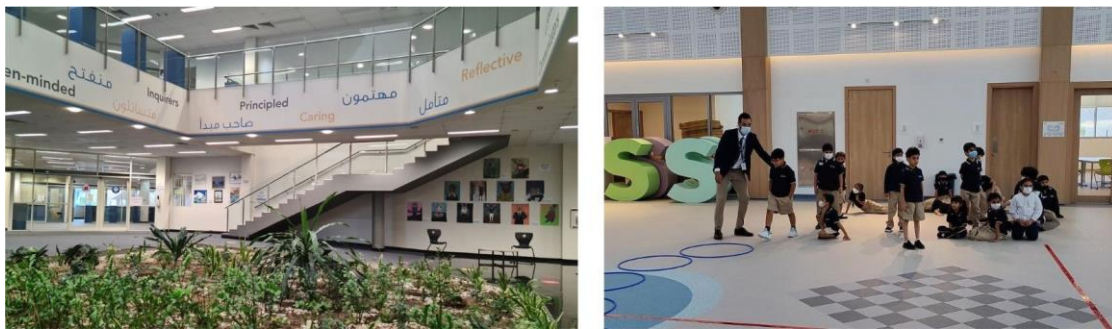


Figure 10: Biophilic design and white colored indoorspace

(<https://vymaps.com/AE/Victoria-International-School-42258/>)

The VISS School prioritizes natural lighting in indoor settings as one of its main strategies. According to research, being exposed to natural light can improve mood, productivity, and general wellbeing. The school makes sure that the common areas and classrooms have plenty of natural light, either coming in through skylights or big windows. This not only makes the area more visually appealing, but it also fosters a feeling of openness and closeness to nature (<https://www.viss.ae/about-us/future-campus/>), *Fig 11.*

The school considers the color scheme employed in its indoor rooms in addition to natural lighting. Colors can affect emotions and behavior and have a significant psychological

impact on people. In areas where children spend a lot of time, such as classrooms and study areas, the VISS School uses peaceful and soothing colors, like blues and greens. These hues have a reputation for encouraging calmness, focus, and relaxation. The addition of natural elements to indoor settings contributes to improving student psychology in another way. It has been demonstrated that biophilic design, which incorporates natural components into the built environment, improves cognitive performance, lowers stress levels, and improves general well-being. In order to foster a sense of connection to nature, the VISS School incorporates natural textures, living walls, and indoor plants into its interior design. These components enhance the facilities' aesthetic appeal while also having a good effect on students' attitudes and cognitive abilities. The VISS School also makes sure that the interior spaces are created to promote community, engagement, and cooperation. Students are encouraged to interact with one another and form social ties through adaptable seating configurations, cozy gathering spots, and open spaces. The school supports the development of critical social and emotional skills by fostering an environment that encourages social contact and teamwork (<https://www.bayut.com/schools/victoria-international-school-sharjah>) Fig.12.



Figure 11: The wide opening for the natural light exposition. (<https://www.viss.ae/about-us/future-campus>)



Figure 12: Happily student of being implementing humanitarian activities.

The school also understands the value of offering peaceful, quiet areas for kids to unwind and rejuvenate. To give occupants a respite from the bustle of the school day, dedicated relaxation rooms or quiet zones are introduced into the indoor spaces. These spaces are intended to provide a calm and pleasant atmosphere that will allow students to relax and recharge. The VISS School provides indoor environments that improve student psychology by using natural lighting, relaxing hues, nature-inspired components, collaboration spaces, and designated relaxation zones. The intentional design features create a productive and encouraging learning environment that fosters student wellbeing, focus, and general academic performance. Fig13.(<https://www.bayut.com/schools/victoria-international-school-sharjah>).



Figure 1: VISS out door landscape and future interior kids play ground
 (<https://www.bayut.com/schools/victoria-international-school-sharjah>)

B. Ambassador International School in Dubai, AIS.

For the academic achievement and well-being of students, it is crucial to create a supportive and encouraging learning environment. The Ambassador School in the United Arab Emirates (UAE) has put in place a number of methods to improve indoor spaces since it is aware of how they affect students' psychological well-being. This article examines the elements and design approaches used by the Ambassador School to create warm, motivating, and encouraging indoor spaces for its students. Indoor environments have a big impact on students' psychology and general wellbeing. A thoughtfully created workplace can encourage a positive outlook, creativity, focus, and emotional equilibrium. It is essential for lowering anxiety, increasing motivation, and encouraging a sense of ownership and belonging among students. The psychology of students is significantly influenced by natural light. The Ambassador School places a high priority on incorporating natural light indoors due to its favorable benefits on mood, concentration, and productivity. Strategic placement of large windows, skylights, and light wells maximizes the input of natural light while minimizing the need for artificial lighting. In addition to enhancing visual comfort, enough sunlight also promotes the circadian rhythm, enhancing sleep quality and general wellbeing,

<https://www.bayut.com/schools/ambassador-international-academy/>). Visual cues and color have the capacity to arouse emotions and shape student behavior. The Ambassador School chooses color palettes deliberately to foster a peaceful and stimulating environment. Blues and greens, which are calming colors, are utilized in leisure zones, while yellows and oranges, which are energetic and creative, are used in areas that need them. Students' attention is piqued and an attractive environment is created by carefully placing visual stimuli including artwork, instructional displays, and interactive learning resources. *Fig 14.*



Figure 2: Music is included in the extracurricular activities at the school & primary indoor environment of the classes (Image Credit: Ambassador International Academy).

<https://www.bayut.com/schools/ambassador-international-academy/>

For designing adaptable learning spaces, furniture that is both practical and flexible is crucial. The Ambassador School makes investments in comfortable, adaptable furniture to accommodate various teaching methods and activities. Students may customize their area and adapt it to their needs thanks to collaborative seating arrangements, flexible dividers, and adjustable desks. This adaptability encourages student independence, teamwork, and active learning, (<https://whichschooladvisor.com/uae/school-review/ambassador-international-academy>). As in *Fig 15,16,17.*



Figure 3: The indoor spaces furniture

Arrangements.(<https://whichschooladvisor.com/uae/school-review/ambassador-international-academy>).

Figure 4: The indoor spaces Furniture

Arrangements.(<https://whichschooladvisor.com/uae/school-review/ambassador-international-academy>).

Figure 5: The indoor spaces Furniture

Arrangements.(<https://whichschooladvisor.com/uae/school-review/ambassador-international-academy>).

The focus and general health of students are significantly influenced by acoustics. The Ambassador School places a high priority on efficient use of indoor areas. In order to reduce noise disturbances and create an environment that is favorable to concentrated learning, sound-absorbing materials, appropriate insulation, and acoustic panels are employed. The balance between solitary study and group work is achieved by quiet places and dedicated spaces for conversations. It has been demonstrated that bringing nature indoors through biophilic design components improves student wellbeing and cognitive function. In order to foster a sense of connection with nature, The Ambassador School incorporates natural features including indoor plants, living walls, and nature-inspired artwork. These components encourage rest, lessen tension, and enhance air quality. Natural textures, patterns, and

materials are also included into biophilic design to produce aesthetically pleasant and tranquil environments, <https://www.bayut.com/schools/ambassador-international-academy/>. Fig.18.



Figure 6: After-school care is available at the school

The UAE's Ambassador School is aware of how indoor environments affect students' psychological development. They have developed indoor settings that encourage student well-being, engagement, and learning through the use of natural light, colors, functional furniture, acoustics, biophilic design, and personalized personalisation. The Ambassador School creates a joyful and motivating environment where children can flourish intellectually and emotionally by emphasizing the psychological components of design, (<https://www.bayut.com/schools/ambassador-international-academy/>) Fig.19.



Figure 19. The school site plan bird view.

<https://whichschooladvisor.com/uae/school-review/ambassador-international-academy>

C. British School of Al Khubairat in Abu Dhabi.BSAK.

The British School of Al Khubairat is a prominent educational facility in Abu Dhabi that is committed to giving students a top-notch British curriculum. The school is dedicated to supporting environmental sustainability, providing top-notch academic programs, and fostering a positive learning environment for its students. This essay examines the British School of Al Khubairat's internal settings as a means of implementing environmental sustainability and enhancing student psychology. The school also places a strong emphasis on project-based learning, giving students the chance to work on actual sustainability projects. With this strategy, students may put their theoretical understanding to use, hone their problem-solving abilities, and actively participate in environmental projects both inside and outside of the school community (<https://www.britishschool.sch.ae/about-bsak/our-ethos>). Through the use of biophilic design elements, ample natural light and ventilation, and the presence of green spaces and outdoor learning areas, the school's indoor spaces have a positive impact on student psychology. These factors help to lower stress levels, improve cognitive function, and improve wellbeing. The British School of Al Khubairat is aware of the profound effects indoor environments can have on a student's psyche and wellbeing. As a result, it has included a number of design components to produce a setting that promotes good mental health and educational opportunities, (<https://www.britishschool.sch.ae/admissions/admissions-process>).As in Fig.20.

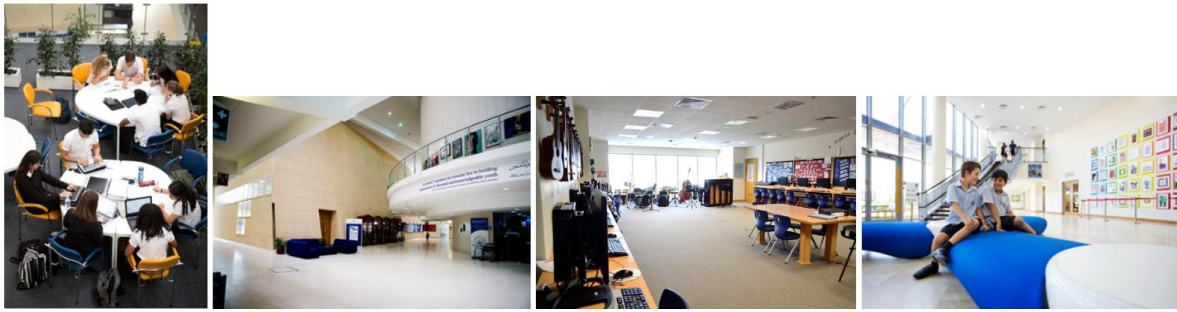


Figure 7: Indoor spaces aspect that serves occupants' psychology in a positive way.

<https://www.britishschool.sch.ae/about-bsak/our-ethos>

The interior spaces of the school have biophilic design components, which use organic materials and elements. This comprises the use of natural materials like wood, plants, and colors to evoke a sense of the outdoors inside the built world. According to research, being around nature inside can lower stress levels, improve cognitive performance, and boost general wellbeing. The design of the school's indoor rooms places a high priority on providing lots of natural light and ventilation. There is less need for artificial lighting because of the abundance of natural light that large windows, skylights, and light wells provide. For students and staff, effective ventilation systems guarantee a steady supply of fresh air, fostering a cozy and healthy environment. The school offers designated outdoor learning areas and green spaces where students can interact with nature and extend their classroom learning. These places offer chances for outdoor recreation, environmental investigation, and practical education. According to research, being among greenery can increase cognitive growth overall, reduce stress, and increase attention span (Outstanding, Adek & Overseas 2020).*Fig.21.*



Figure 8: Biophilic design implementation in indoor spaces. (Outstanding, Adek & Overseas 2020)

The British School of Al Khubairat in Abu Dhabi has a steadfast dedication to environmental sustainability while placing a high value on its students' psychological and physical well-being. The school sets an example of responsible environmental stewardship through green campus projects, energy saving methods, waste management tactics, and water conservation measures. The school promotes a comprehensive learning environment that equips students to become environmentally aware and mentally strong persons by incorporating environmental education into the curriculum and building indoor environments that benefit student psychology. (<https://www.britishschool.sch.ae/admissions/admissions-process>).

2.5.2 The selected case studies of this research paper

Educational institutions are making strides by implementing cutting-edge ideas into their interior spaces in a world where sustainability and well-being are becoming more and more vital. The Al-Shola American School (SAS) in Ajman, and the International School of Creative Science (ISCS) in Mwaileh have all gone above and beyond to incorporate

sustainable practices, Feng Shui principles, minimalism, biophilic design, and Islamic values within their indoor environments. Let's examine how these schools accomplished this outstanding accomplishment.

A. The International School of Creative Science, ISCS

The International School of Creative Science is an example of how creatively can combine traditional values with cutting-edge educational design. This prestigious school has skillfully incorporated biophilic design, minimalism, Feng Shui, and Islamic ideas into its indoor spaces, fostering an atmosphere that not only supports academic brilliance but also fosters harmony and the well-being of both staff and students, as will be explained further below from *the site visit* which was done to the school campus.

A.1: The implementation of Feng shui and biophilic design in their indoorspace

Feng Shui principles have been thoughtfully integrated into the architecture and arrangement of the International School of Creative Science. To welcome students with open arms and promote positive energy flow, the school's entry, for example, responds to the ideas of a large, welcoming entrance. The indoor main entrance is simultaneously well-ventilated, exposed to the most amount of daylight from both main and sub entrances, and has a glass dome in the center that lights up the entire space, including the ground and first levels, giving the hall's entire surface direct sunlight. On the other hand, the school's dedication to biophilic design is demonstrated by its indoor gardens. By combining indoor gardens, big windows, and green areas, the school has incorporated this idea and given occupants a calm and revitalising learning environment. These components not only promote general well-being and air purity but also beauty. They give inhabitants a direct connection to nature by showcasing a variety of

plants, such as blooming and lush vegetation. A calm learning atmosphere is produced by the soft rustle of leaves and the calming scent of flowers. *Fig.22&23.*



Figure 9: The indoor main hall , glass dome and the utility of the green



Figure 10: The clear main entrance and the utility of the green

A.2: Implementing the minimalism in the indoor space

The furniture selection of the school is in line with minimalist design ideas. Sleek and ergonomic designs guarantee comfort and functionality in chairs and desks. This school-wide minimalism approach fosters a peaceful and orderly atmosphere in common areas. Focus and concentration are enhanced by uncluttered areas, muted color schemes, and clean lines. Distractions are absent from classrooms, enabling students to concentrate completely on their academics.*Fig.24.*

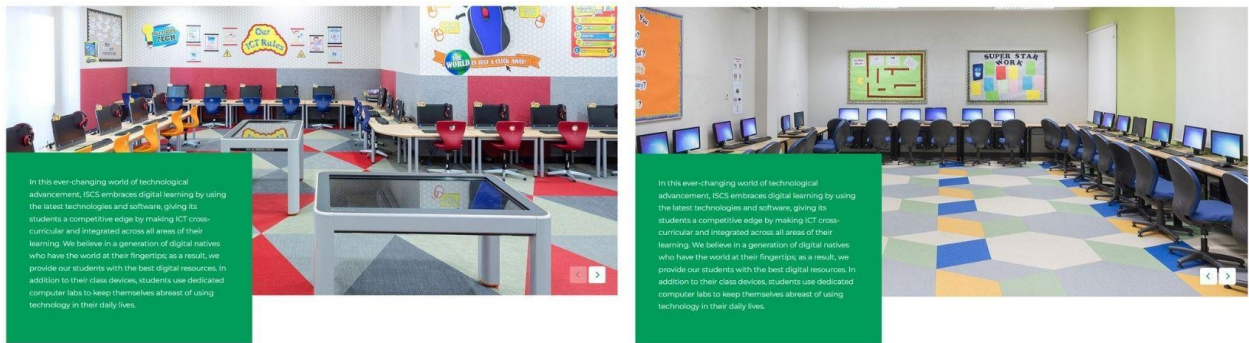


Figure 11: The ICT rooms. (<https://iscs.sch.ae/sharjah-muwaileh/academic-facilities>)

A.3: Implementing the islamic principles- externally and internally

The interior design of the ISCS pays homage to these Islamic principles. The walls are decorated with Islamic art, geometric designs, and Arabic calligraphy, which promote a sense of spiritual and cultural identity. In order to meet the spiritual requirements of its multicultural student body, the school has prayer rooms. These calm areas provide a place of worship and introspection for students, encouraging tolerance and understanding. Even though the physical surroundings are important, the school's dedication to holistic development goes beyond aesthetics. One of the main priorities is students' mental and emotional health. Islamic teachings are woven throughout the curriculum and school culture. They are incorporated into the school's curriculum to help students connect with their religious and cultural heritage. This encourages respect for diversity among others of different faiths in addition to fostering a feeling of identity. Furthermore, The school hosts cultural exchange programs that inspire students to learn about and value other cultures in an effort to further foster mental development. Students' perspectives are expanded, and tolerance and understanding are encouraged via these initiatives. *Fig.25.*



Figure 12: The students' Quraan achievements

In summary, the ISCS has skillfully incorporated the richness of Islamic culture, the biophilic attraction of nature, the ancient wisdom of Feng Shui, and the elegance of minimalism into its indoor spaces. This ideal combination not only improves the educational process but also fosters in its students a sense of harmony, serenity, and all-around growth.

B. Al-Shola American School , in Ajman, SAS

One excellent example of how educational institutions may go above and beyond to give students a peaceful and productive environment is the Al Shola American School (SAS). SAS's indoor spaces are now lively, motivating, and culturally rich settings that foster

academic achievement through the application of FBMI. (SAS) has set out to transform the manner in which education is provided by incorporating the FBMI values into its interior environments. This novel method encourages students' complete growth in addition to creating a favourable learning environment.

B.1. The implementtion of Feng shui and biophilic design in their indoorspace

At SAS, every furniture arrangement, color palette, and classroom layout are carefully planned to provide the best possible energy flow. With this method, students are able to focus more clearly, feel more comfortable, and ultimately do their best work. While doing this, SAS embraces the idea by incorporating vegetation, natural materials, and calming colour schemes into their design. In addition to improving aesthetics, the presence of plants and artwork with a natural theme encourages pupils' creativity and sense of well-being.*Fig.26.*



Figure 13: The natural light and biophilic activities at the school

<https://www.google.com/search?q=al%20shola%20american%20school&tbm=isch&hl=en&sa=X&ved=0CB4QtI8BKAfQFwoTCPCe7fS1pIIDEFQAAAAAdAAAAABAG&biw=1920&bih=927#imgsrc=Pn6AHSuNBNUQNM>

B.2. Implementing the minimalism and islamic principles in the indoor space

At SAS, minimalism is a mindset that promotes attention to what is really important, not merely tidy spaces. The simple layout of classrooms reduces outside distractions, enabling students to focus on their academics. It's an indication of the school's dedication to creating a distraction-free classroom. In the meantime, SAS instils Islamic values in its surroundings to guarantee that students are surrounded by a moral, ethical, and respectful culture. The school's design incorporates Islamic art, calligraphy, and prayer rooms to underscore the significance of faith and moral principles in education. *Fig.27.*

The Al Shola American School (SAS) has completely changed the way people think about education by integrating FBMI ideas with indoor settings. This innovative method fosters kids' overall development and improves learning, equipping them for success in a world that is changing quickly.

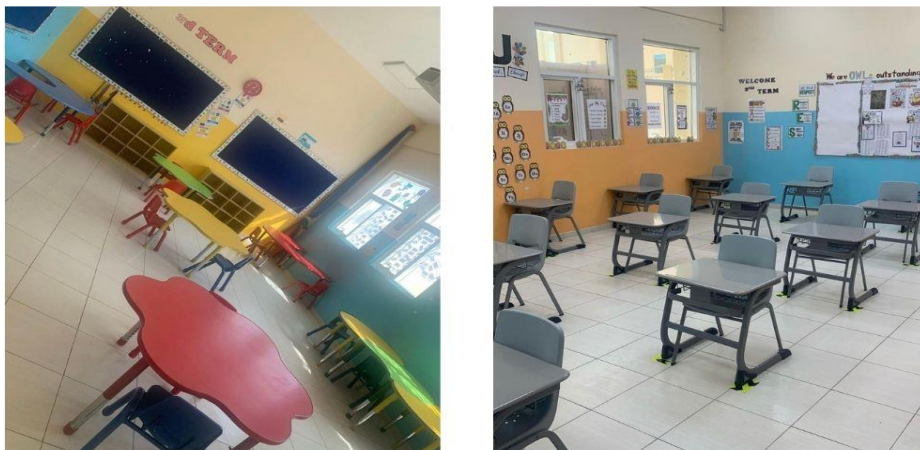


Figure 14: Clean and minimal indoor environment

(<https://www.google.com/search?q=al%20shola%20american%20school&tbm=isch&hl=en&sa=X&ved=0CB4QtI8BKAFqFwoTCPCe7fS1pIIDFQAAAAAdAAAAABAG&biw=1920&bih=927#imgsrc=Pn6AHSuNBNUQNM>)

2.6 The literature reviews gaps & the cases comparison

2.6.1 The literature review gaps

From the collection of literature reviews, many gaps were distinguished; the following are the most significant ones:

One issue with mixing Feng Shui, biophilic design, minimalism, and Islamic principles, FBMI, is the possible clash between aesthetics and design philosophy. The "I"-Islamic Principles- was developed to provide both environmental enhancements by integrating it with human sustainability, On the other hand, The "FBM" was designed as a space enhancer technique - externally- more than it is a system that can be implemented to sustain the human himself internally! That's why the combination of these four strategies was a milestone! The lack of awareness for Dealing with the two key concepts of "input" and "output" processes - what humans need to take in and release out - caused a higher rate of depression & anxiety, which was the other gap recognised. Conversely, the idea of change or healing was not sufficiently understood in relation to human age capabilities, which adversely affected human psychology as the latent variable. Additionally, the inability to filter out experiences was negatively affecting both physical and mental health.

Meanwhile, compared to the appropriately addressed concern of human sustainability, the focus on environmental sustainability was at a higher rate. Lastly, Lack of awareness of how ineffective environmental sustainability on human sustainability is, if human sustainability is not wealthy enough to accept external sustainability was the final gap.as shown in *Table.3*.

2.6.2 The cases comparison

In the field of education, a student's surroundings greatly influences their experiences and personal growth. Innovative, ecological, and harmonious interior design has been a goal of two renowned schools: alshola American School (SAS) in Ajman and the International School of Creative Science (ISCS) in Mwaileh.

Both ISCS Mwaileh and SAS Ajman have used sustainable architectural designs in terms of sustainable strategies. They lessen their carbon impact and promote a cleaner environment by utilizing renewable resources, energy-efficient equipment, and natural lighting. In the meanwhile, water saving measures have been implemented by the schools, which include low-flow fixtures, rainwater harvesting, and contemporary plumbing systems. This strategy has decreased water waste while also giving kids a sense of accountability for protecting the environment. Regarding the Feng Shui Approach of both schools, ISCS Mwaileh has incorporated the concepts of Feng Shui into its architectural design, resulting in areas that facilitate the flow of positive energy, in addition to the suitable site selection which helps in providing good ventilation to the school. The arrangement and positioning of the furnishings and accents follow the rules of Feng Shui, creating a peaceful environment ideal for education. In order to ensure that the interior spaces adhere to the principles of balance and energy flow, SAS Ajman has also included Feng Shui features. The general well-being of the faculty and students is improved by this. The Interior design minimalism is promoted by ISCS Mwaileh. They create clutter-free spaces that encourage concentration and creativity because they believe in the power of simplicity. Following suit, SAS Ajman supports minimalism as a means of achieving a clutter-free, peaceful environment. The productivity and mentality of people working in schools are significantly impacted by the minimalist approach. ISCS

Mwaileh's biophilic design allows nature to come inside. Stress is decreased and cognitive performance is improved when there is a link to nature through the use of natural materials, greenery, and natural light. SAS Ajman has used biophilic design principles by combining materials and aesthetics that are inspired by nature. Incorporating natural elements indoors fosters a state of relaxation and renewal. Islamic concepts are incorporated into ISCS Mwaileh's interior areas. Prayer rooms, Islamic art, and calligraphy all contribute to the creation of a spiritually nourishing atmosphere that upholds Islamic principles. Islamic themes are also woven throughout SAS Ajman's design. Prayer areas, Islamic themes, and quotes from the Quran give the place a strong spiritual vibe.

Table 3: Gap analysis

Variables		The literature reviews Gaps				
		Priority High/ Medium/ Low/ Extremely High	Current State	Deficiency (GAPS)	Actions to close Gaps	Status Not started/ In progress/ Done.
Environmental sustainability strategies	F	M-H	Widely implemented in indoor spaces	- The "FBM" were designed as a space enhancer - while the "I" were designed for serving both environmental enhancement and human sustainability! - One issue with mixing Feng Shui, biophilic design, minimalism, and Islamic principles is the possible clash between aesthetics and design philosophy.	- Spread awareness regarding the importance of understanding that Systems such "FBM" must be flexible to be fit into different life perspectives, which means not only for enhancing indoor spaces but also for humanitarian approaches such human psychology. - Harmony between these strategies demands considerable thought to establish a balance that respects the fundamentals of each strategy while preserving an interconnected and aesthetically pleasing environment. *More research is required for future renovations	In progress
	B					In progress - Done.
	M					In progress
	I					Not started - In progress.
Humanitarian sustainability variables	Depression and Anxiety	M	Widely spreaded	lacks of the experience for dealing with two main concepts "input" and "output" processes	Balance between "input" and "output" processes. Encourage awareness toward understanding the importance of these concepts. More research is required for future renovations	Not started- In progress
	Productivity and well-being					In progress
	Age	M	Lacks orientation	Not enough aware of human age capability to impact the idea of change or heal.	Prioritize and Determine each age their needs in the process of healing *More research is required for future renovations	In progress
	Mental health	H	Widely spreaded	Lacks of filtering the traumas	Prioritize the concern of sustaining the mental health through enhancing the human main sections "SOUL,SELF and BODY" *More research is required for future renovations	Not started
Awareness	Humanitarian sustainability is the focal point	H-EH	Addressed as secondary importance	The focus is on environmental sustainability , meanwhile human sustainability is not well addressed	Spread awareness regarding how the external change can started from the internal change *More research is required for future renovations	Not started - In progress
	Integration between environmental and humanitarian sustainability	H-EH	Studies is addressing these concepts separately	Lack of awareness towards the deficiency of effectiveness of the environmental sustainability on the human sustainability if the Human sustainability was not wealthy enough to accept exterior sustainability!	Spread awareness regarding how the external change can started from the internal change. *More research is required for future renovations	Not started - In progress

(Source: Author)

The inhabitants of SAS Ajman and ISCS Mwaileh have been greatly impacted by the use of these methods and ideas. A holistic learning environment that encourages wellbeing, positivism, and productivity is experienced by both staff and students. These areas are now more than just educational institutions; they are mental, physical, and spiritual growth centres.

In conclusion, the traditional perception of educational institutions has been altered by the creative techniques and ideas used by SAS Ajman and ISCS Mwaileh in their internal spaces. These educational institutions have proven that the physical surroundings significantly influence how students learn. Through the integration of sustainability, Feng Shui, minimalism, biophilic design, and Islamic principles, they have established surroundings that are holistic and harmonious, promoting the well-being, academic achievement, and spiritual development of their staff and students.

2.7 Parameters selection through inclusion and exclusion criteria

The FBMI variables, students' psychological variables and awareness orientation will be the primary factors that this study will cover. After applying ***the Inclusion and Exclusion Criteria***, the secondary variables of the occupants' psychology plus the three variables of Islamic principles which are already available in the other three strategies - Feng Shui, Biophilic design and minimalism- were excluded from the study. The secondary criteria of the FBMI will be addressed as follows: feng shui's three variables which are: lighting, ventilation and site selection, meanwhile the biophilic design's application of indoor plants, minimalism's elimination of clutter, and Islamic principles' emphasis on faith and spirit. *It is clear that the secondary variables of the Islamic principles that were excluded related to the environmental variables that are already available in the FBM, meanwhile the psychological variable "spirit*

and faith" is kept included as a secondary variable because it is not available in the FBM as they are more environmental variables! How the students' psychology four objectives are being affected by secondary variables of the main objectives of FBMI strategies is going to be addressed at the end of this report side by side with the awareness orientation principle.

Fig.28a,28b below.

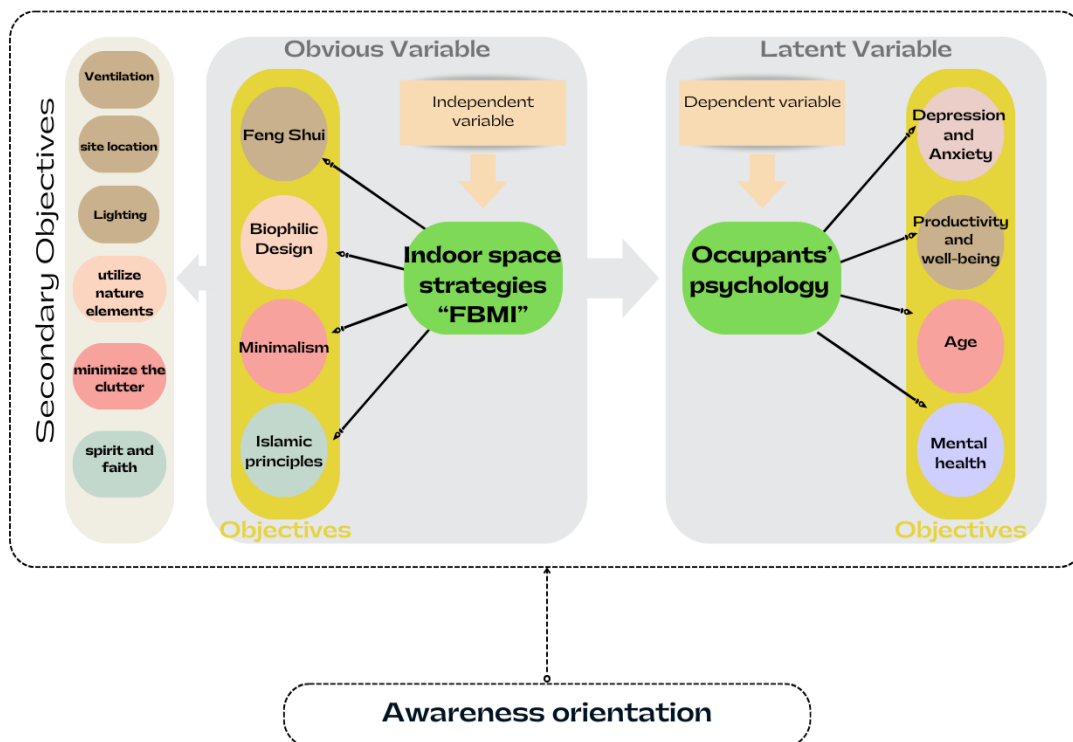


Figure 15: The parameters selection

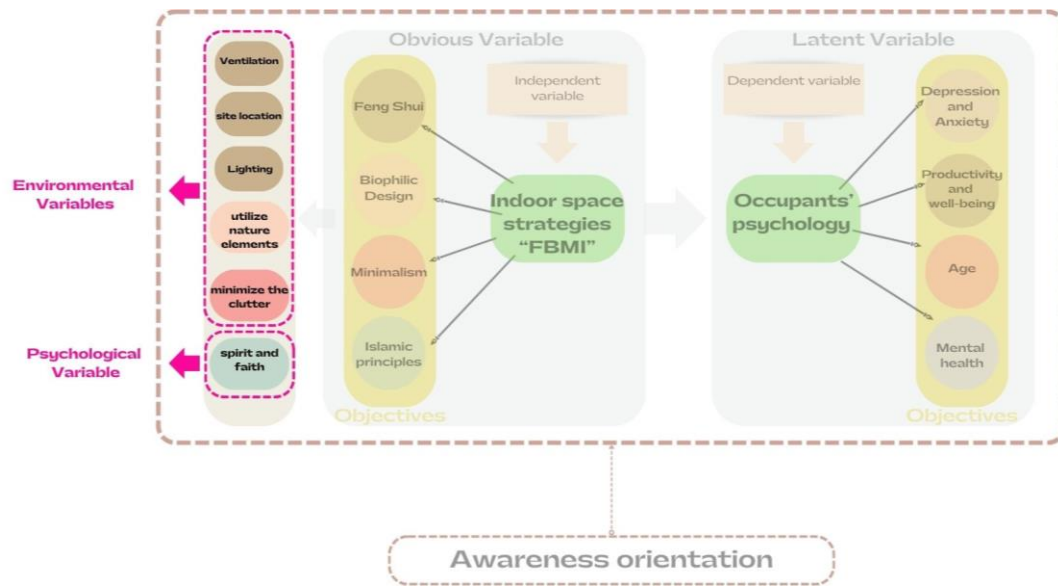


Figure 16: Categorising the environmental and psychological variables of the secondary variables of the main obvious variable

Chapter 3: Methodology

3.1 Research methods applied to study this subject area

Several studies on the applications of FBMI strategies and their effect have been conducted using various approaches, depending on the factors at hand and the objectives the researchers are trying to achieve. Some research looked at how FBMI principles affected the way people perceived things, while others looked at how they affected sustainability and how well they affected inhabitants' psychological well-being. Additionally, other scholars were examining whether FBMI is a scientific strategy on which to rely or if it is merely a collection of antiquated philosophy. On the other hand, some researchers were looking into using FBMI principles to improve specific physical ailments. The most popular techniques on this subject included questionnaire surveys, assessment models, interviews, experiments, and comparative analysis.

Some hypotheses require a laboratory experiment that enables researchers to quickly switch between the various variables and record new data each time they do so (London & Ostwald 2004).

3.1.1 Mixed mode/ surveys/ interviews

A survey was conducted to look into the relationship between interior, architecture, and psychology using the same principles that were studied in the "Interior Architectural Elements that Affect Human Psychology and Behavior" for (Mahmoud 2017), which used a descriptive and interpretive approach as a methodology. The study used a variety of data sources, including books, journals, conferences, and specific official websites, to ask questions about the occupants' perceptions of the studied principles, including identity, privacy, functionality

and flexibility, safety and health concerns, accessibility, open space, and aesthetics. The findings indicated that a good design is one that successfully integrates and balances the key elements, such as security, usability, flexibility, community engagement, identification, and privacy, with an appropriate distribution of weights. As opposed to this, (Kryżanowski 2021) employed a randomised double-blind field study utilizing instrumental biocommunication. This study was chosen because it could be conducted without the need for many participants, and by including a control group, it allowed for the use of a double-blind protocol and the elimination of the influence of external factors including family, employment, health, and relationships. The participants are given questionnaires to complete in order to provide detailed feedback on how well they sleep, feel overall, and handle stress after being in a feng shui-tested room. The results of the data analysis demonstrate the significance of determining the effect of a physical environment that employs feng shui applications on participants' wellbeing. It may be possible to build a rigorous empirical technique to evaluate the efficacy of feng shui advice.

Online surveys were conducted after additional field tests involving a large number of people were conducted in an office building. Physical measurements of the daylight conditions were taken, and questionnaires were provided to office workers to assess their perception of and contentment with the outcomes at work. This paper summarizes employee comments on glare and natural lighting, evaluating perceptions of visual comfort. The responses of 21.2% were recorded. Illuminance meters and high dynamic range (HDR) meters were the tools employed. On the tripod were mounted the sensors and the camera that takes the HDR pictures. Software called Daylight Glare Probability (DGP) is used to process the photos that were taken. After evaluating the collected data, the findings demonstrate that employee

contentment and favorable opinions were caused by the direct sunshine that is received by those who work adjacent to windows (Day et al. 2019). In order to evaluate the connection between feng shui and FOM, the researchers in the study (Low, Gao & Ang 2018) gathered a wide range of literature reviews for each of the two disciplines. Using both qualitative and quantitative techniques, The link between the two majors was depicted in pertinent diagrams. To change the connection between the two majors, a survey of building professionals was given out in the first phase. The second phase involved conducting interviews with building industry experts to discuss the survey's findings. The correlation was also evaluated using the one-sample t-test.

In order to collect information and study the many elements affecting the efficiency of the biophilic design and its effects on inhabitants' psychological well-being, (Asniza Hamimi Abdul Tharim et al. 2022) Used a mixed-methods approach. The major steps of the methodology were as follows: First, The researchers thoroughly reviewed the body of knowledge on workplace settings, psychological performance, and biophilic design. This process assisted in developing a theoretical framework and locating important variables and ideas. Second, Based on the recognized variables and concepts, a questionnaire for the survey was created. The purpose of the study was to obtain information on how office workers perceived biophilic design components, their psychological health, and other elements that would have an impact on how they felt about working there. A representative group of office building inhabitants were given the survey to complete. The researchers gathered feedback on how different biophilic design elements—such as natural light, indoor plants, views of nature, and materials inspired by nature—were perceived by visitors to the building. Measures of respondents' psychological performance, such as work satisfaction, stress levels, and

productivity, were also included in the study. Third, statistical methods were used to assess the survey data that had been gathered. Inferential statistics were used to investigate associations between the frequency and distribution of responses and psychological performance outcomes, whereas descriptive statistics were used to analyze the frequency and distribution of responses. Regression analysis was utilized to find important predictors of residents' psychological well-being. Fourth, qualitative interviews with a selection of participants were done in addition to the survey to gather further information about their experiences with biophilic design. The researchers were able to investigate the complexity and subjective elements of the occupants' psychological responses because of the insightful qualitative data from these interviews. Last, To provide a thorough understanding of the determinant aspects of biophilic design techniques and their impact on occupants' psychological performance, the quantitative survey findings and qualitative interview data were merged. In order to make meaningful inferences from the data, the researchers identified important themes and patterns.

A mixed-methods approach, integrating qualitative and quantitative techniques, was used by (Minimalism in Consumption: A Typology and Brand Engagement Strategies NOTE: This is a pre-print version. AUTHORS Aniruddha Pangarkar, Paurav Shukla and Charles Ray Taylor n.d.), to examine the different facets of minimalism and customers' involvement with companies. Putting first, The researchers undertook an extensive examination of the body of research on brand engagement, minimalism in consumption, and related ideas. This step provided a theoretical framework, helped identify pertinent factors, and provided insights into the body of existing knowledge and knowledge gaps in the field. To gain a thorough understanding of consumers' viewpoints, motivations, and behaviors connected to minimalism in consumption, the researchers conducted qualitative research, such as interviews or focus

groups. The rich investigation of individual narratives, attitudes, and meanings connected to minimalist lifestyles and brand engagement was made possible by these qualitative methodologies. Second, Thematic analysis or other suitable qualitative analysis approaches were used to analyze the qualitative data that had been gathered. The narratives of participants were analyzed by the researchers for themes, patterns, and similarities connected to minimalism and brand engagement. Based on their motives, values, and actions, the results of this investigation were used to create a typology of minimalist consumers. A survey questionnaire was created based on the qualitative research's conclusions in order to collect quantitative information on consumers' brand involvement and minimalist habits as well as demographic data. The survey questions were created to capture many aspects of brand engagement and minimalism, such as mindful consumption, conscious consumption reduction, brand loyalty, and brand avoidance. A bigger sample of individuals received the quantitative survey. The survey respondents' answers were compiled in order to gather quantifiable information on their brand interaction and minimalist practices. A diversified sample representation was made possible thanks to the demographic data gathered at this stage. Statistical analysis methods were used to examine the quantitative data that had been gathered. The links between various minimalism-related aspects and brand engagement practices were investigated by the researchers. Additionally, they looked at the disparities in brand engagement strategies used by the various types of minimalist consumers found through the qualitative investigation. The results of both the qualitative and quantitative analyses were combined to create a typology of minimalist consumers and the brand interaction techniques that go with them. Based on the customers' goals, values, and actions in relation to minimalism, the researchers divided consumers into various kinds. Each type's qualities and

preferences were taken into account when designing the brand interaction methods. To finish, The key conclusions, consequences, and prospective applications of the created typology and brand engagement techniques were discussed as the study came to a close. The study's contributions to our understanding of minimalism in consumption and its implications for brand management and marketing tactics were discussed by the researchers.

A mixed-methods strategy was used by (Vieten et al. 2013) and included literature reviews, expert consultations, and consensus-building procedures. The following list summarizes the methodology's main steps:

First, thorough evaluation of the body of research on spirituality, religion, and psychology was done by the researchers. This process aided in developing a theoretical framework, identifying pertinent ideas, and gaining awareness of how spirituality, religion, and psychiatric practice intersect today. Experts in the domains of psychology, spirituality, and religion were consulted by the researchers. These specialists had a wealth of knowledge and practical experience incorporating spiritual and religious elements into clinical work. The consultations intended to assemble professional viewpoints, ideas, and opinions on the skills needed for psychologists in this field. Meanwhile, The researchers created a framework of skills for psychologists in spirituality and religion based on the results of the literature review and expert consultations. In order to effectively treat spiritual and religious concerns in their professional practice, psychologists need to possess the information, abilities, attitudes, and values outlined in these competencies. To improve and validate the competency framework, the researchers used a Delphi consensus method. The Delphi technique uses iterative rounds of surveys and comments to help a panel of experts come to an agreement. The expert group, which included psychologists, spirituality specialists, and religious leaders, assessed the

competency framework and offered feedback, allowing for adjustments and updates based on their combined knowledge.

With a sample of psychologists, the competency framework was pilot tested to determine its applicability and practicability. Psychologists who used the competencies in their practice were asked for their feedback during the pilot assessment. The psychologists' experiences, difficulties, and recommendations for enhancing the framework were recorded by the researchers. Analysis and synthesis were done on the information gathered from the expert consultations, Delphi method, and pilot testing. The psychologists' input and the experts' perspectives were compared by the researchers to look for similar themes, patterns, and areas of agreement. The competency framework was improved and completed with the aid of this analysis. To create the final competency framework for psychologists in spirituality and religion, the researchers took into account the comments and learnings from the preceding steps. The framework was a reflection of the general agreement, knowledge, and useful ideas gained throughout the methodology. The key conclusions, consequences, and prospective applications of the created competency framework were discussed as the study came to a close. The significance of incorporating spirituality and religion into psychological practice was stressed by the researchers as they considered the study's contributions to the area of psychology. They also talked about the consequences for professional standards, training programs, and improving psychologists' capacity to address spiritual and religious concerns in an expert and moral way.

(Crandall 2016) focuses on understanding how kids perceive their ability to influence rewards in academic contexts. Here is a general outline of the standard methods applied in studies on kids' perceptions of events involving academic achievement: Typically, a sample of

kids who fall within the study's target age range is chosen by the researchers. In order to provide a varied representation of participants in terms of demographic traits like age, gender, and socioeconomic background, the sample may be drawn from a particular school or educational institution. Data about kids' beliefs may be gathered using a variety of techniques. Utilizing questionnaires or surveys created expressly to evaluate kids' perceptions of their influence over academic rewards is a frequent strategy. Children may be asked to score their agreement with statements or scenarios or to respond to questions about how much control and influence they feel they have over academic achievements. The researchers may use experimental manipulations to look at how various elements affect kids' beliefs. For instance, they might provide kids various tasks or achievement circumstances while varying the amount of difficulty or the accessibility of feedback or support. This enables researchers to look into how these factors affect kids' self-control beliefs. Statistical techniques suited for the research design and the individual research objectives are often used to analyze the acquired data. Analyzing relationships between variables and test hypotheses, might involve quantitative studies like descriptive statistics, correlation analysis, or multivariate analyses. Based on the data analysis, the researchers provide an interpretation of the results. They talk about the links, patterns, and trends found in the data and compare them to established theories or earlier work in the area. The interpretations may emphasize the significance of children's views in settings involving academic achievement and their possible influence on drive, self-efficacy, and academic achievement. The findings may be used to explain how children's views in situations involving academic accomplishment can affect educational practices, interventions, or policies that are intended to support successful academic outcomes.

(Punch 2002), Conduct a thorough literature study to look at studies and theories that emphasize the parallels and discrepancies between research with children and adults (Punch 2002). This step aids in developing a theoretical framework and identifying important factors to take into account while doing research with various age groups. Research procedures with children and adults are directly compared by the researchers in studies they develop or current studies they assess. Depending on the individual research questions and study aims, the research design may change. It could include qualitative or quantitative techniques, polls, discussions, observations, or experimental plans. The researchers choose acceptable samples of kids and adults that represent the target population for studies that use primary data collecting. For children's participation, the selection procedure may entail gaining informed consent from parents or guardians, as well as informed consent from adults. The researchers use techniques appropriate for each age group to gather data from both children and adults. The use of visual aids, games, simplified language, or interviews that take place in a welcoming and interesting environment are some examples of child-friendly and age-appropriate data gathering strategies. Adults may be the subject of conventional surveys, interviews, or observations when gathering data. Throughout the course of the study, researchers make sure that ethical standards and procedures are followed. The safety, privacy, and secrecy of all participants—children and adults alike—are given top priority. When working with children, additional factors may be taken into mind, such as getting parental approval, the child's assent, and upholding a supportive and non-threatening environment. In accordance with the study questions and the kind of the data, the acquired data are analyzed using the most relevant statistical or qualitative analysis techniques. Children's and adults' data may be compared to look for patterns, differences, or other commonalities. The findings are

interpreted by the researchers, who also go through the ramifications and significance of the parallels and divergences between study with children and adults. They might draw attention to the consequences of planning research projects, ethical issues, and the significance of taking developmental aspects into account when working with children. The study's key findings, their consequences, and potential future possibilities for working with children and adults are summarized in the study's conclusion. In order to enhance the quality and effectiveness of research with various age groups, the researchers may point out gaps in the literature and offer suggestions to other researchers and practitioners.

- (Bandara et al. 2015), examines the techniques and resources employed to guarantee the accuracy of literature evaluations. The study focuses on the employment of software assistance and qualitative data analysis tools in this procedure. **Methodology:** The review analyzes and synthesizes the relevant literature using a qualitative research methodology. To achieve rigor in literature reviews, the researchers carefully identify pertinent scholarly books, papers, and other sources. They then thoroughly analyze the chosen papers to glean important conclusions and insights. The review conforms to accepted standards for conducting literature reviews, which ensures the reliability and validity of the findings. These recommendations include formulating inclusion and exclusion criteria, specifying research topics, and employing transparent and repeatable search techniques. **The following are a few of the tools discussed in the review:** Large amounts of textual data can be organized, coded, and analyzed by researchers using the qualitative data analysis software nvivo. The use of nvivo makes it easier to find important themes, patterns, and connections in the text. Endnote: This reference management program aids in the management and organization of bibliographic data for researchers. Endnote facilitates effective citation management and aids in referencing

uniformity across the whole literature study. Atlas.ti is a qualitative data analysis application that enables the structuring and analysis of textual and multimedia data. It is similar to nvivo in this regard. Researchers can use it to code, annotate, and analyze data, which makes it easier to spot recurring themes and patterns. Lastly: Mendeley: This reference management application helps scholars collaborate with one another while organizing and annotating research articles. It has tools for underlining crucial passages, adding notes, and sharing annotations.

Although these methods can increase the rigor of literature reviews, the literature review emphasizes that they should not be used in place of the researcher's critical thought and analysis. Instead of relying exclusively on these tools' outputs, it is essential to use them as aids to help and streamline the process.

- (Johnston 2006), explores the study process and experiences with using the QSR NVivo program. The study considers how nvivo is used and taught in the context of qualitative research.

Methodology: To examine and share ideas from the usage of nvivo software in doctoral research, the review takes a reflective method. The writers draw on their own professional and academic experiences as well as those of others who have used nvivo in their study. The methodology includes conversations about the use of the software in research projects as well as critical reflection, observations, and case studies.

The review emphasizes how useful nvivo is as a tool for qualitative analysis. It covers how nvivo helps researchers organize field notes, do systematic literature reviews, analyze focus group and interview data, and draw conclusions from qualitative data. The software's capacity for handling various data formats as well as its coding, querying, and data-

visualization functions are highlighted. The literature study also discusses the difficulties and factors to be taken into account when using nvivo. It talks about the software's learning curve and the necessity for researchers to gain a thorough understanding of qualitative research procedures and principles. In order to ensure thorough analysis, the study also emphasizes how crucial it is to use interpretation and critical thinking in addition to the software's features.

In conclusion, the literature review offers details on the approach and practical application of nvivo in qualitative doctoral research. While admitting the necessity for researchers to gain a thorough understanding of qualitative research principles, it highlights nvivo's advantages for organizing and evaluating qualitative data. Researchers can increase the rigor and efficacy of their qualitative research initiatives by using nvivo as a tool in conjunction with reliable research procedures.

3.1.2 Experiments

By using three-dimensional digital mapping and simulations, the article "Applicability of Feng Shui Thoughts for Sustainable Space Planning and Evaluation in Korea" by (Choe & Han 2019) assessed the ventilation, site selection, and natural illumination. Analyzing the factors from a feng shui and architectural perspective. And how each of these components is effectively offered and used where it is needed. Resulting in analyses of the topography, climate, and environment for target sites. Concluding that artificial mountains, such as skyscrapers or high rise buildings, are replacing natural features like mountains in contemporary locations. Instead of employing numerical verifications, qualitative standards are used to evaluate the use of Feng shui principles. Then, using technical tools like wind rose, solar exposure, radiation distribution, and UTCI, targeted analyses were carried out in a serial fashion to examine the climate, topography, and environmental aspects on the chosen site in

order to determine the climatic and environmental advantages of each selected site. These repercussions suggested that the number of thermal sensors in the built environment will increase. Causing the realization that they are adept at using feng shui principles to make use of the climatic and natural components.

In the research effort carried out by (Min et al. 2020), the site selection principle was also examined as a parameter alongside complexity, units, and test through design, as architectural features, that can deliver the pleasant indoor atmosphere that is required for dementia patients. The four phases' chosen suburban site selections are the ones that most closely align with feng shui concepts. The primary goal of this project is to develop a compassionate atmosphere that offers better surroundings via the integration of architectural and feng shui principles. A feng shui garden, residential-scale units to improve familiarity gatherings and make people feel at home, and easy access to other facilities including entertainment and medical services are also included. (Mollazadeh & Zhu 2021) used a methodical process to evaluate and examine how virtual worlds were used in the context of biophilic design. The following can be used to summarize the methodology: First, The application of virtual environments in biophilic design was the main emphasis of the study topic that was clearly defined by the researchers. This question served as the overall review process' compass and helped to ensure a focused and orderly analysis. Second, a thorough review of the literature was done to find pertinent research and articles on the application of virtual environments in biophilic design. To find a variety of sources, a number of databases, including academic journals, conference proceedings, and specialist web sites, were searched. Third, researchers developed detailed inclusion and exclusion criteria to choose studies that matched the review's scope and goals. These standards often included elements

like publication date, study design, applicability to virtual environments and biophilic architecture, and research quality. Fourth, the researchers examined the identified studies and used a methodical selection process based on the established inclusion and exclusion criteria. In order to determine if a study was appropriate for inclusion in the review, its title, abstract, and full text were evaluated. Fifth, a specified data extraction form was used to obtain pertinent data from the chosen research. Key factors, study methodology, virtual environment approaches, biophilic design components, and outcomes connected to the usage of virtual environments in biophilic design were all gathered by the researchers. Next, a methodical analysis of the information collected was conducted to find commonalities, themes, and trends among the examined studies. To consolidate and summarize the data, the researchers used both qualitative and quantitative analysis techniques, such as content analysis and statistical analysis. The examined papers underwent an intensive evaluation to determine their rigorousness, quality, and limitations. The sample size, research design, data collection techniques, and the validity of the findings were all examined rigorously by the researchers along with the study's strengths and drawbacks. And yet more, The reviewed research' synthesised findings were arranged and presented in a logical and ordered way. To give a thorough review of the use of virtual environments in biophilic design, the researchers found common themes, trends, and gaps in the literature. Last, The main conclusions, ramifications, and suggestions for further study and application were discussed in the review's conclusion. The researchers offered critical analysis of the studies' advantages and disadvantages and offered insights into the possible advantages and difficulties of employing virtual settings for biophilic design.

3.1.3 Reviews

Researchers rely on the scientific descriptive approach, which was employed in a work by (Kryżanowski 2019), to conduct a comparison analysis using more than merely following the phenomena. Comparisons were done after constructing the feng shui database. The feng shui database and Alexander et al.'s pattern language are compared first, followed by the results of this comparison and those of environmental psychology. This is accomplished by first compiling a database from many feng shui materials, including books, articles, and actual feng shui consultancy. This collection is dependent on the depth of the literature gathered. The second phase involves examining the pattern language recommendations to create Alexander et al.'s pattern language database. After being summarized and assessed, the third step is the establishment of the database in accordance with environmental psychology principles.

A historical study was used in the technique of (Abdelaal & Soebarto 2018), to comprehend the origins and tenets of biophilic design in conventional educational environments. The following are the methodology's main steps:

The topic that the researchers set out to answer was, "What are the historical roots of biophilic design in cutting-edge learning spaces?" This question served as the whole research's compass and ensured that the historical backdrop was thoroughly investigated. Second, a thorough literature review was done to compile information on biophilic design, conventional architecture, and cutting-edge learning environments. This process aided in developing a theoretical framework and defining important ideas and factors for the historical investigation. Third, the researchers chose a group of case studies that served as models for traditional architecture in learning environments. These case studies featured old buildings or classrooms that showed biophilic design ideas and had a big influence on the creation of cutting-edge

learning environments. And yet more, Visits and in-depth documentation were made at the chosen case studies. The researchers examined and cataloged the architectural elements, spatial configurations, organic components, materials, and other design factors that demonstrated biophilic design concepts. To capture the soul of each setting, visual documentation, sketches, photographs, and thorough notes were made. The social, cultural, and environmental aspects that shaped the creation and growth of the chosen case studies were investigated through a historical analysis. To comprehend the contextual factors that influenced the adoption of biophilic design components, the researchers looked at historical records, architectural blueprints, and pertinent papers. The researchers found important biophilic design principles that were present in the traditional architecture of modern learning spaces based on the examination of the case studies and historical context. Natural light, ventilation, connections to nature, the use of natural materials, and the inclusion of outdoor spaces were all included in these concepts. The identified biophilic design principles were compared across the chosen case studies by the researchers. They investigated parallels, discrepancies, and patterns to learn more about how these ideas were applied in conventional learning environments. In order to shed light on the beginnings and development of biophilic design in innovative educational spaces, the results from the historical analysis and comparative study were synthesized and analyzed. The researchers emphasized the importance of historical models in influencing current conceptions of biophilic design. Finally, a discussion of the results, their ramifications, and prospective applications in the current educational landscape brought the study to a close. The researchers discussed how historical knowledge can still educate and inspire the creation of biophilic learning environments today. The process for analyzing previous studies on spiritual conceptions from the viewpoints of the

Al-Quran (the Quran), Hadith (sayings of the Prophet Muhammad), and Islamic scholars is described in (Aziz et al. 2021). The process entails an organized review and synthesis of pertinent material.

The aim of this study was to gather a wide range of literature that covers different perspectives and interpretations. Specific inclusion and exclusion criteria were established to select literature reviews that aligned with the research object. The researchers conducted a comprehensive literature search to identify relevant literature reviews on spiritual concepts in Islamic studies. This search may have included databases, academic journals, books, and reliable online resources. The established inclusion and exclusion criteria were used to screen and choose from among the identified literature reviews. To establish if the literature reviews were appropriate for analysis, the researchers evaluated their titles, abstracts, and entire contents. The data extraction comes next, Using a specified data extraction form, pertinent information from the chosen literature reviews was extracted. The researchers gathered data about the study's goals, the methodology used in the literature reviews, the particular spiritual ideas examined, the interpretations offered by the Qur'an, the Hadith, and Islamic scholars, as well as any important results or recommendations made in the literature studies. To find common themes, patterns, and viewpoints of spiritual concepts from the Quran, Hadith, and Islamic scholars, the retrieved data were thoroughly evaluated. To synthesize and summarize the data from the literature reviews, the researchers might have used qualitative analytical techniques like content analysis or thematic analysis. The findings and interpretations from the literature reviews were combined and compared by the researchers. They might have discovered points of agreement, opposing viewpoints, or misconceptions about spiritual ideas. The purpose was to offer a thorough survey and critique of the body of work on spiritual

issues from an Islamic viewpoint. The quality, dependability, and relevance of the literature reviews and their methodology were appraised critically. The validity of the sources, the rigor of the analysis done in the literature reviews, and any potential biases or constraints in the interpretations put out may have all been taken into account by the researchers. The investigation was ended with a discussion of the key conclusions, their ramifications, and suggestions for further study. The researchers considered the value of the reviewed literature in advancing knowledge of spiritual principles from the viewpoints of Islamic scholars, Hadith, and the Quran. They might have drawn attention to the effects on spiritual direction, personal growth, and the integration of spirituality into various facets of life.

(Al-Jayyousi et al. 2022) used a methodical technique to find, pick, and evaluate pertinent material. The following list summarizes the methodology's main steps:

The interaction of Islamic worldviews and sustainable development was the subject of the researchers' well-defined research question. The query may have discussed the contribution of Islamic viewpoints and values to sustainable development or examined the literature on the subject. The methodical search approach that was created to locate pertinent literature comes next. This approach might have involved looking through several databases, scholarly publications, books, conference proceedings, and other reliable sources. It's possible that the search terms used have anything to do with Islamic perspectives, Islamic ideals, and similar ideas. To choose relevant material for the review, precise inclusion and exclusion criteria were devised. These criteria may have taken into account elements like the publication date, language, applicability to Islamic and sustainable development viewpoints, as well as the caliber and rigor of the studies. Based on the previously established inclusion and exclusion criteria, the researchers screened the identified literature. They probably evaluated the

literature's titles, abstracts, and complete texts to determine whether it was appropriate to include it in the review. Using a specified data extraction form, pertinent data were collected from the chosen literature. The researchers gathered data on the authors, publishing information, research goals, technique used, major findings, and theoretical frameworks or concepts associated with Islamic worldviews and sustainable development.

In order to pinpoint similar themes, viewpoints, and ideas regarding sustainable development within Islamic worldviews, the retrieved data were subjected to a methodical analysis. To synthesize and summarize the data from the literature, the researchers might have used qualitative analytical techniques like topic analysis or content analysis. The results of the literature review were summarized and analyzed by the researchers. They probably pinpointed important ideas, rules, and suggestions regarding sustainable development in Islamic worldviews.

3.2 Research methodology selection

Surveys and interviews are essential for carrying out thorough research and producing informative results. With the help of these techniques, researchers can gain access to their target audience's thoughts and gather information that is both quantitative and qualitative in character. The importance of surveys lies in their ability to collect quantitative data, comprehend customer preferences, and measure satisfaction levels. Structured data is collected using surveys, which frequently take the form of multiple-choice or agreement scale questions. This makes it possible for researchers to collect numerical data, which makes statistical analysis and data-driven decision-making easier. Organizations can use surveys to collect a significant number of replies, offering a comprehensive perspective on numerous topics.

Interviews, as opposed to surveys, give researchers the chance to have in-depth discussions with subjects. Open-ended questions are allowed in this qualitative method, which encourages respondents to discuss their ideas, viewpoints, and experiences in greater detail. Interviews allow academics to delve deeper into complicated issues, elucidate underlying drivers of behaviour, and investigate a variety of themes. Interviews help the interviewer and interviewee develop a personal bond. This human connection fosters an atmosphere that encourages people to express themselves freely, resulting in responses that are deeper and more genuine. Interviewees are prompted to consider their behaviours and offer insights into their decision-making processes through probing questions. Understanding the "why" behind specific trends or patterns in the data can be incredibly helpful with the help of this qualitative information. (Young et al. 2018).

3.2.1 Pros and cons of the selected methods

In research, combining surveys and interviews results in a thorough grasp of the issue. While interviews offer qualitative information and human opinions, surveys offer quantitative statistics. Here are some of the Pros and Cons of the selected methods:

Pros of surveys: Firstly, By collecting information from a lot of respondents, surveys let researchers get a broad view of a subject. Multiple-choice and Likert scale questions are frequently included in surveys, which generate quantitative data that can be statistically examined. Thirdly, Because surveys can be delivered online, they are a time- and money-efficient way to gather data. Furthermore, Survey participants can remain anonymous, which may encourage them to give truthful and objective answers. lastly, to ensure uniformity in data collecting, surveys provide standardized questions and response alternatives. (Rahman 2016). On the other hand, **Cons of surveys:** First, Respondents typically have only a small

amount of space in surveys to express their thoughts and opinions, potentially leaving out valuable contextual data. The Lack of Personalization, Surveys could produce less nuanced insights because they lack the individualized attention and personal touch that interviews can offer. Third, It's possible that respondents don't always give honest or correct answers, which causes response bias and could jeopardize the accuracy of the data. Fourth, Predetermined questions and response options in surveys may limit the breadth of data that may be gathered. Lastly, Some people may decide not to take surveys, which could result in non-response bias if those who choose not to participate have different traits or viewpoints from those who do. (Rahman 2016)

Pros of interviews: they allow for in-depth topic exploration and encourage participants to give thoughtful, specific responses. They also produce qualitative information that offers in-depth participant insights and rich contextual information. they also provide you the freedom to ask follow-up questions and delve deeper into particular topics of interest, enabling a more thorough investigation of the subject. According to the Personal Connection, Interviews build a personal bond between the interviewer and the interviewee, fostering a relaxed atmosphere in which people can discuss their ideas and experiences. Through interviews, researchers can delve into the underlying motives, feelings, and behaviours that guide people's choices and behaviour (Rahman 2016). **Cons of interviews:** Conducting interviews can take a lot of time, particularly when working with numerous participants or challenging subjects. Both the interviewer and the interviewee may bring their own biases and subjective interpretations to the conversation, which could compromise the objectivity of the information gathered. For researchers with limited resources, conducting interviews may come at an added expense due to participant compensation or travel costs. When compared to surveys, interviews frequently

have a smaller sample size, which could limit how broadly the results can be applied. The interviewer's presence and demeanour may affect the interviewee's responses, which could result in interviewer bias (Rahman 2016).

Both surveys and interviews have advantages and disadvantages. The research objectives, the level of insight needed, the target audience, and the resources available all play a role in selecting the best method. Combining the two approaches can frequently lead to a deeper grasp of a particular subject (Young et al. 2018).

3.3 Research methodology

This study approach will be carried out in a number of sequential steps. Below are detailed explanations of the Initiation Phase, Identification of the Methodology, Instruments, Costs, Data Collection, Data Analysis, and Cost Analysis.

3.3.1 Initiation phase

The first section of this paper deals with developing a research question or problem. This is followed by gathering data from reliable sources, including books, journals, and articles, as well as Google Scholar, to serve as a foundation for the chosen concept. The data collected is ordered as follows: Integrating the indoor space sustainability (ISS) with human psychology: Knowledge, Advantages of taking humanitarian concerns into account: Some among all, The integration between the sustainability of indoor spaces and the sustainability of human psychology and well-being both at the same time and how they complete each other plus, their efficient impact on sustainability as a whole: The importance of consciousness for change, Integrating the (ISS) and Human Psychology: The FBMI Strategies, FBMI's Impact on Neuroprogramming of Human Beings: Knowledge, How the human psychology is affected by

the FBMI strategies: The opposite perspective, The Impact of sustainable indoor space on Occupants' Psychology: Students in Educational Institutions, Applying FBMI Strategies in Indoor Spaces: A Selection of Schools As A Case Study, The implementation of FBMI Design Strategies: At schools' in UAE and lastly Some of Challenges in the educational sector including the grading system and AI progression and their impact on human sustainability. These aspects were the primary aspects that the introduction focused on. The research's map visualization follows the determination of the objectives, questions, research motivation and variables determination. The second section was The collection of literature reviews next to the examples of local schools. They were talking about the two main variables—the obvious variable, the indoor space strategies FBMI, plus the latent variable, The Occupants' psychology—.The dimensions of FBMI strategy, the occupants' psychology variables, sustainability, humanity, difficulties facing the educational sector, and the concept of change are all topics covered in literature reviews.

The Victoria International School in Sharjah, VISS, Ambassador International School in Dubai, AIS, Global Indian International School Abu Dhabi, GIIS And the British School of Al Khubairat in Abu Dhabi were the four selected Private examples of the local schools. Meanwhile, The two selected cases ISCS in Mueileh and SAS in Ajman, were chosen for this research paper. Data is analyzed using gap analysis for the collected information, followed by the inclusion and exclusion criteria to determine the selected variables. The FBMI parameters—lighting, ventilation, site placement for Feng Shui, incorporating green components into interior spaces for biophilic design, clearing the space of clutter for minimalism, and faith and spirit impact on psychology for the Islamic principles—were addressed. The parameters have been rendered more clear.

3.3.2 Identification of the methodology, required equipments, and expenses

Many types of methodologies were utilized to classify the data acquired from literature reviews that illustrate the research techniques employed to investigate this topic: mixed mode, surveys, interviews, experiments, and reviews. The research hierarchy process that all types of literature have gone through was condensed into the life cycle analysis using the Agile concept. *The chosen methodologies were surveys and interview.* Combining surveys and interviews offers a comprehensive understanding of the problem. Surveys provide quantitative numbers, whereas interviews offer qualitative data and opinions from real people. Here are detailed explanations of the two methods.

The first selected methodology is the Survey, Survey design samples are divided into two different themes which are: The adults theme and the kids theme. Adults' theme consists of the agreement scale questionnaires, Strongly Disagree, disagree, neutral, agree and Strongly Agree. Greater Clarity and Precision, uniformed responses, Results Interpretation Made Simple, Analyzing Data Effectively and Superior Comparability were the advantages of using such types of questionnaires. The adult questions in both categories are same or similarly constructed, but they target different audiences—teachers and adult students, respectively. The first eight questions were about The Environmental variables which are the FBMI strategies , these eight questions targeted the occupants' perceptions about how the enhancement of indoor space variables can impact their well-being, followed by six questions about the psychological variables which are the occupants' traumas, healing, well-being, mental health and age. The questions directions are targeting if the environmental variables ALONE can heal the traumas of occupants! Lastly, the last Three questions targeted the awareness shifting of the occupants' perception. Adult students are between grades 7-12, and teachers from all sections. The ready-

structured questions which were written by the author of this paper are distributed through Google Forms, with no expenses required. Meanwhile, the kids' theme consists of image selection questionnaires that reflect the kids' perception Environmentally and psychologically. The selected Kids are between grades 3-6. Eight questions were divided into two categories: environmental and psychological aspects. Three questions for environmental aspects asking about the space they prefer, the timing and the type of light, meanwhile the other five questions for psychological aspects asked about shapes, colours, social themes, feelings and activities they prefer. All kids' results are going to be translated according to some selected reviews. All needed equipment includes the school's access approval, the constructed forms on Google Forms and the follow-up with the progress of receiving the responses. Finally, no expenses are required.

The second selected methodology is the Interview. Two interviews were done with the two schools' principals: The ISCS principal and SAS principal.. This study aims to reach a profound degree of awareness, which is addressed in seven questions. Four questions about the psychological variables, two questions about the environmental variables and the last question about the awareness of the future recommendation. All needed equipment includes the school's access approval, a cell phone for recording the voice or a voice recorder. And no extra expenses are required.

3.3.3 Data collection

Throughout the entire research paper, the process of gathering data is ongoing. It begins with the first stage of gathering the report's foundational data from trustworthy sources in order to establish the goals, objectives, and variables. Subsequent data gathering for literature reviews, methodology, stakeholder identification details (SH), survey and interview replies

come next. Following record-keeping, the data - gathering procedures are carried out in the segments that involve analysis, synthesis, and presentation of data to address research objectives. The agile method used to create this hierarchy can make it simple to go back and forth between the stages involved in changing and adjusting the data that is currently available. The equipment utilized determines the cost of gathering and processing data. This academic project, which is self-funded, will make use of readily accessible computers and software, including IBM SPSS, Google Forms, Excel, and Nvivo.

The task description, deliverables, completion time, and anticipated risks are all clarified in order to provide a thorough explanation of these procedures. *Table.4.*

Table 4: The data collection

Activity	Description	Deliverables	Time needed	Expected risks
The collection of main & secondary information from reliable sources	This step is divided into three main phases in three different approaches of the report, starting from the data collection at the beginning of the report to form the base and background around the topic through articles, journals, and books. the second phase: is the data collected from the literature reviews, case studies and methodologies sequences, while the third phase is the data collection from answered surveys and interviews.	- Sources - Note - Topics - Useful papers - Clear vision of the report.	2-3 weeks	- Loss of data. - Longer time spent. - Limited access of data needed. - Rejections. - Delays.
Identification of Stakeholders details (SH)	• Students, teachers and principals are the main priority of SH • Administrators and Parents are the second priority of SH • The community is the third priority of the SH	- Different background stakeholders - impact the size of the survey sample	2 weeks	- Sample size exchange - Survey size - lost of the orientation of questions
Survey distributions	After designing the survey questions that vary according to the targeted consumers, surveys going to be distributed virtually through emails to SH who are not usually available.	Data Responses	3 weeks	- Misunderstanding - Lack of transparency. - Delays - Time consuming - Availability of the SH. - losing control over children.

Interviews	Going to be conducted with SH - principals.	Data	3 weeks	- Lack of transparency - Postponing interview due to unplanned circumstances. - Time management
Saving the records	Maps, answers, and statistical numbers are already available at this stage, and ready to be analyzed. Starting managing and categorizing the collected data utilizing tables, graphs, and figures.	- Data, graphs, Responses - Interview data - Tables - Photos - Maps	4 weeks	- Loss information - Not enough data - Time wasted - Budget issues
Analysis and synthesis	Data analyzed manually and determine which software are needed to classify the analyzed data.	- Comparisons - correlations - Recommendations - evaluation - Indicators	5 weeks	- Data loss - Needing addition data - errors
Compiling and presenting data to answer research questions	- Ending the research stage. - Answers, recommendations and suggestions are clarified. - Any future recommendations are mentioned. - Analyze cost of research clearly and the tools requirements are affirmed.	Presentation	3 weeks	- Disappointment in results - Lack of value data
Recommendations	Brief suggestions for future plans	change in awareness	1 week	• Not well maintained • Not well applied
Equals	6 Months			

(Source: Author)

3.3.4 Data analysis

While the information gathered from various sources, surveys, interviews, varies in scope and style, The data will need to be analyzed, organized, and put into categories.

A. The Advantages of choosing the agreement scale questionnaire in Data analysis

First, compared to straightforward "yes" or "no" questions, The Agreement Scale Questionnaire offers a more sophisticated measurement. It lets respondents express different levels of agreement or disagreement by providing several response options. The variety of viewpoints is captured by the enhanced precision and granularity, which also provides more data for analysis. Second, The Likert Scale gives respondents a consistent method for responding to survey questions. This uniformity makes it simple to compare and analyze replies from various participants and surveys. Researchers can more confidently and

accurately spot patterns, trends, and connections. Third, the Agreement Scale Questionnaire's numerical scale makes it easier to understand the survey results. To determine the general consensus on a certain statement, researchers can compute averages, medians, and other statistical metrics. The understanding and presentation of survey results are made simpler by these measurable indicators. Adding, Survey data analysis can be a difficult and time-consuming procedure. However, by offering structured replies, the Agreement Scale Questionnaire makes data analysis easier. It is simple for researchers to enter the data into statistical tools for quantitative analysis, making it simpler to draw conclusions and gain useful insights. Last but not least, researchers can compare data from various surveys, time periods, or demographics by using the Agreement Scale Questionnaire. Even when surveys are done under different circumstances, comparability is ensured by the standardized response options, which enable uniform measurement. The validity is increased by this similarity(Mukrimaa et al. 2016).

B. Three techniques will be used to verify the significance of the findings.

First, **Analyses** using statistics are essential for verifying research findings. Assess the relevance and dependability of the data, requires the use of the proper **statistical tests**. Researchers can spot any flaws, biases, or contradictions in the results using statistical approaches. Second, **Consultation** with subject-matter authorities or seasoned researchers might be helpful in validating the findings. Experts may offer priceless insights, point out potential problems, and recommend ways to make things better. Last, **Transparency and documentation** which means the Clear documentation of the research design, data-gathering methods, and analysis procedures enables others to assess and confirm the findings. A

foundation for validation is provided by thorough documentation, which helps guarantee the research process is repeatable (Gómez, Juristo & Vegas 2010).

C. Software for analysing the data: Google Forms, Excel, IBM Statistical Package for the Social Sciences SPSS and Nvivo.

Google offers a free web tool called **Google Forms** that lets users make personalized quizzes and surveys. It provides an intuitive user interface that is simple to use, especially for individuals with little technical knowledge. The following are some benefits of using this software: First, Google Form surveys' accessibility is one of its biggest benefits. You can use any internet-connected device to access these forms. Survey participants find it convenient to complete the forms on their computers, smartphones, or tablets. Second, Google Form surveys are a more affordable option than conventional paper surveys. You do away with the costs of manual data entry, printing, and shipping.

Thirdly, there are numerous customization choices available with Google Forms. Surveys can be created with a variety of question types, such as text, rating, and multiple-choice questions. Your survey will match your branding and messaging if you can alter its appearance and feel. Fourth, real-time data analysis is available using Google Form surveys. The findings can be reviewed as soon as respondents submit their answers. This tool is quite helpful for quickly making judgments or changing them in response to feedback. Lastly, The ability to integrate Google Forms with other Google apps is a big benefit for businesses utilizing Google Workspace. Google Sheets and responses can be easily combined for additional data sharing and analysis. The act of reviewing the data gathered from survey participants in Google Forms in order to derive significant insights and conclusions is known

as data analysis. This is a crucial stage since it enables you to recognize the patterns, trends, and important information that are concealed in the responses. Data analysis is made easier using Google Forms' tools and capabilities, which include charts and graphs, data summaries, filtering and sorting, exporting data, identifying trends, and taking action (Raju & Harinarayana 2016).

C.1. SPSS

A popular software program for statistical analysis in the domains of social science, business, health, and other study disciplines is called SPSS, or Statistical Package for the Social Sciences. Originally created by IBM, the official name for it is IBM SPSS Statistics. It offers resources for effectively entering and handling data. Users have the option of manually entering data or importing it from databases or spreadsheets, among other sources. Measures of central tendency (mean, median, mode), dispersion (range, variance, standard deviation), and frequencies can all be produced using SPSS. **Pros and Cons:** Because of its intuitive design, SPSS may be easily used and analyzed by individuals with different degrees of statistical knowledge. It uses a point-and-click interface, which is advantageous for individuals with limited programming experience. Regression analysis, factor analysis, inferential statistics, and descriptive statistics are all supported. Furthermore, it offers data management and cleansing options. Data may be efficiently prepared before analysis thanks to the ease of import, editing, and transformation capabilities. Additionally, it produces output that is ordered and transparent, which facilitates users' interpretation of the outcomes of statistical analysis. This is essential for explaining research results to audiences that are not technical as well as those who are. However, as SPSS is a commercial program, some users—particularly academics and students with tight budgets—may find its expense to be prohibitive. Although

SPSS's fundamental capabilities are easy to use, there may be a steep learning curve for more complex statistical studies. Compared to other specialist tools, it could be more difficult for certain researchers to utilize for sophisticated analysis. Furthermore, in comparison to other statistical tools like R or Python, its programming possibilities are a little bit limited. For users that require or prefer more complex scripting and automation in their analysis, this may be a disadvantage. SPSS can use a lot of resources, particularly when working with big datasets or intricate analysis. On devices with less power, this could result in poorer performance (Raju & Harinarayana 2016).

C.2. NVIVO

Software for qualitative data analysis (QDA) called nvivo was created by QSR International. It is intended to help professionals—researchers, analysts, and others—manage, analyze, and draw conclusions from qualitative data. Non-numerical data, including text, audio, video, photographs, and other narrative information formats, are referred to as qualitative data. A variety of qualitative data formats, including text documents, pdfs, audio and video files, photographs, and spreadsheets, can be imported into nvivo. To make analysis easier, users can categorize and arrange data into nodes and build a hierarchical structure. Coding is a fundamental component of nvivo that entails the methodical labeling and classification of qualitative data segments. The ability to apply codes to certain text, audio, or video segments facilitates the identification of themes and patterns in the data. Using coded data, nvivo users can conduct sophisticated searches and queries on their data. This makes it possible for researchers to look up pertinent data parts and examine code linkages rapidly. Additionally, matrix coding—which entails analyzing coded data across various situations or themes—is supported. This capability is especially helpful for comparison analysis since it lets

researchers examine trends and differences both within and between data segments. The software helps users display and understand complicated relationships within their qualitative data through a variety of visualization methods, including models, charts, and diagrams. Because nvivo facilitates the merging of qualitative and quantitative data, researchers using mixed methods approaches in their studies can find it to be a valuable tool. This makes it possible to analyze study problems in more detail (Hilal & Alabri 2013).

C.3. Excel sheet

Excel is a potent spreadsheet tool that offers capabilities for data analysis and visualization in addition to aiding with data management and organization. There are functions in Excel that can be used to calculate descriptive statistics. For instance, to find the mean, median, minimum, maximum, and standard deviation of a set of data, use the functions AVERAGE, MEDIAN, MIN, MAX, and STDEV. There are numerous chart kinds available in Excel, such as pie charts, bar charts, and line charts. Excel overlays numerous charts to compare data from many sources on a single chart. Data can be readily added to a single graph by copying and pasting the charts after they are created (Cummings, Breese & Connolly 2023).

D. Reliability analysis

One technique for evaluating a measurement tool or system's consistency and dependability is reliability analysis. In many disciplines, including psychology, engineering, economics, and the social sciences, it is frequently used to make sure that measurements or observations are precise and consistent across time. There are various forms of reliability, and each one focuses on a certain facet of measurement consistency. Reliability between tests, split-half reliability, internal consistency reliability, test-retest reliability, and parallel forms dependability.

Internal consistency Reliability is This research paper's applied type. This kind of evaluates how results from many things on the same test are consistent with one another. The process is to examine the correlation between several test items using statistical measurements like Cronbach's alpha. Increased internal consistency is indicated by higher alpha values. Reliability coefficients fall within a range of 0 to 1. Perfect reliability is indicated by a reliability coefficient of 1, whereas zero implies no reliability at all. In actuality, reliability coefficients above 0.70 are the goal of researchers; nevertheless, the acceptable threshold may change based on the circumstances and the particular needs of the study. Reliability coefficients should be interpreted keeping in mind the particular objectives and limitations of the study or measuring tool (S s r a m 1987).

E. Coding analysis

Coding analysis is an essential method for organizing, classifying, and evaluating qualitative data in nvivo. Text, audio, video, image, and other qualitative data can be systematically coded with the help of nvivo, a software tool for qualitative data analysis. Bringing the qualitative data into nvivo and beginning the coding process. Text documents, transcripts, audio and video recordings, pictures, and more can all fall under this category. Either by manually generating nodes based on the study questions or by letting nvivo use its automated coding features to find and recommend possible nodes. A category or theme you establish to represent thoughts, ideas, or themes in your data is called a "node". Information is coded and arranged using nodes. The action that comes next is Coding is the process of joining nodes to certain data segments. This facilitates the classification of data according to themes, concepts, or any other pertinent standards. In order to create a coding framework for analysis, coding is carried out by first choosing a section of the data and then linking it to one

or more nodes. Nvivo provides a range of visualization tools for analyzing and showcasing the results. This comprises graphs, charts, and diagrams that show the connections, relationships, and patterns found in the coded data (*Research Methods in Second Language Acquisition* n.d.).

3.3.5 Cost analysis

The cost-effectiveness assessments of resources are required. Plus the assistance of essential human resources while interviewing and building visits are required as well. Fig.29. shows the lifetime of the total process followed by the Table.5 below which shows the requirements of data collection steps, manpower and cost of each level.

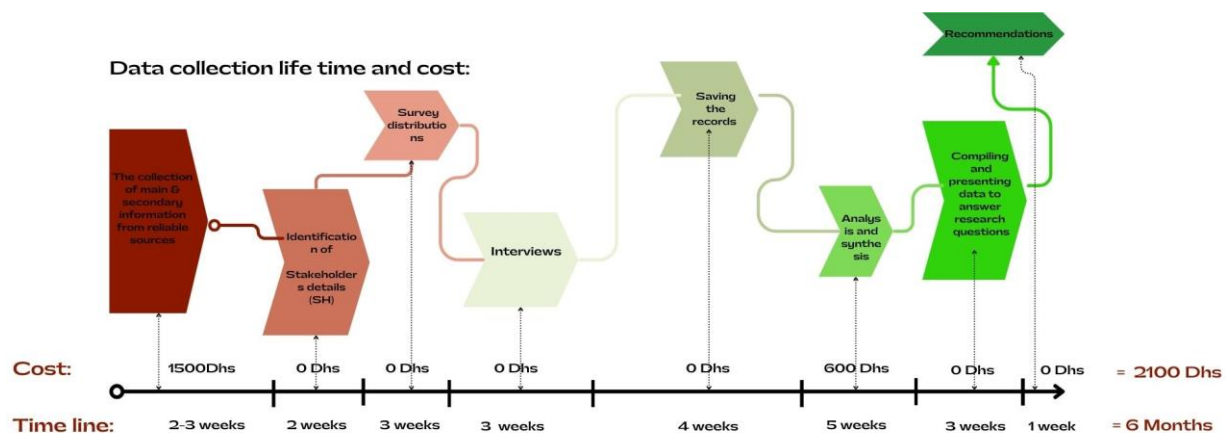


Figure 29: Research time line and cost analysis diagram

Table 5: The cost analysis

Task	Brief Description	Manpower	Requirements	Cost AED
Step 1	The collection of main & secondary information from reliable sources	1	- Books - articles - journals - google scholars	1500
Step 2	Identification of Stakeholders details (SH)	1	- Google scholar - school visit	0
Step 3	Survey distributions	3+	software	0
Step 4	interviews	2	- voice recorder - notebook	0
Step 5	Saving the records	2	- computer - software - recorders - notes	0
Step 6	Analysis and synthesis	1	- computers - software - applications	600
Step 7	Compiling and presenting data to answer research questions	1	- computers - software - application	0
Step 8	Recommendations	1	- Books - computers - software	0

3.4 Survey and interview sample and design

3.4.1 Overview of survey techniques

The chosen survey method will rely on a number of variables. These consist of firstly, Speed: The quickest methods are email and web page surveys, with phone interviews coming in second. The slowest are mail surveys. Secondly, Cost: The most expensive form of interview is a personal one, followed by telephone and then mail. For big samples, email and

web page surveys are the most affordable. Online usage of web pages and email surveys have many benefits, but you might not be able to extrapolate the results to the entire population. Third, Levels of Literacy: People who are illiterate or uneducated rarely ever reply to postal surveys. Fourth, Questionnaires Sensitive: When directly questioned by a computer in one way or another, people are more inclined to respond to sensitive queries.(Sl et al. 2004). Many researchers were implementing different types of surveys according to the sample they need in their papers to reach the results they are planning for, Personal Interviews, Telephone Surveys, and Mail Surveys are some types of surveys. Here is a focused glance at the process of survey they use.

The literature review titled "Research with Children: The Same or Different from Research with Adults?"(Punch 2002) included that The survey sample utilized in studies including both adults and children is included in the literature review. It examines how these two groups differ in terms of participant recruitment strategies and sources. The evaluation emphasizes the necessity of include parents or other legal guardians in the research process as well as the significance of getting children's informed permission. Throughout the study, it also discusses the moral issues surrounding protecting children's rights, privacy, and protection. When involving children in survey research, the study highlights the necessity for age-appropriate language, material, and procedures. The survey Design variations: The review explores design factors for studies including both adults and children. It looks at how children's survey designs are affected by their cognitive development, linguistic skills, and understanding levels. To ensure children's comprehension and participation, the research highlights the importance of using age-appropriate survey tools, such as those that use simplified language, visual aids, and interactive forms. The review also looks at concerns with

social desirability bias, response biases, and variable attention spans as they relate to getting accurate and reliable replies from kids. Surveys for adults and kids are compared, stressing the need for specialized methods when working with younger participants.

The literature review titled "Minimalism in Consumption: A Typology and Brand Engagement Strategies"(Minimalism in Consumption: A Typology and Brand Engagement Strategies NOTE: This is a pre-print version. AUTHORS Aniruddha Pangarkar, Paurav Shukla and Charles Ray Taylor n.d.), shows that the survey design factors used to research consumption minimalism. It investigates the use of scales and questionnaires to assess many aspects of minimalism, including sustainability, experientialism, and possession reduction. In order to effectively capture the intricacies of minimalism and consumer preferences, the review underlines the significance of building trustworthy and valid assessment measures. The review also covers the use of control variables and potential covariates in the survey design to take into account other variables that can affect consumer behavior. It implies that a comprehensive and multi-dimensional survey design strategy is essential for comprehending the complexity of minimalism in consumption. The Survey Sample: The review talks about the survey sample that was utilized to study consumption minimalism. It talks about the criteria for choosing individuals who consider themselves minimalists or display minimalist behaviour. To ensure the generalizability of findings, the review highlights the need for a broad sample that covers various demographic groups and consumer settings. It also looks at the recruitment strategies used to find people with a particular interest in minimalism, including online panels, social media platforms, and consumer forums. The review acknowledges the difficulties of reaching a certain demographic, such as minimalists, and

underlines the value of getting a representative sample in order to produce thorough and insightful study findings.

The literature review titled "Towards a Theory of Minimalism and Wellbeing" (Lloyd & Pennington 2020) shows that the survey design factors used to investigate the link between minimalism and happiness. It emphasizes the use of standardized measures and surveys to assess aspects of well-being and minimalism, including material things, life satisfaction, happiness, stress levels, and mental health. The review highlights how crucial it is to use dependable and tried-and-true measurement techniques in order to guarantee the authenticity and precision of the information gathered. The review also discusses the need for control variables to account for any confounding implications on the association between minimalism and wellbeing, such as socioeconomic position and demographic demographics. The purpose of the survey's design is to document the multifaceted nature of minimalism and how it affects people's general well-being. The Review of Survey Sample: The review discusses the survey sample used to investigate the link between wellbeing and minimalism. It talks about the criterion for choosing participants, concentrating on people who actively adhere to minimalist ideas or show an interest in them. To ensure the generalizability of results, the review underlines the value of selecting a broad sample from various demographic backgrounds. It also looks at the strategies used to find candidates who are likely to have knowledge of or experience with minimalism, including social media groups, internet platforms, and organizations that focus on it. The review acknowledges the difficulties in reaching a particular group that is interested in minimalism but emphasizes the value of collecting a representative sample for a thorough analysis of the connection between minimalism and wellbeing.

3.4.2 The Research's Survey Sample Size (SSS)

The sample size of this research paper is six hundred (600) people, distributed into the two selected schools as follows: 400 for Al-Shola American School ,SAS and 200 for International School of Creative Science,ISCS. 100 image choice questionnaires are going to be distributed to the kids between grades 3-6 in SAS, meanwhile, 150 agreement scale questionnaires are going to be distributed to adult students between grades 7-12 in SAS, and the left 150 are going to be distributed on the teachers of SAS. On the other hand, the 100-image choice questionnaire is going to be distributed to the kids between grades 3-6 in ISCS, 50 agreement scale questionnaires to adult students between grades 7-12, and 50 agreement scale questionnaires to teachers of ISCS. As shown in *Fig.30*.

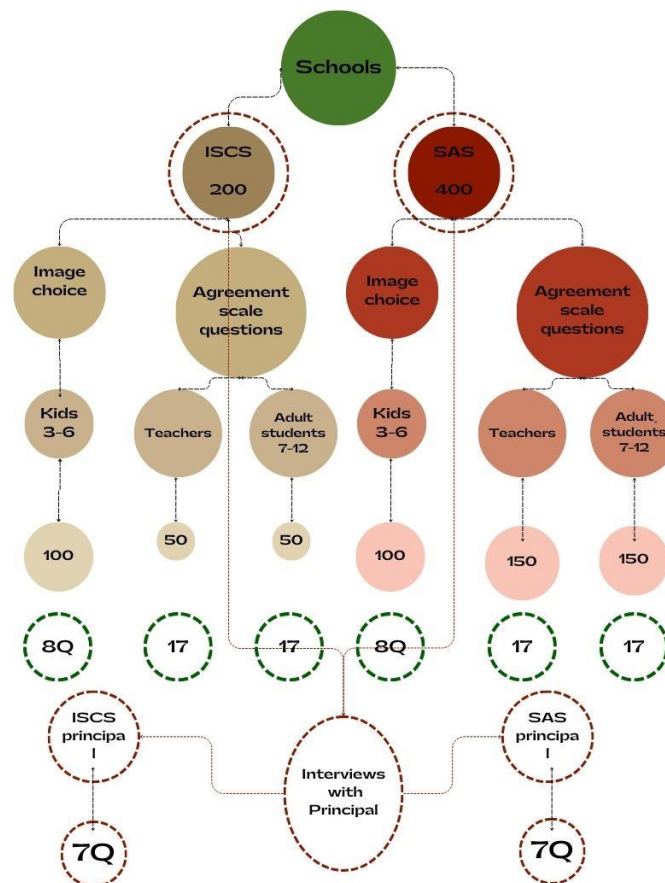


Figure 17: The survey sample distributors

3.4.3 The survey design samples

Survey samples are basically divided into two different themes in terms of question types: image choice questions and agreement scale questions. The image choice questions have targeted the kids between grades 3-6 in both schools. It consists of eight questions, three of them about the environmental variables which ask about the type of light they prefer whether it is natural light or artificial light, the place they like to spend their time in and the timing they would choose. Meanwhile, the other five questions target the kids' feelings, shapes, activities, colours and social communications, *Fig 31*. These were the main characteristics of their psychological aspect.

Environmental variables:

TIMING they prefer: Day light or night light.

TYPE of light they prefer : Natural light or Artificial light.

The PLACE where they like to spend most of their time: Home , School , Parks and Malls.

Psychological variables:

SHAPE selection: Square, Rectangle, Circle and Triangle.

Type of ACTIVITY : Reading, Studying, gaming and others.

COLORS selection: White or Multi colors.

SOCIAL communication: Enjoys playing with other kids OR enjoys playing alone.

Their FEELINGS: Happy , sad , angry or crying.

Figure 18:The environmental & psychological variables , the 8 questions from the image choice questionnaire,kids

On the other hand, The agreement scale questionnaires are divided into three different sections, the first section consists of eight questions, about environmental variables which are the ventilation, site selection, natural light, integration of green elements, minimalism and the psychological variable of the Islamic principles which is faith with spirit. The questions' orientations focus on how the four strategies FBMI impact positively the occupants' psychology. The second section contains 6 questions about the audiences' psychological variables which are age, traumas, wellbeing and mental health. These questions' orientation is different than the first group, the questions were asking if the FBMI as environmental sustainable variables ALONE or ONLY can enhance the occupants' well-being, mental health and traumas! The last section contains three questions about the audience's awareness of the two previous sections, environmental sustainability, and human sustainability. The questions' orientation is to measure how the audience is aware of the importance of sustaining the human. Sample of the agreement scale and image choice survey will be shown in the Appendix while the questions are shown below *Fig32-34*.

Environmental variables:

1. The more the indoor space of the school campus is well-ventilated the more the wellness of the (students',teachers') psychology will be.
2. The more the indoor space of the school campus is well oriented the more the wellness of the (students',teachers') psychology will be.
3. The more natural light in the indoor space at the school campus the more the wellness of the (students',teachers') psychology.
4. The more the Integration of green areas with the indoor space in the school's campus the more wellness of the (students',teachers') psychology will be.
5. Do you agree that removing clutter and extra furniture from the indoor space of the school's campus can highly positively impact the wellness of the (students',teachers') psychology?
6. Do you agree that (students',teachers') beliefs like faith and spirit will positively impact the wellness of the (students',teachers') psychology?
7. How much do you think the schools of nowadays are considered as HEALTHY schools for human psychology?
8. How effectively can HEALTHY schools impact human progress throughout their life?

Figure 19: The environmental variables first 8 questions from the agreement scale questionnaire, adults

Psychological variables:

1. Do you agree that (students', teachers') depression and anxiety can be healed through The exterior environment - FBMI strategies- ALONE without self-healing principles?
2. Do you agree that the FBMI strategies ALONE- The exterior environment principles- can help in enhancing the well-being of the (students', teachers') without the internal healing of their psychological disorders?
3. Do you agree that the FBMI strategies- the exterior environment principles- can impact positively the children at school as much as the impact on adults?
4. Do you agree that the FBMI's impact is more effective on kids than on adults due to their least amount of psychological disorders compared to adults?
5. Do you agree that the mental health of (students', teachers') at the school can be enhanced ONLY by the implementation of FBMI -Exterior environment principles- without specialists' consultation and self-healing?
6. Do you agree that (students', teachers') in schools with rooted traumas can be healed by the impact of FBMI -Exterior environment principles- ONLY?

Figure 20: The psychological variables second 6 questions from the agreement scale questionnaire, adults

Awareness:

1. Do you agree that schools must integrate the psychological healing system with their curriculum?
2. Do you agree that human sustainability is as important as environmental sustainability?
3. The awareness of the importance of human sustainability and human healing systems is as important and effective as the students' degree system?

Figure 21: The awareness variables third 3 questions from the agreement scale questionnaire, adults

3.4.4 Interview sample questions for principles

After getting the acceptance from both schools' principals to interviewing them by voice recording instead of Visual photography –and that was their choice after proposing to them all the ways available and they have the freedom to choose the method they prefer-. They will be questioned on seven key points. The first four questions relate to the psychological variables, the other two questions relate to the environmental variables, and the last question relates to the future recommendations for "awareness". As shown in *Fig.35*

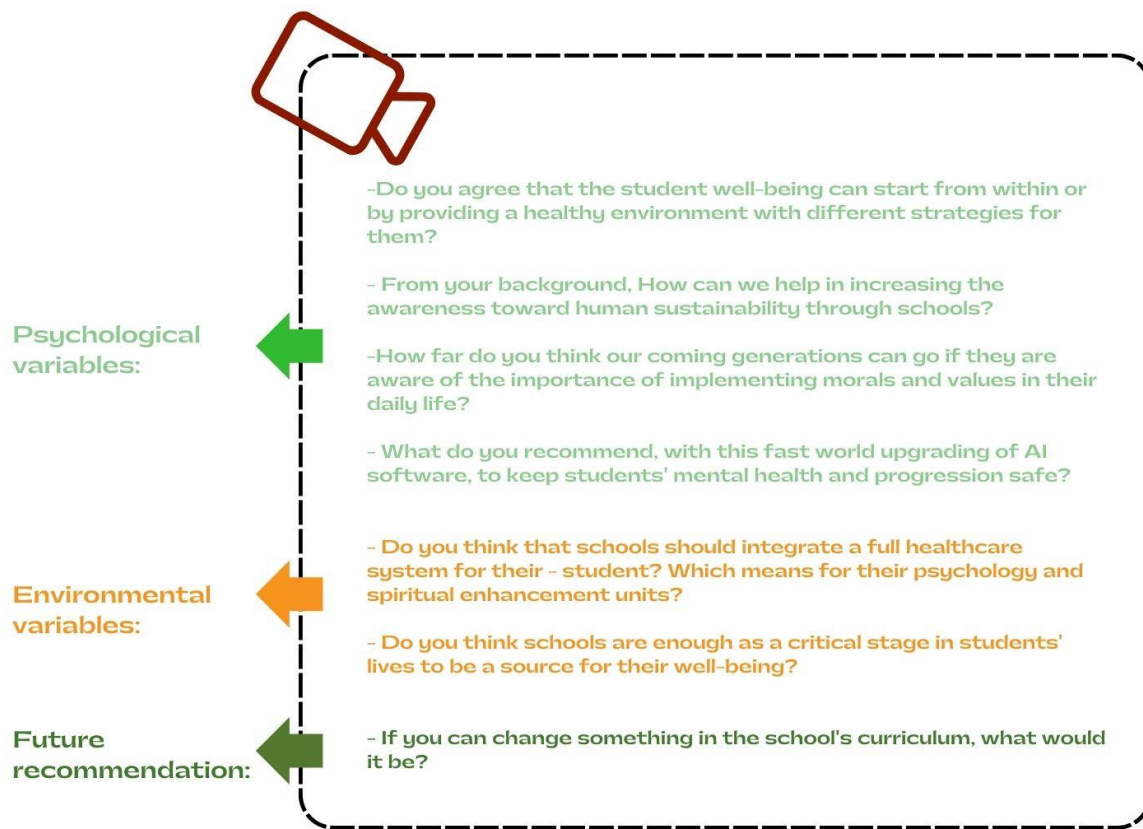


Figure 22: The two interviews' questions , principal

Chapter 4: Results and discussion

4.1 Collecting responses

4.1.1 The survey data collection

600 responses were collected from both schools. 400 from SAS and 200 from ISCS. 17 pie charts of each adult survey category in each school. Total collected pie charts from the adult responses were 68. Adding the 16 pie charts of the total kids' responses from both schools, the total equals 84 pie charts from both schools, SAS and ISCS. As Viewed below.

Al-Shola American School,SAS

Adults, T:(150 Teachers) + S:(150 Students)= 300 responses from T&S.

- Environmental variables

- **Q1:**The more the indoor space of the school campus is well-ventilated the more the wellness of the occupants' psychology will be.

T: 88.3% agreeing , 2.7% dis agree, **S:**81.8% agree,3.5% dis agree.

- **Q2:**The more the indoor space of the school campus is well-oriented the more the wellness of the occupants' psychology will be.

T:59.4% agree . 3.6% disagree, **S:**54.8% agree , 6.9% disagree.

- **Q3:** The more natural light in the indoor space at the school campus the more wellness of the occupants' psychology.

T:92.8% agree , 0.9% disagree , **S:**80%agree,3.4% disagree.

- **Q4:** The more Integration of green areas with the indoor space on campus the more wellness of the occupants' psychology will be.

T:88.3% agree , 0.9% disagree, **S:**79.2% agree ,6.1% disagree.

- **Q5:** Do you agree that removing clutter and extra furniture from the indoor space of the school's campus can highly positively impact the wellness of the occupants' psychology?

T:71.2% agree , 3.6% disagree, **S:**57.4% agree , 3.4% disagree.

- **Q6:** Do you agree that occupants' beliefs like faith and spirit will positively impact the wellness of their psychology?

T:75.6% agree , 2.7% disagree, **S:**64.3% agree , 2.6% disagree.

- **Q7:** How much do you think the schools of nowadays are considered as HEALTHY schools for human psychology?

T:60.4%(75%),37.8%(50%),1.8%(100%), **S:** 46.1% (75%), 41.7% (50%), 10.4%(-25%),1.7%(100%).

- **Q8:** How effectively can HEALTHY schools impact human progress throughout their life?

T:82.9% (high effectiveness),16.2% (medium effectiveness),0.9%(low effectiveness).

S:66.1%(high effectiveness),33.9% (medium effectiveness).

- **Psychological variables**

- **Q9:** Do you agree that occupants' depression and anxiety can be healed through The exterior environment - FBMI strategies- ALONE without self-healing principles?

T:73.9% Disagree,15.3% Agree,**S:**62.6% Disagree,13.9% Agree.

- **Q10:** Do you agree that the FBMI strategies ALONE - The exterior environment principles- can help in enhancing the well-being of the occupants' without the internal healing of their psychological disorders?

T:76.6% Disagree, 11.7% Agree, **S:**50.4% Disagree,20% agree.

- **Q11:** Do you agree that the FBMI strategies- the exterior environment principles- can impact positively the children at school as much as the impact on adults?

T:45.9% disagree,25.2% agree,**S:**31.3% disagree,32.1% agree.

- **Q12:** Do you agree that the FBMI's impact is more effective on kids than on adults due to their least amount of psychological disorders compared to adults?

T:4.5% disagree,66.7% agree,**S:**9.6% disagree,54.8% agree.

- **Q13:** Do you agree that the mental health of occupants' at the school can be enhanced ONLY by the implementation of FBMI -Exterior environment principles- without specialists' consultation and self-healing?

T:77.5% disagree,10.8% agree,**S:**60% disagree,16.5% agree.

- **Q14:** Do you agree that occupants' in schools with rooted traumas can be healed by the impact of FBMI -Exterior environment principles- ONLY?

T:80.2% disagree,11.7% agree, **S:**69.6% disagree,9.6% agree.

- **Awareness variables**

- **Q15:** Do you agree that schools must integrate the psychological healing system with their curriculum?

T:85% agree,14.4% neutral,**S:**71.3% agree,4.3% disagree.

- **Q16:** Do you agree that human sustainability is as important as environmental sustainability?

T:88.2% agree,11.7% neytral, **S:**77.4% agree,4.3% disagree.

- **Q17:** The awareness of the importance of human sustainability and human healing systems is as important and effective as the students' degree system.

T:82% agree, 0.9% disagree,**S:**71.3% agree,5.2% disagree.

Kids,SAS: (100 responses).

- Environmental variables

- 80.3% daylight ,19.7% night light.
- 22% home,11.6% malls,31.8% parks,34.7% schools.
- 89% natural light , 11% artificial light.

- Psychological variables

- 94.8% happy,5.2% sad
- 52% circle,16.2%triangle,22.5% square,9.2% rectangle.
- 67.6% multi colored flower,32.4% white flower.
- 86.1% like to play with other kids,13.9% enjoys playing alone.
- 20.2% reading ,20.2% studying,26.6%gaming,32.9% others.

International School of Creative Science,ISCS

Adults, T:(50 Teachers) & S:(50 Students)= 100 responses

-Environmental variables

- **Q1:**The more the indoor space of the school campus is well-ventilated the more the wellness of the occupants' psychology will be.

T:89.3% agree,3.6% disagree,**S:**82.1% agree, 2.6% disagree.

- **Q2:**The more the indoor space of the school campus is well-oriented the more the wellness of the occupants' psychology will be.

T:42.8% agree,17.9% disagree, **S:**28.2% agree, 28.2% disagree.

- **Q3:** The more natural light in the indoor space at the school campus the more wellness of the occupants' psychology.

T:89.3% agree,3.6% disagree, **S:**79.5% agree, 7.7% disagree.

- **Q4:** The more Integration of green areas with the indoor space on campus the more wellness of the occupants' psychology will be.

T:75% agree,3.6% disagree, **S:**71.8% agree , 5.1% disagree.

- **Q5:** Do you agree that removing clutter and extra furniture from the indoor space of the school's campus can highly positively impact the wellness of the occupants' psychology?

T:78.5% agree, 3.6% disagree,**S:**61.6% agree , 5.1% disagree.

- **Q6:** Do you agree that occupants' beliefs like faith and spirit will positively impact the wellness of their psychology?

T:89.3% agree,3.6% disagree,**S:**94.9% agree , 5.1% neutral.

- **Q7:** How much do you think the schools of nowadays are considered as HEALTHY schools for human psychology?

T:82.1%(75%),14.3%(50%),3.6%(100%), **S:** 74.4% (75%), 20.5% (50%), 5.1%(100%).

- **Q8:** How effectively can HEALTHY schools impact human progress throughout their life?

T:82.1% (high effectiveness),17.9% (medium effectiveness).

S:84.6%(high effectiveness),15.4% (medium effectiveness).

- **Psychological variables**

- **Q9:** Do you agree that occupants' depression and anxiety can be healed through The exterior environment FBMI strategies- ALONE without self-healing principles?

T:78.6% disagree,10.7% agree, **S:**87.1% disagree,7.7%agree

- **Q10:** Do you agree that the FBMI strategies ALONE - The exterior environment principles- can help in enhancing the well-being of the occupants' without the internal healing of their psychological disorders?

T:85.7% disagree,10.7% agree,**S:**87.2% disagree,5.2% agree

- **Q11:** Do you agree that the FBMI strategies- the exterior environment principles- can impact positively the children at school as much as the impact on adults?

T:32.2% disagree,17.9% agree,**S:**46.2% disagree,12.8% agree

- **Q12:** Do you agree that the FBMI's impact is more effective on kids than on adults due to their least amount of psychological disorders compared to adults?

T:7.2% disagree,60.7% agree,**S:**10.3% disagree,69.3% agree.

- **Q13:** Do you agree that the mental health of occupants' at the school can be enhanced ONLY by the implementation of FBMI -Exterior environment principles- without specialists' consultation and self-healing?

T:85.7% disagree,3.6% agree, **S:**84.7% disagree, 10.3% agree

- **Q14:** Do you agree that occupants' in schools with rooted traumas can be healed by the impact of FBMI -Exterior environment principles- ONLY?

T:71.4% disagree,17.9% agree,**S:**84.6% disagree , 10.2% agree

- **Awareness variables**

- **Q15:** Do you agree that schools must integrate the psychological healing system with their curriculum?

T:89.3% agree,**S:**89.7% agree,7.7% disagree.

- **Q16:** Do you agree that human sustainability is as important as environmental sustainability?

T:75% agree,7.1% disagree,**S:**87.2% agree,7.7% disagree.

- **Q17:** The awareness of the importance of human sustainability and human healing systems is as important and effective as the students' degree system?

T:85.7% agree,10.7% disagree,**S:**87.2% agree,5.2% disagree.

KIDS,ISCS:(100 responses)

- Environmental variables

- 84.8% day light ,15.2% night light.

- 26.5% home,20.6% school,30.9% parks,22.1% malls.

- 85.3%natural light, 14.7%artificial light.

- Psychological variables

- 88.7% happy,7.8% sad, 3.4% angry.

- 46.1%circle,23.5%square,7.8% rectangle,22.5% triangle.

- 60.8%multi colored flower,39.2% white flower

- 86.3% like to play with kids, 13.7%enjoy playing alone.

- 25.5% gaming, 12.7% studying,16.7%reading, 45.1% others.

4.1.2 The two interviews data collection

The two voice recordings with the written dialogues of both interviews are available on the CD attached with the paper. A 10-minute interview was done with SAS Principal , meanwhile, a 20-minute interview was done with ISCS Principal.

4.2 Data analysis

4.2.1 Reliability analysis of quantitative data through SPSS

Al-Shola American School,SAS

Internal consistency Reliability is This research paper's applied type. Reliability coefficients fall within a range of 0 to 1. while Reliability coefficients above 0.70 are the goal of researchers; . (S s r a m 1987).The Cronbach's alpha results for adult students' is 0.8 of the total number of items 15, excluding Q7 & Q8 from the environmental category as they are not considered as agreement scale questions. meanwhile, the teachers' result on the same test was 0.76, and the kids' result was 0.24 which is considered weak for the following reasons, converting the data from string data to numerical data, kids not understanding the questions or they didn't taking it seriously, Fig36.

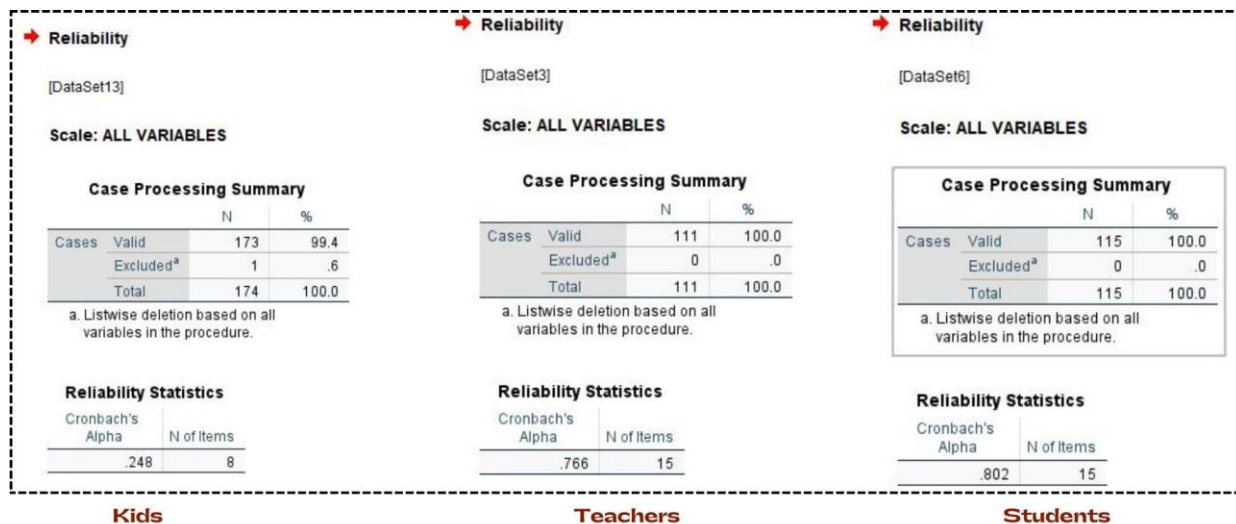


Figure 23: The cronbach's alpha results of SAS

International school of Creative Science,ISCS

The Cronbach's alpha Average results for adult students in ISCS is 0.857 of the separated categories of a total of 13 items, four items were excluded from the test. On the other hand, 0.79 was the teachers' result and -0.2 was the kids'! which is considered (out of the

range) for the following reasons, converting the data from string data to numerical data, kids not understanding the questions or they didn't taking it seriously. *Fig37*.

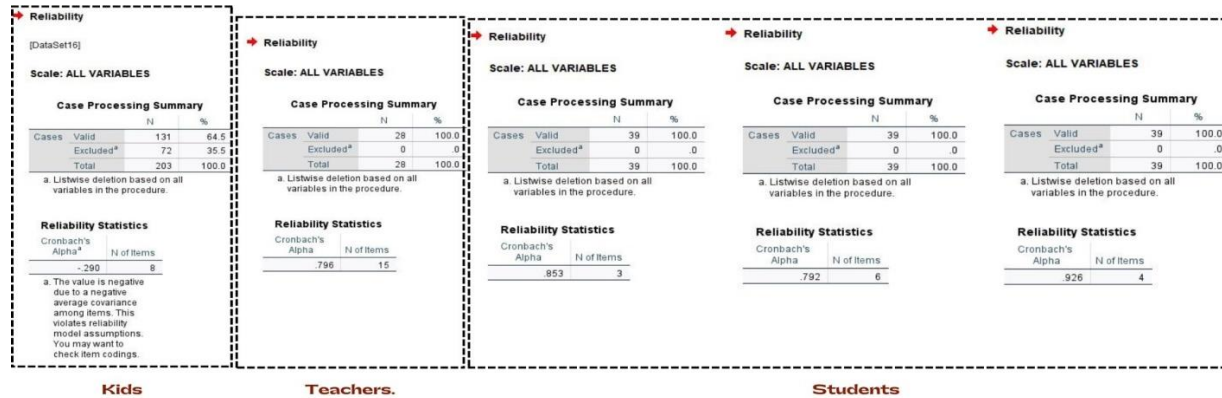


Figure 24: The cronbach's alpha results of ISCS

4.2.2 Coding analysis of qualitative data of interviews through Nvivo

Al-Shola American School,SAS:

As The SAS principal asserts that the students' stability and balance are two basics in students' lives especially when they are at younger ages, the psychological aspect of their students is as important and vital as the physical aspect if not more, he added that caring about these two aspects like the OLD WEIGHT SCALE WITH TWO PANS in which the physical aspect in one pan and the mental health and well-being on the other pan! Furthermore the values that SAS provide for their students' help in keeping them psychologically stable, strong, mentally healthy and more focused to deal with different life obstacles. Keeping morals and values valid and clear is considered one of the missions of the SAS. He added that AI with its pros and cons, is still a tool that can be utilised in different life sectors, they can't neglect its importance but their role is to keep their students open up and aware of the latest technologies that life may offer them to keep them up to date and adapted to advancements. Skills and building LITERATE students were the most important points that he mentioned towards

future recommendations! LITERATE are people who can use their knowledge in more alternative ways and know how to reuse it! He asserts that knowledge will be available in many different ways in the future BUT students and coming generations must focus on their content and how to build their strong personality with useful use of science!

International school of Creative Science,ISCS

The ISCS Principal asserts that it is a component of their goal and plan for the children and young people enrolled in the school—nurturing them in addition to educating them—and their primary priority is ensuring that the student's well-being is met. Secondly, their aim is to develop the student's character in accordance with humanitarian principles and values—basically, they are creating people who will be highly effective in all spheres of life, including social, personal, and scientific. She completely agrees that it is crucial to give humanitarian sustainability of children, youth, and the future generation a great deal of attention, time, care, and planning in addition to the efforts they should put in place to protect it. After all, countries are built on the nurturing and care of their citizens, and if they maintain the interior or internal, the exterior will be strong and healthy to face life.

She added The school's strategies aim to raise awareness among the community through the entirety of the human journey. By considering the parents of the students as partners in this strategy and as stakeholders in the concept of awareness. Secondly, considering the role of the school, the teachers and their assistants, and all those involved in the school system. From her perspective, The student is the most crucial component of this awareness; they should be able to comprehend the value of developing both themselves and humanity as a whole. " In the classroom, we frequently ask students, "What specific steps are you taking to be extremely successful in your life?" and the ideal response we typically get is, "I lead myself first," she

said. she also asserts that humanity is the core connection of the relationship between students and their surroundings, regardless of the differences between each and every one of them, they always encourage the students to adapt and have an open mindset, to not only deal with the change but also to enhance their SKILLS. "We can't say that our current generations don't have the awareness, most of the time the awareness is available BUT it is not present" This is how Ms. Samar started the answer.

She also advises the stakeholders of the coming generations to revise their priorities in increasing their sons' and daughters' awareness which is considered as a vital key to strengthening the future generation. The humanitarian language is also a global language theme in which their school's main priority is to reinforce the Islamic values and culture that is considered a united language even though people come from different nationalities and backgrounds! "spiritual care is as important as psychological care, personal care, religious care, educational care and humanitarian care. humans can't be built by focusing on one section without the other one! It is a complete system which must contain the full variables. We can figure up that from the hierarchy of the school's structure, the field of the Islamic department, of Quraan department, of psychology department, of social workers department, the admin team, sports team. All these departments are working to enhance one section of human well-being, which can build humans by connecting them all together to the total result". The principal said.

Furthermore, She also was with, being adapted to different technologies by keeping ourselves and kids aware of the pros and cons of each advancement, She encourages all the kids to maintain their basics by not over-relying on smart technologies which may result in to deterioration of their mental health. lastly, the most important thing she mentioned for future

recommendation is to strengthen the role of the students' families in their lives by rescheduling their priorities towards their kids.

After the data in NVivo has been encoded and coded, here is the percentage of the categorised data that was mentioned and discussed more by the principals' answers, through NVivo.Fig38.

- 9.35%: The importance of humanitarian growth and sustainability.
- 9.12%: The awareness importance of their students and 4.34%: their role towards increasing it!
- 6.36%: Age is a critical stage of psychological stability.
- 5.97%: The importance of morals and ethics.
- 5.3%: About the changes they would like to see in the educational field.
- 3.11%: The well-being and psychology importance.
- 2.45% AI importance, pros and cons.
- 2.33%: physical and psychological concerns towards students!

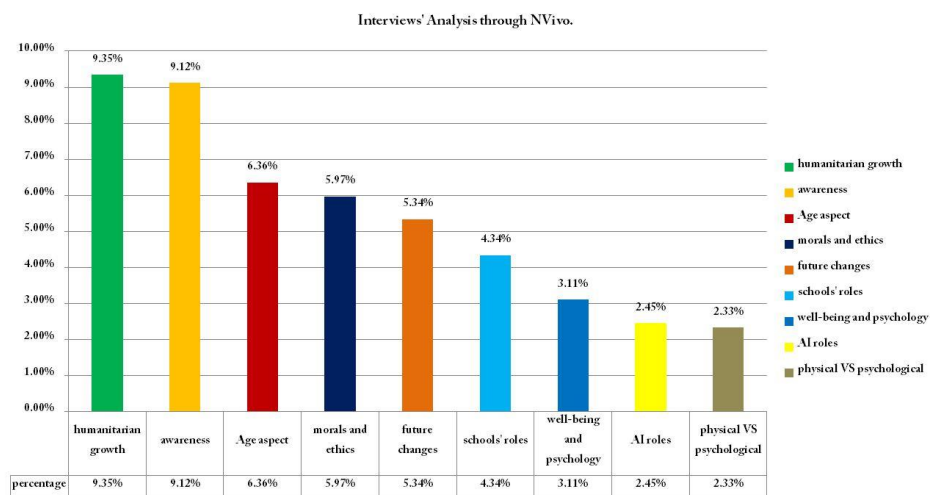


Figure 25: The Nvivo analysed data of interviews' both cases

4.2.3 Average analysis through excel:

Al-Shola American School,SAS:

Adults:

An average of 79% of teachers and 69% of students agreed that the FBMI strategies can positively impact human well-being. On the other hand, an average of 60% of teachers and 47% of students disagreed that FBMI Alone can heal or positively impact humans, there is a need for internal healing and enhancement. an average of 85% of teachers and 73% of students agreed that human sustainability is required and is as important as environmental sustainability parallel to the importance of the grading system at schools, *Fig39*.

Kids:

Environmental Variables:An Average of 89% prefer natural light as the light type, meanwhile, 31% prefer the parks,22% home and 35% prefer the school as their preferred environment, Adding, 80% prefer the day timing.*Fig40*.

Psychological variables: On the other hand, kids' of SAS, preferred circles as a shape with 52% which represents softness, flexibility, motion, and fluidity, compared to 22.5% who preferred the square which represents familiarity, comfort, security, and a sense of peace, adding,95% were feeling happy despite of the 14% who prefers the enjoyment of playing alone as a social theme compared to 86% of enjoying playing with other kids.33% selected the other activities than the reading, studying and gaming.68% chose the multi-coloured flower over the white one with 32%, that represents their creativity, healthy mindset and activeness,*Fig.41*.

The Average of The Agreement Scale in Al-Shola American School , SAS.

Adults Survey

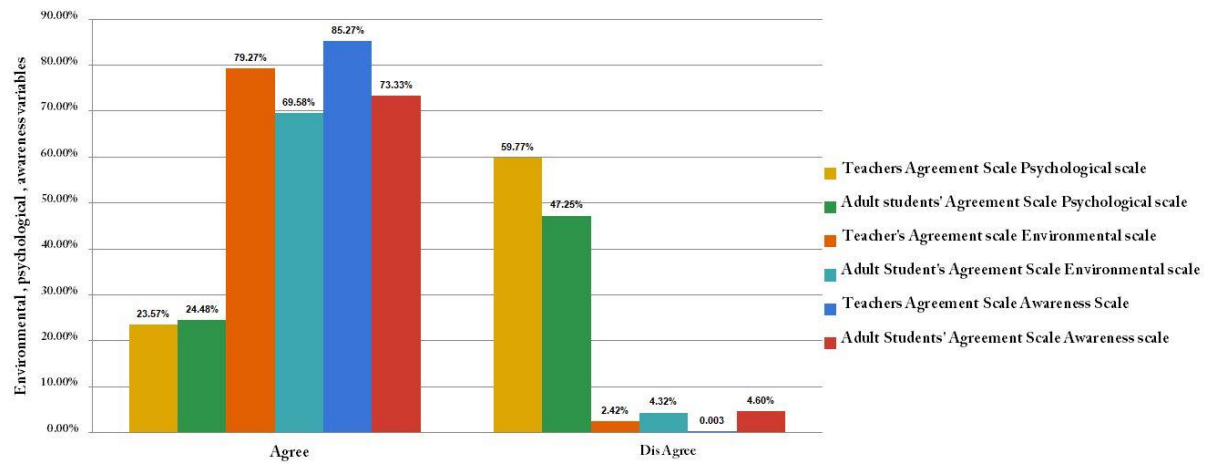


Figure 39: Adults' average analysis of SAS

Kids , Image choice survey , SAS.

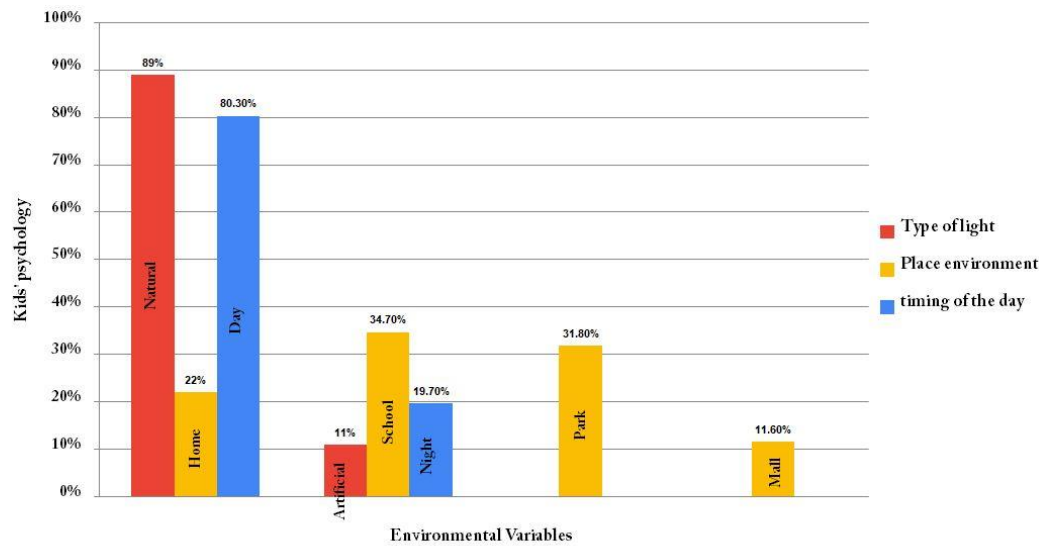


Figure 26: Kids' environmental variables average analysis of SAS

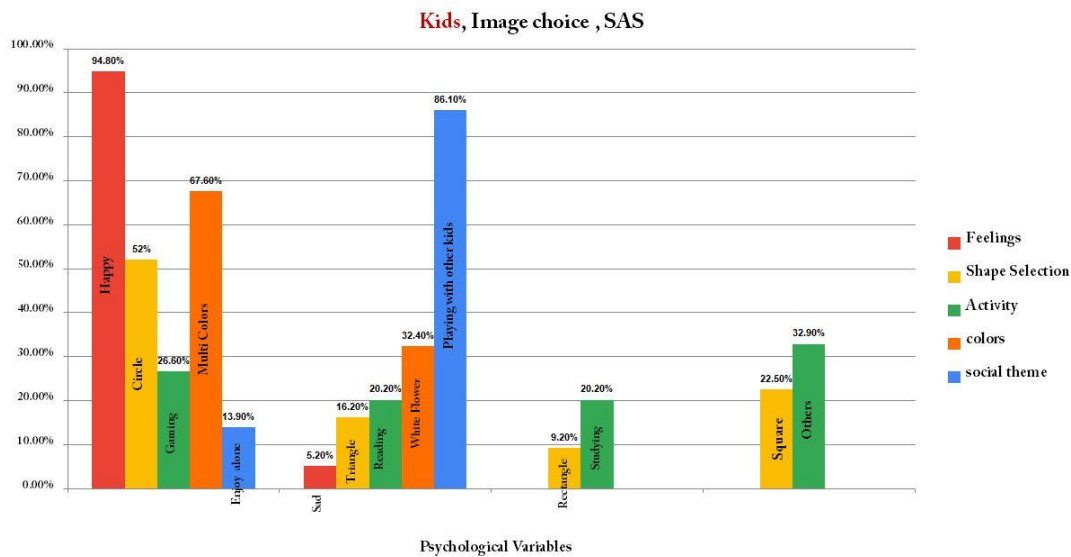


Figure 27: Kids' psychological variables average analysis of SAS

International School of Creative science,ISCS

Adults:

An average of 77% of teachers and 70% of students agreed that the FBMI strategies can positively impact human well-being. On the other hand, an average of 60% of teachers and 67% of students disagreed that FBMI Alone can heal or positively impact humans, there is a need for internal healing and enhancement. an average of 83% of teachers and 88% of students agreed that human sustainability is required and is as important as environmental sustainability parallel to the importance of the grading system at schools, Fig 42.

Kids:

Environmental Variables: An Average of 85% prefer natural light as the light type, meanwhile, 31% prefer the parks, 27% home and 21% prefer the school as their preferred environment, lastly, 85% prefer the day timing, Fig 43.

Psychological variables: On the other hand, ISCS's kids, preferred circles as a shape with 46% which represents softness, flexibility, motion, and fluidity, compared to 24% who preferred the square which represents familiarity, comfort, security, and a sense of peace, adding, 89% were feeling happy despite of the 14% who prefers the enjoyment of playing alone as a social theme compared to 86% of enjoying playing with other kids. 45% selected the other activities than the reading, studying and gaming (Huston et al. 1999). 68% chose the multi-coloured flower over the white one with 32%, that represents their creativity, healthy mindset and activeness, Fig44.

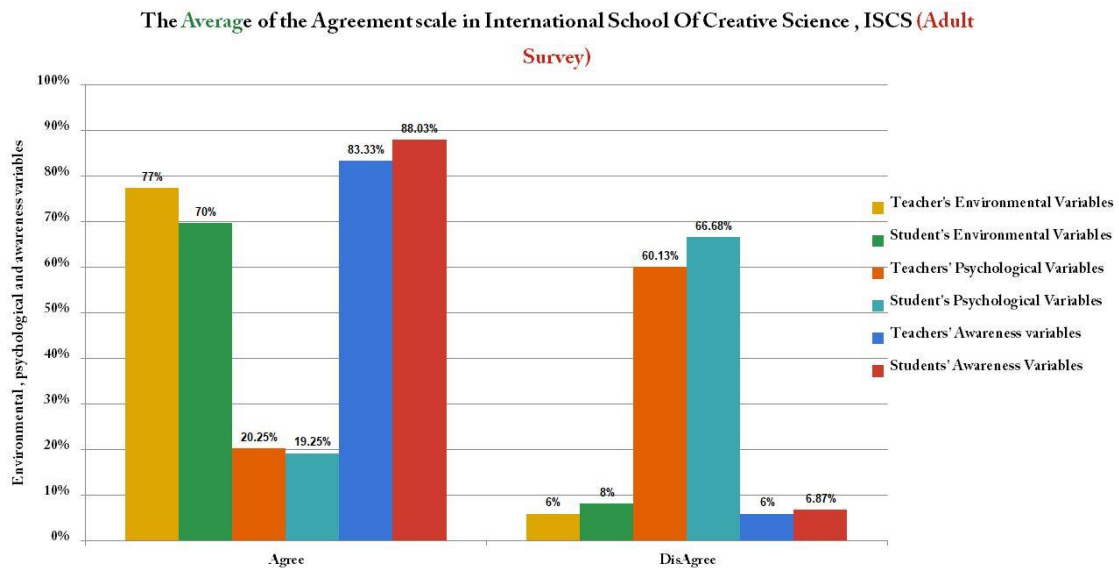


Figure 28: Adults' average analysis of ISCS

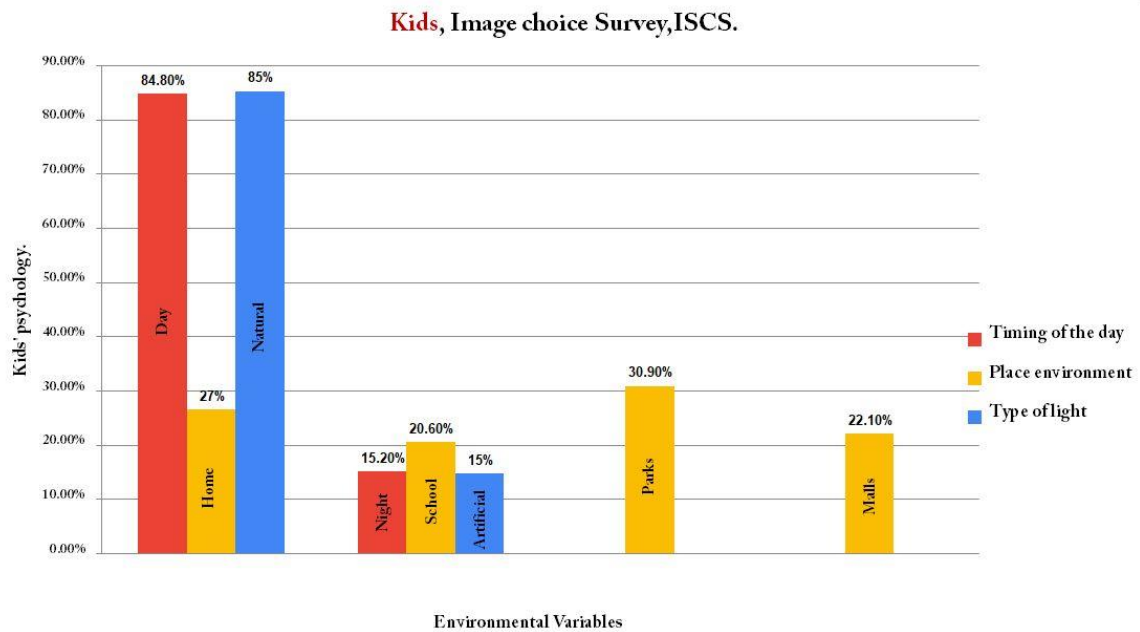


Figure 29: Kids' average of environmental variables of ISCS

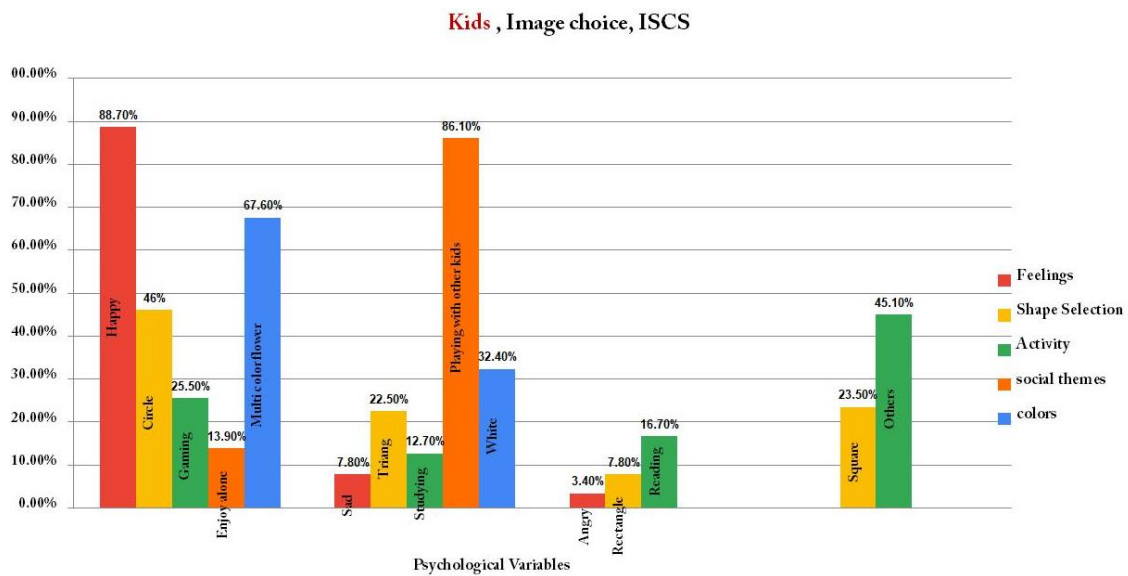


Figure 30: Kids' average of psychological variables of ISCS

4.3 Discussion

Environmental variables in SAS & ISCS

- An Average of 86% out of 400 responses in both schools agreed that ventilation can positively impact the occupants' well-being.

- An Average of 46% out of 400 respondents in both schools agreed that site orientation can positively impact the occupants' well-being.

- An Average of 85% out of 400 respondents in both schools agreed that natural lighting can positively impact the occupants' well-being.

- An Average of 79% out of 400 responses in both schools agreed that indoor greenery could positively impact the occupants' well-being

- An Average of 67% out of 400 respondents in both schools agreed that minimising clutter and extra furniture can positively impact the occupants' well-being.

- An Average of 81% out of 400 respondents in both schools agreed that faith and spirit can positively impact the occupants' well-being.

- > 65% of the total 400 responses from both cases, with a total average (of 74%) agreed that Environmental variables have a positive impact on humans' well-being. Fig45.

Psychological variables of SAS & ISCS

- An Average of 74.4% out of 400 responses in both schools have disagreed that FBMI alone – as exterior environmental variables- can heal depression and anxiety of the occupants.

- An Average of 75% out of 400 responses in both schools have disagreed that FBMI alone – as exterior environmental variables- can enhance the well-being of the occupants.

- An Average of 77% out of 400 respondents in both schools disagreed that FBMI alone – as exterior environmental variables- could enhance the mental health of the occupants.

- An Average of 69% out of 400 responses in both schools have disagreed that FBMI alone – as exterior environmental variables- could heal the Traumas of the occupants.

- > 65% of the total 400 responses from both cases, with a total average (of 73.7%) Disagreed that Environmental variables alone can heal humans' psychological disorders, there must be internal healing and enhancements. Fig46.

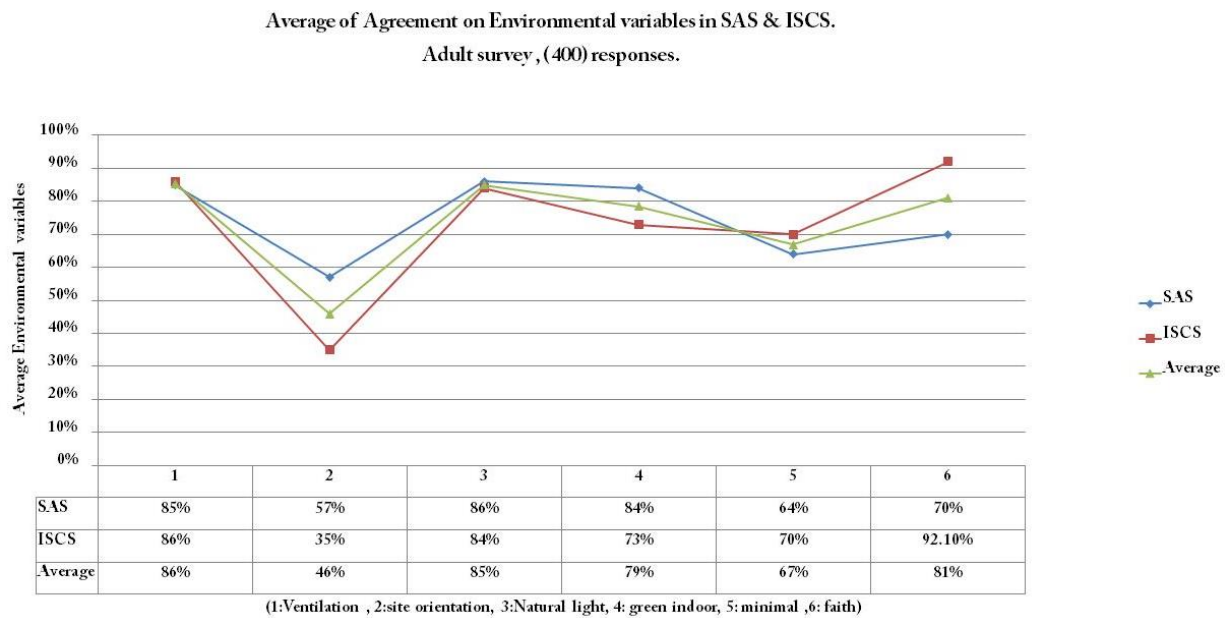


Figure 31: The total average of environmental variables of 400

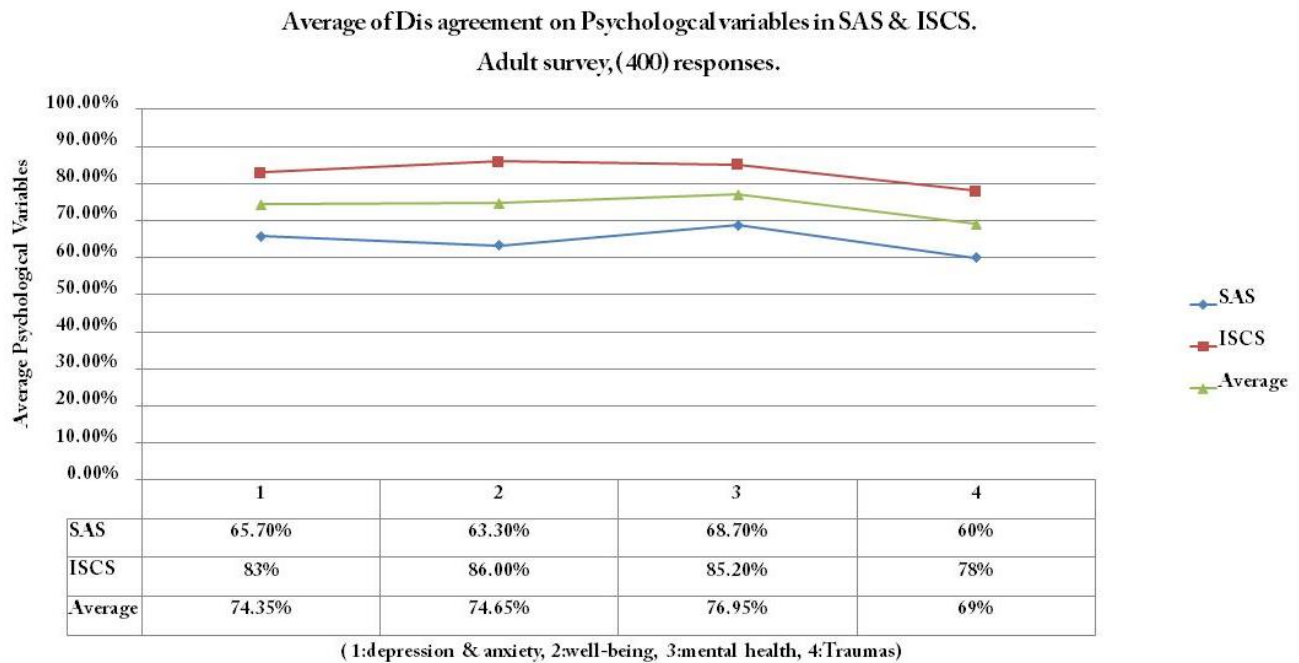


Figure 32: The total average of psychological variables of 400 responses

Awareness variables:

- An Average of 84% out of 400 responses in both schools have agreed on the importance of integrating the psychological healing system at schools.

- An Average of 82% out of 400 respondents in both schools have agreed that human sustainability is as important as environmental sustainability.

- An Average of 80% out of 400 respondents in both schools have agreed that “ human sustainability and human healing system is as important and as effective as the degree systems at schools”.

- > 80% of the total 400 responses from both cases, with a total average (of 82%) agreed that Human sustainability is required and a vital core in sustaining the environment.

Fig47.

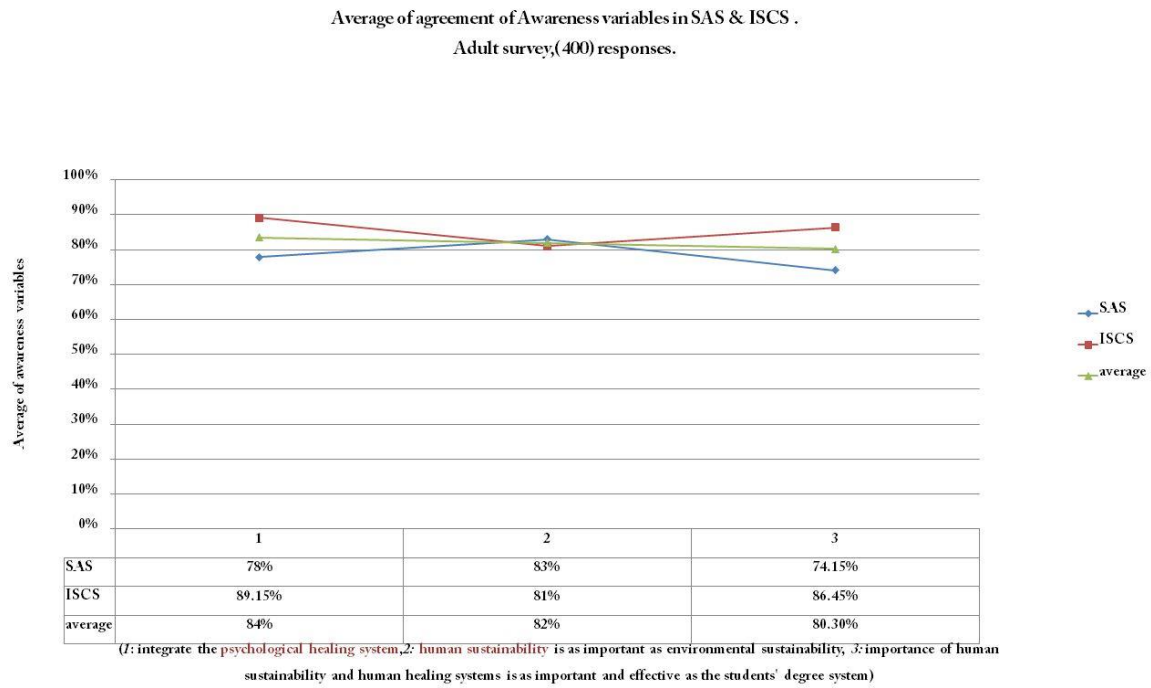


Figure 33: The total average of awareness variables of 400 responses

Age aspect:

-Average of 63% of 400 responses of both schools agreed that age aspect can act differently towards Environmental variables! Kids can respond differently than adults toward space' aspects, Fig 48.

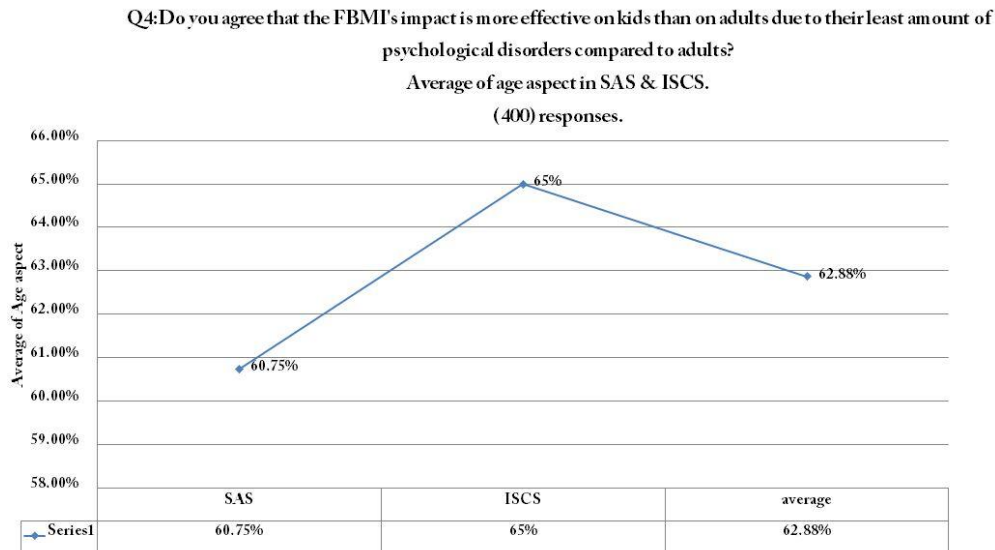


Figure 34: The average of age aspect of 400 responses

Kids Environmental variables:

-An average of 83% of 200 responses from both schools chose the daytime instead of nighttime.

-Average of 87% of 200 responses from both schools chose natural light instead of artificial light.

-An average of 28% of 200 respondents of both schools chose the schools as the place they prefer the most compared to parks with 31% and Home with 24%, Fig49.

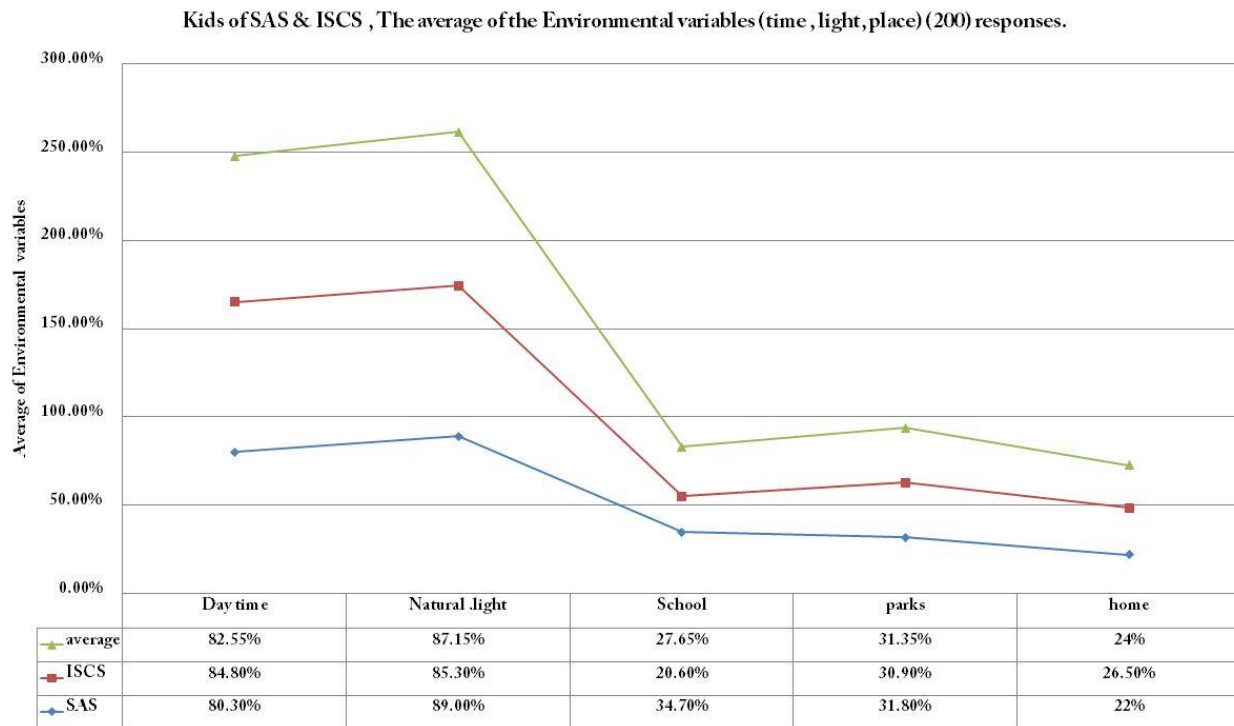


Figure 49: The kids’ environmental variables from 200 responses

Kids psychological variables (colors , shapes and social theme):

-An average of 36% of 200 responses from both schools chose the white-coloured flower.

-An average of 64% of 200 responses from both schools chose the multi-colored flower, *Fig50*.

-An average of 49% of 200 responses from both schools chose circles, meanwhile, 9% chose the rectangle, square 23%and 19% for triangles, *Fig51*.

-An Average of 14% of 200 responses from both schools choose “ enjoying being alone” over 86% choose “ playing with other kids, *Fig52*.

Healthy schools impact:- An Average of 79% of 400 responses from both schools chose the high effectiveness -instead of the low and medium effectiveness- of the schools’ impact on human progress through their life, *Fig 53*.

- An Average of 57% of 400 respondents from both schools chose (50%) as a percentage of how much the schools of nowadays are considered as a healthy school for humans, meanwhile, 66% of respondents chose (75%), and 6% of respondents chose (100%), Fig54.

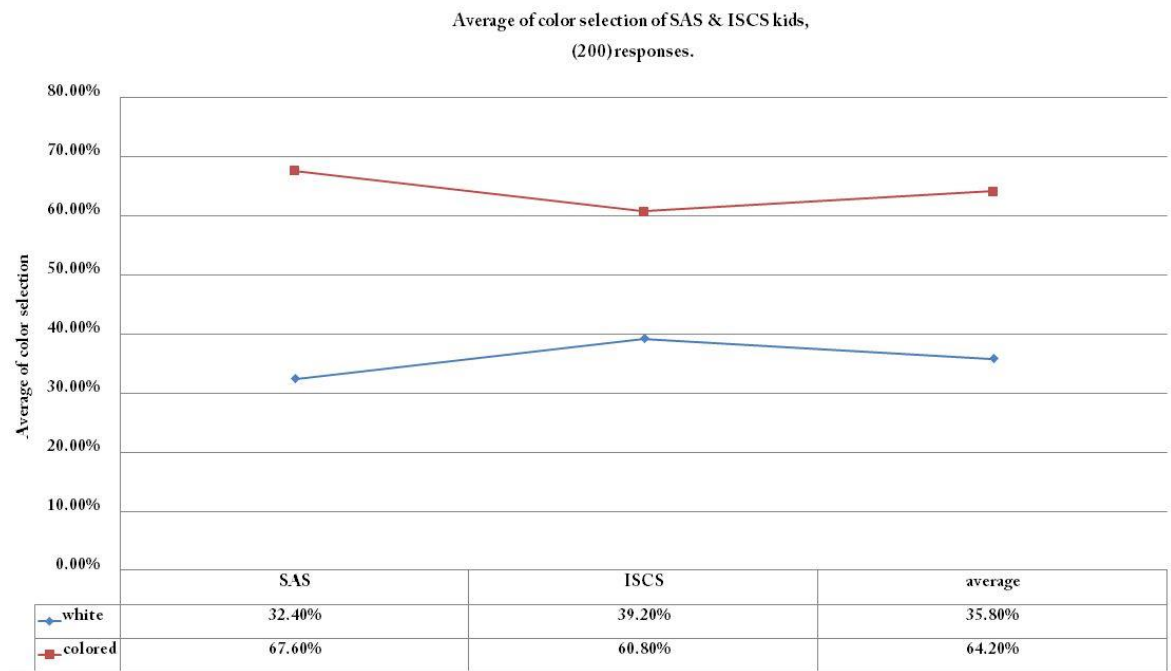


Figure 35: The kids' color selection from 200 responses

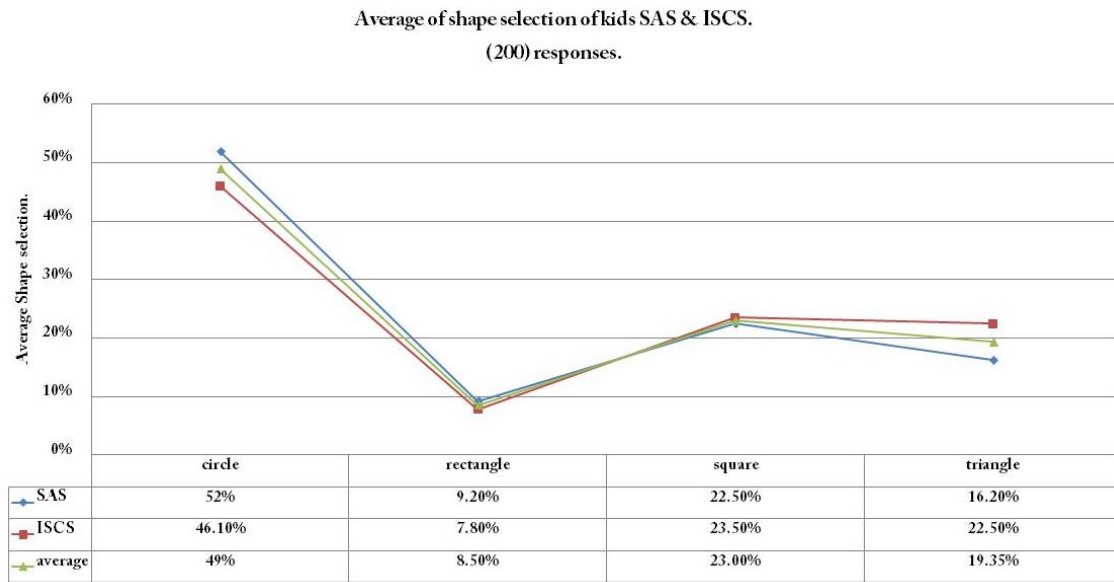


Figure 36: The kids' shape selection from 200 responses

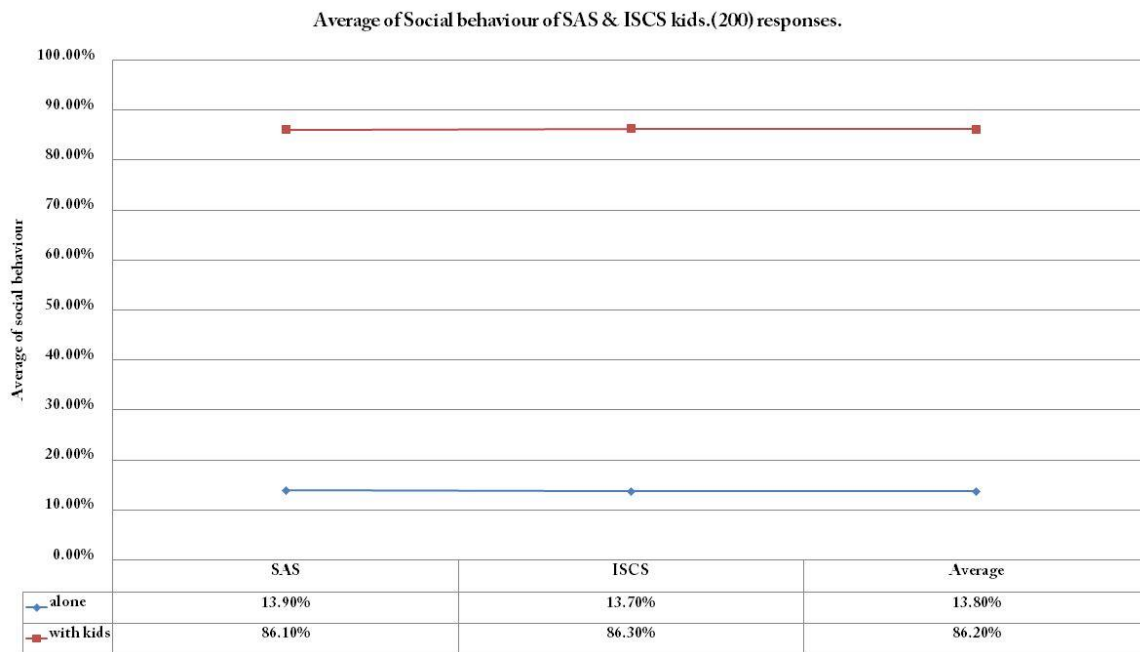


Figure 37: The kids' social behaviour selection from 200 responses

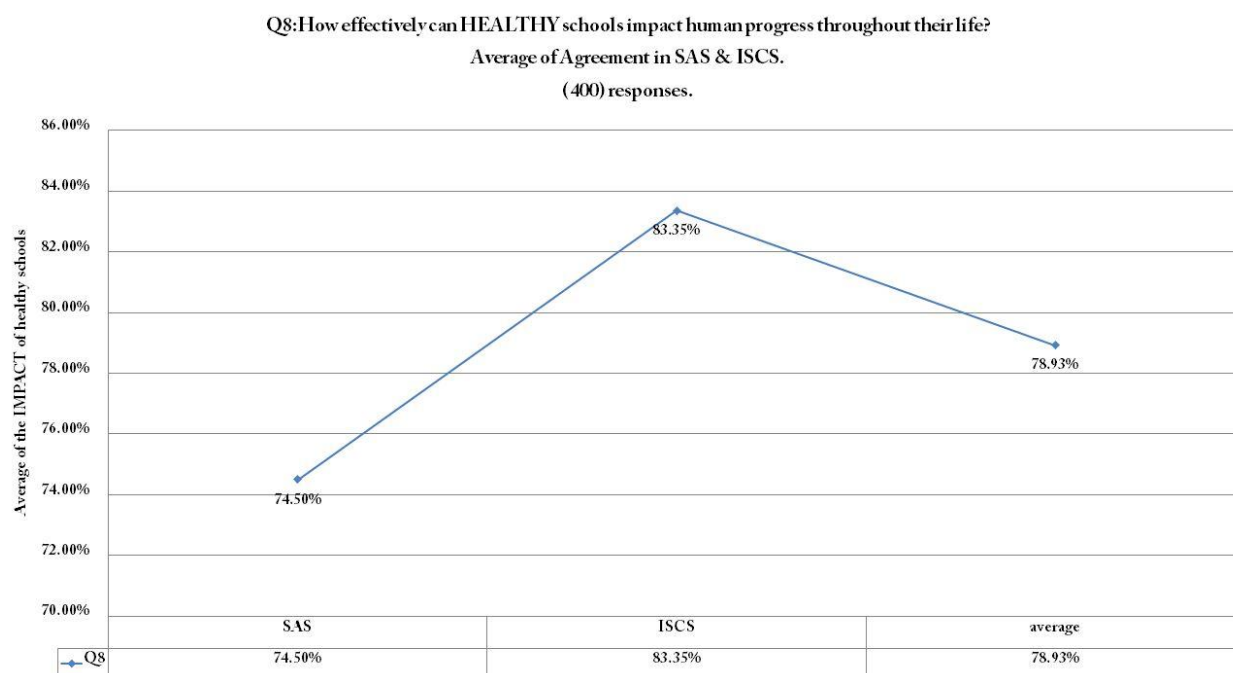


Figure 38: The high effectiveness schools' impact on human progress through their life 400 responses

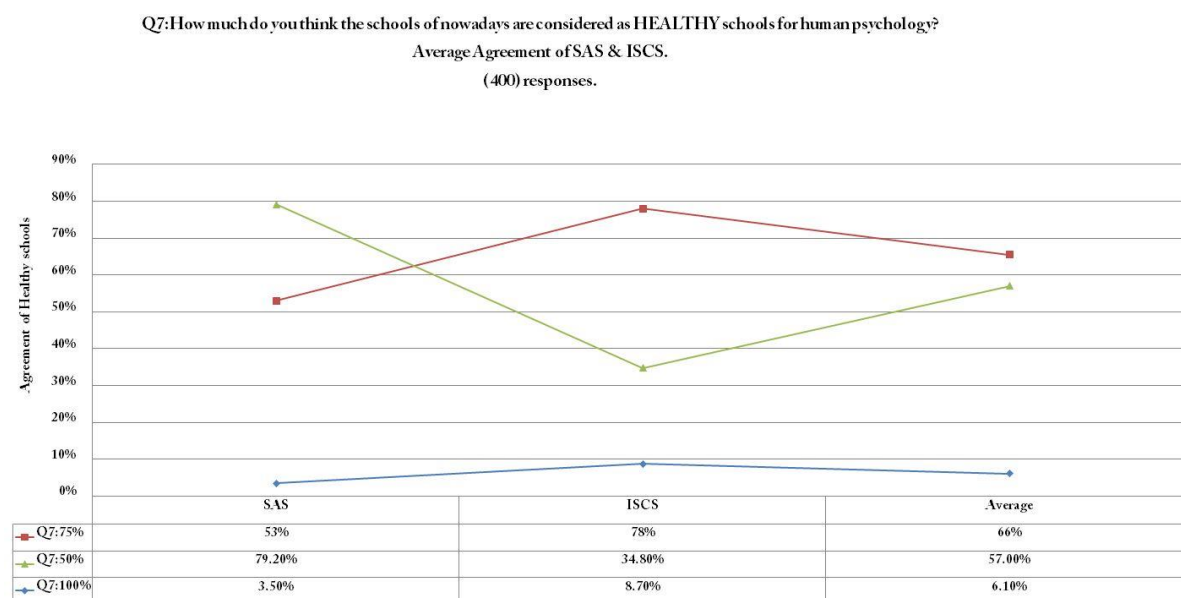


Figure 39: How much our schools are healthy nowadays. 400 responses

More of discussion

-Since Each Islamic principal has the FBM inside it BUT not every FBM has an Islamic principal variable inside it, The FBM is considered as an exterior environmental variable, and the "I" in FBMI is the internal psychological variable.

- Any other indoor strategies added to the FBMI - as the exterior environmental variable- will be as effective as the FBMI on the human neuro-programming system, On the other hand, fbmi strategies as internal psychological variables - of the Islamic principles will have a different impact on the human neuro-programming directly; due to the effectiveness of it in maintaining the psychology, spiritual and the body of the human being.

- Although the environmental variables (ventilation, site orientation, natural light, greenery, minimalism and faith) differ in implementation between the two selected cases -SAS & ISCS-, both cases are still recording a higher rate of agreement among adults on the positive impact of these environmental variables on the human's well-being with a small difference between their both average results, SAS's average was 74% while ISCS Average was 73%, even though an average of 74% of the 400 adult respondents have agreed that the external environment variables (ventilation, site orientation, natural light, greenery, minimalism and faith) can impact positively participants' psychology, a 73.74% of the same respondents have DISAGREED on -the same external environment variables- can ALONE heals or enhance the psychology or well-being of the participants, there should be internal self-healing and enhancements. we can understand that the FBM's exterior environment variables impact the humans' neuro-programming positively, On the other hand, if the neuro-programming itself wasn't healthy with the internal psychological aspect of the Islamic principle, it would not be effective in responding positively to the exterior environment. the whole impact relies on how

far the human psychology can tolerate with the exterior variables, and that can't be done without a healthy strong and healed psychology. And that was shown from the Average of 81% of adults in both schools - 400 respondents- strongly agree that "faith and spirit" as a psychological variable of Islamic principles can enhance human well-being & psychology. Furthermore, An Average of 82% of 400 adult respondents in both schools have an awareness towards the importance of implementing and applying the psychological healing systems in the educational field, which clarifies the **demand** from the schools' occupants' for sustaining humanity as much as we care about environmental sustainability.

-An average of 62.88% of adults in both schools have agreed that age is a critical aspect in sustainable indoor space strategies, Furthermore, more, kids are more actively respond to the indoor space environment than the adult respondents due to the least amount of blockages they have in their psychology. The neuro-programming system of the kids is less controlled by exterior programming than the adults, but it still unconsciously records and saves the exterior circumstances around them, from the book of Joseph Murphy " The Power of your Subconscious Mind", further, their selection of the space they prefer was the school, parks and Home. The Home was their third choice at SAS Kids, meanwhile was their second choice at ISCS, which can make us think about how can schools improve positively the relationship between kids and their home environment! On the other hand, In both scenarios, the parks were selected before the Home selection, which represents the adventurous aspect of the kids in both schools, which might be the hidden variable behind their selection.

-An average of 66% of 400 adult respondents choose that (75%) of today's schools are healthy, meanwhile, an average of 57.00% of the same respondents choose (50%) of today's schools are considered healthy, on the other hand, only 6.10% respondents choose that schools

of nowadays are healthy at a (100%) rate, which reflects the average of 78.93% of 400 adult respondents in both schools assert that healthy schools impact positively human life with a high rate of effectiveness. That illustrates how much awareness in both schools' occupants have towards the importance of increasing our efforts to build healthier schools that can keep human psychology sustained and wealthy. *A future new strategic plan is required!*

-According to the psychological aspect of the kids, An Average of 49% of kids from both schools, a total of 200 respondents were more applicable to change; because they have chosen the circle as their preferred shape that represents softness and flexibility, meanwhile, 31.5% chose rectangles & squares in which represent familiarity, comfort, security, and a sense of peace. 19.35% of kids chose Triangles in which represent adventure & intensity (Douglas & Clements 1998). According to colours, 35.80% of the 200 kids chose the white colour flower which reflects peace and minimalism (Boyatzis n.d.), meanwhile, 64.20% chose the multi-coloured flower which reflects happiness, activeness and a healthy mindset (Pope, Butler & Qualter 2012). On the other hand, their social theme showed that 86.20% of the 200 responses from both cases had selected playing with other kids, meanwhile, 13.80% selected the option of "enjoying being alone", since 95% of kids of SAS chose happy as their feeling and 89% of ISCS kids chose happy as well, plus the Average of the sad feeling of kids from both cases was 6.5% (5.2% SAS, 7.8% ISCS), we can understand that the 13.8% may be kids that are happy and still enjoying being alone, and being alone doesn't mean that they are sad! some kids with a different mindset such as "Autism" have high IQs which sometimes make it not easy for them to communicate or socialise well. (Hale & Tager-Flusberg 2005). *These percentages assert that kids are a Fertile environment for accepting new strategies and are more capable of change. Setting up new systems and strategies through schools on how*

kids are spiritually intelligent in which they could integrate their type of intelligence into more useful skills and outputs.

-Since the schools' principals ' are the main decision-makers of the school, the interview feedback was more into account to reach some of the changes that may help improve the future educational system. they assert the importance of enhancing the humanitarian sustainability at school systems by keeping up with the latest tools to enhance and increase the occupants' awareness of this topic. Both principals show their understanding of adapting with the changes of AI progression but also their students should keep in mind to deal with it as a tool and not to rely completely on it; otherwise, it will definitely impact negatively human sustainability. They believed that values and morals lead to psychological stability for students of all ages. students' skills and their connection with family were the vital points they would like to change in their school system. Raw information from decision-makers helps in producing new strategies for the educational system.

Chapter 5: Conclusion

While 74% of the 400 adult respondents agreed on average that the external environment variables (airflow, site orientation, natural light, greenery, minimalism) can positively impact participants' psychology; furthermore, 73.74% of the same respondents disagreed on -the participants' psychology and well-being can be healed or enhanced by the external environment variables **-alone-**; instead, there must be internal self-healing and enhancements (the faith and belief) which are in the Islamic principles. *This result Identifies how effective can be indoor space strategies if human psychology is wealthy and well maintained ,further more, it shows how important to orient our care towards human sustainability- psychologically ,spiritually and physically - next to the importance of integration between all the spaces' living and non-living items.*

Of the 400 replies from both schools, an average of 63% agreed that age can have varied effects on environmental variables! Children can react to spaces in different ways than adults do! *this result clarifies that age is a critical aspect of the impact of indoor space strategies on human psychology. **That leads us to focus on strategies that guarantee to maintain the kids' sustainability through the era of the technological revolution by minimizing their exposure to technological tools and keeping their mental health safe.***

Among the 400 respondents in both institutions, an average of 81% of adults strongly agreed that the psychological component of Islamic teachings known as "faith and spirit" can improve human well-being & psychology. *This result has Examined the significance of starting to shift our focus to human psychology sustainability as a top priority from environmental sustainability as a secondary priority. Furthermore, exterior changes start*

from internal changes, so we recommending new strategic plans for school rules which strengthen this aspect of humans.

Regardless of what indoor space strategies are applied, such as Feng shui, Biophilic design, minimalism and Islamic principles, FBMI, If the human is not psychologically, spiritually and physically sustained from applying the " psychological and spiritual healing system of the Islamic Principles", no indoor space strategies on Earth can impact their internal psychology effectively. *That pushes us to rethink enhancing our inner selves and sustain them, through schools, before we think of sustaining the exterior environment that surrounds us - indoor space or the exterior environment-.*

Just 6.10% of respondents said that schools are healthy today at a (100%) rate, which is consistent with the average of 78.93% of 400 adult respondents in both schools who said that healthy schools have a high rate of effectiveness in improving human life. *That represents how much the students and staff at both schools understand about the significance of stepping up our efforts to create better learning environments that can support and enrich human psychology.*The ***Demand for human sustainability*** is at a higher rate and *We need a strategic plan for the future schools! Table 6*

The research has led us to understand that the destruction of the planet on a global scale requires a global solution called "Unity," which is an accumulation of regional solutions, local solutions, and indoor space solutions that have an immediate impact on occupant sustainability. Although the interior environmental solutions may have a beneficial psychological impact on the occupants, they will not last if they are not sustainable themselves. It is important to assess the integration of indoor space methods with occupants' psychology from many angles. Furthermore, creating a sustainable indoor environment is

insufficient to maintain human sustainability! For humans to have a positive influence on their environment, they must maintain themselves. The cycle of creating and ending the universe, as depicted in Fig. 1b, has already begun to return to its original beginning. This is due to a number of factors, including rising water levels due to ice melting, a shrinking landmass, high temperatures that affect human health, electromagnetic fields, water evaporation, and much more. Technological & AI updates impact the electromagnetic field of the earth's Aura and humans' Aura as well, If the earth's destiny is to expand to a point where an explosion occurs one day, then the embodiment world will also eventually come to an end. **DO WE STILL PRIORITIZE THE MAINTENANCE OF THE EXTERNAL ENVIRONMENT OVER THE INTERNAL SUSTAINABILITY OF HUMANITY THROUGH SCHOOLS?**

5.1 Limitations

- The reliability analysis results of kids were at a very low rate due to transferring the data from strings to numerical ones.

- Many studies with psychologically based analysis may, sometimes, have some hidden variables which prevent reaching some specific results.

- Time limitation for the schools' access stage & Dealing with new technologies and software.

- Privacy toward some stages of sharing documents of the schools or taking photos of the campus.

- Selecting two cases and a 600 sample size is considered as Low for such topic and for the required change that we are looking for.

-Topics with a change-based concept, needs for higher supervision by authorities and ministries who can implement the results and recommendations we are looking for.

Table 6: Conclusion averages

	ISCS	My Goal	SAS
Environmental variables	Average T: 77% , S:70%	Agreed on the FBMI “ external variables of environmental sustainability ” can effectively enhances the well-being of the occupants , which goes with research Q1. The effectiveness of the student's well-being by the integration between the two - FBMI and students' psychology enhancements.	Average T: 79% , S:69%
Psychological Variables	Average T:60% , S:67%	Disagreed on the FBMi strategies – as external environmental aspects- ALONE can heal or enhance the well-being of the occupants, which goes with the research Q2. The integration between the students' psychology and FBMI strategies was efficient for promoting for better generation.	Average T:60% , S:47%
Awareness	Average T:83% S:88%	Agreed on the importance of Human sustainability, and it is as much effective as the environment sustainability. Higher <i>demand</i> for human sustainability, which	Average T:85% S:73%

		goes with Q2. The FBMI- external variables- strategies considered as away among others- the psychological and spiritual- for Human sustainability!	
Age aspect	T:61%,S:69%	Agreed on ,The age is a critical aspect of the impact of indoor space strategies on human psychology, which is one of the aims of the research paper!	T:67% ,S:55%
Healthy schools impact	Agreed on! T:82%, S: 85%	That healthy schools Impact positively on the generations coming!	Agreed on ! T:83%, S: 66%
<i>Both Principals Assert that schools play a vital role in sustaining the awareness of their students , agreed strongly with the humaneterian sustainability concept and believe that schools still need recommendations for future generations.</i>			
Average of both schools ISCS & SAS			
Impact of faith and believe on human psychology	Average of 81% agreed on faith and believes have a positive impact on humans' psychology , in which are available in the Islamic principles in the fbm"l".		
Social behaviour " Autism"	Average of 14% of the kids chose "enjoy playing alone"		
Psychological Awareness	Average of 74% of total 400 responses disagreed on "FBMi" as external environmental aspects- alone can enhance humans' psychology.		

Chapter 6: Recommendations

Our message to the world we live in and care about is how it can be sustained, the recommendations listed below target the decision makers Locally and internationally, for a better future, environment, and among all a better humans!

A: The research paper recommendation

- Since the demand for human sustainability was obvious, an Experiment and observation methodologies are required for this type of research, Further, increasing the sample size and case number to gain more accurate results will maintain the goal of this research more!

- Test the selected strategies, FBMI, individually or add other strategies to them and check if the demand for human sustainability is affected!

- An experiment test is required for the impact of relying on AI for a longer period of time on the mind control of human beings.

B:1. Strategic recommendations

- Start adding the field “Human engineering” and humanitarian sustainability in the collages and high degrees for the phrase, Surat Al-Dharyat “And within yourselves. Do you not then see? (21)”. here are some of the important topics to start the curriculum with: The relationship between the human structure and astronomy and the integration between them. The power of “ timing” in the human being lifetime, and what is the secret behind the timing and vibration system of the world. How Islam produces us full different systems -such as “ timing power, inlet and outlet process, the human’s main components relationship- that

guarantee us to be the “ good people “ on earth and sustain humanity to The world of the isthmus!! how can the geography of the earth be a reflected theme of the human process!!

- In terms of Scheduling Timing, If the week has 7 days, there better to have 4 days for the let-in process and 3 days for the let-out process, and both are integrated according to the need and other circumstances. Surat Maryam: “And shake the trunk of the palm tree towards you, and it will cause fresh, fresh dates to fall upon you (25)”

- The power of integration!!! how collages should have a curriculum that enable students to integrate different majors together to reach a wider image!!! For example : sustainable faculty can integrated with Islamic faculty , Physics faculty , Astronomy and human sustainability all together at once!! AND this faculty name can be “ The integration faculty” OR “ The faculty of integration”!

- A required study that targets not less than 10 schools in each emirate, with not less than 600 sample size for each school, in this case, more accurate results we can have in which help for applying new themes and strategies through schools!

2. Architectural design recommendations

Site location next to nature due to the vibration of the natural elements on human aspects! have a sample of schools that built on mountains, and these schools are connected to the rest of schools in the UAE , students from different schools can attend this school , and that might be students with special powers! This option can help the “ already built schools that doesn’t have the environmental aspects well determined in their building to benefit from the updated sustainable design! schools main masses should integrate the themes of the out put

process More ! school masses may designed according to the main human's components! and integrate the healing systems of the components as well!

Future buildings including , healthcare centers , educational sectors , houses, must be built upon the main components of human being , each mass will contain the functions that serves that section of human!

3. For people with special powers -autism- recommendations: grading system & curriculum selection

- Our community needs more of such people, who can learn, relearn and criticize their knowledge! and what can we do to serve such mindsets?

A little change in the grading systems which judge according to some limited specifications, furthermore, since humans are born to learn and educate themselves through different experiences, the grading system should be two-sided orientation, which means if the instructors have the power to evaluate people with special powers, the people with special powers have the right also to evaluate the WHY behind the grades they had.

- The selected Curriculum for Autism should be an "integration-based Curriculum", which relies on the outlet process more than the inlet, plus, autism shouldn't be isolated from others, BUT engaged with others so others can learn from their mindset!

4. Psychological recommendations

The Psychological recommendation for human sustainability through the educational sector can be summed up in one word: V.O.I.C.E.S.*Fig.77.in Appendix.*

V: for *Values* and morals.

O: for *Outputs*.

I: for *Integrations*

C: for *Creativity*.

E: for *Embodied*.

S: for the *Sustainability* of humans' components through schools.

4. Healthcare recommendations

Healthcare center, for Sustainable Humanity Realm SHR, that based on human three main sections : psychology , physical and spiritual , and contains the different human disorders based on the level of deficiency in each section. *Fig.78.in Appendix.*

For any further explanation of the strategies, you can refer to the author

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APPENDIX

The adults survey design sample



Adult Student form

Select the most convenient opinion you think is fair enough from (Strongly Disagree, Disagree, Neutral, Agree and Strongly Agree)

(YOUR OPINION MATTERS TO US)!

The more the indoor space of the school campus is well-ventilated the more the wellness of the students' psychology will be. *

☐ Strongly Disagree
☐ Disagree
☐ Neutral
☐ Agree
☐ Strongly Agree

The more the indoor space of the school campus is well oriented the more the wellness of the students' psychology will be. *

☐ Strongly Disagree
☐ Disagree
☐ Neutral
☐ Agree
☐ Strongly Agree

Figure 40: The environmental variables questions of adult students

The figure displays three separate survey questions, each with a five-point Likert scale response options. Each question is marked with a red star in the top right corner. The questions are as follows:

Question 1: The more natural light in the indoor space at the school campus the more the wellness of the students' psychology

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

Question 2: The more the Integration of green areas with the indoor space in the school's campus the more wellness of the students' psychology will be.

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

Question 3: Do you agree that removing clutter and extra furniture from the indoor space of the school's campus can highly positively impact the wellness of the students' psychology?

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

Figure 41: The environmental variables questions of adult students

The figure displays three separate survey questions, each with a red asterisk icon in the top right corner. The questions are presented in a vertical stack, each within its own light yellow rectangular box with a thin green border. The first question asks about the impact of faith and spirit on student psychology, offering five response options from 'Strongly Disagree' to 'Strongly Agree'. The second question asks how much schools are considered 'HEALTHY' for human psychology, with percentage-based response options. The third question asks about the effectiveness of 'HEALTHY' schools in impacting human progress, with three effectiveness levels as response options.

Do you agree that students' beliefs like faith and spirit will positively impact the wellness of the students' psychology? *

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

How much do you think the schools of nowadays are considered as HEALTHY schools for human psychology? *

☐ 100%

☐ 75%

☐ 50%

☐ - 25%

How effectively can HEALTHY schools impact human progress throughout their life? *

☐ High effectiveness

☐ Medium effectiveness

☐ Low effectiveness

Figure 42: The environmental variables questions of adult students

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Considering: FBMI strategies Equal to lighting, ventilation, site orientation, greenery implementation in indoor spaces, removing clutter and faith & spirit.

The FBMI (Feng Shui, Biophilic design, Minimalism and Islamic principles) is a combination of a sustainable theme of the exterior environment.

★

Do you agree that students' depression and anxiety can be healed through The exterior environment - FBMI strategies- ALONE without self-healing principles?

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Figure 43: The psychaological variables questions of adult students

The figure displays three separate survey questions, each with a five-point Likert scale response options. Each question is marked with a red asterisk in the top right corner. The questions are as follows:

Question 1: Do you agree that the FBMI strategies- the exterior environment principles- can impact positively the children at school as much as the impact on adults?

Question 2: Do you agree that the FBMI's impact is more effective on kids than on adults due to their least amount of psychological disorders compared to adults?

Question 3: Do you agree that the mental health of students at the school can be enhanced ONLY by the implementation of FBMI -Exterior environment principles- without specialists' consultation and self-healing?

Response Options (for all questions):

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

Figure 59: The psychological variables questions of adult students

Do you agree that students in schools with rooted traumas can be healed by the impact of FBMI -Exterior environment principles- ONLY? 

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Figure 44: The Psychological variables questions of adult students

The figure displays three separate survey questions, each with five radio button response options. The questions are presented in a vertical sequence, each within its own light-colored box. The first question asks about integrating psychological healing systems into school curricula. The second question compares the importance of human sustainability to environmental sustainability. The third question compares the awareness of human sustainability and healing systems to the effectiveness of the students' degree system. Each question is marked with a red star icon in the top right corner.

Do you agree that schools must integrate the psychological healing system with their curriculum *

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Do you agree that human sustainability is as important as environmental sustainability? *

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

The awareness of the importance of human sustainability and human healing systems is as important and effective as the students' degree system? *

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Figure 45: The Awareness variables questions of adult students



Teachers and decision makers Survey form

Select the most convenient opinion you think is fair enough from (Strongly Disagree, Disagree, Neutral, Agree and Strongly Agree)

(YOUR OPINION MATTERS TO US)!

The more the indoor space of the school campus is well-ventilated the more the wellness of the Teachers' and Principals' psychology will be.

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

The more the indoor space of the school campus is well-oriented the more the wellness of the Teachers' and Principals' psychology will be.

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Figure 46:. The environmental variables questions of teachers

The figure displays three separate Likert scale questions, each within its own light blue rectangular box. Each box has a small red star icon in the top right corner. The questions are about the impact of indoor environmental factors on the wellness of teachers and principals. Each question is followed by five radio button options: Strongly Disagree, Disagree, Neutral, Agree, and Strongly Agree.

Question 1: The more natural light in the indoor space at the school campus the more wellness of the Teachers' and Principals' psychology.

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Question 2: The more Integration of green areas with the indoor space on campus the more wellness of the Teachers' and Principals' psychology will be.

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Question 3: Do you agree that removing clutter and extra furniture from the indoor space of the school's campus can highly positively impact the wellness of the Teachers' and principals' psychology?

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Figure 47: The environmental variables questions of teachers

The image displays three separate survey questions, each within its own light blue rectangular box. Each question is followed by a list of radio button options. A small red asterisk is located to the right of each question text.

Question 1: Do you agree that Teachers' and principals' beliefs like faith and spirit will positively impact the wellness of their psychology? *

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

Question 2: How much do you think the schools of nowadays are considered as HEALTHY schools for human psychology? *

- ☐ 100%
- ☐ 75%
- ☐ 50%
- ☐ - 25%

Question 3: How effectively can HEALTHY schools impact human progress throughout their life? *

- ☐ High effectiveness
- ☐ Medium effectiveness
- ☐ Low effectiveness

Figure 48: The environmental variables questions of teachers

Considering: FBMI strategies Equal to lighting, ventilation, site orientation, greenery implementation in indoor spaces, removing clutter and faith & spirit.

The FBMI (Feng Shui, Biophilic design, Minimalism and Islamic principles) is a combination of a sustainable theme of the exterior environment.

Do you agree that Teachers' and principals' depression and anxiety can be healed through The exterior environment - FBMI strategies- ALONE without self-healing principles?

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Do you agree that the FBMI strategies ALONE - The exterior environment principles- can help in enhancing the well-being of the Teachers and Principals' without the internal healing of their psychological disorders?

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Figure 49: The psychological variables questions of teachers

The figure displays three separate survey questions, each with a five-point Likert scale response options. Each question is marked with a red asterisk in the top right corner, indicating it is a required question. The questions are presented in a light blue bordered box with a white background.

Question 1: Do you agree that the FBMI strategies- the exterior environment principles- can impact positively the children at school as much as the impact on adults?

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Question 2: Do you agree that the FBMI's impact is more effective on kids than on adults due to their least amount of psychological disorders compared to adults?

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Question 3: Do you agree that the mental health of Teachers and principals at the school can be enhanced ONLY by the implementation of FBMI -Exterior environment principles- without specialists' consultation and self-healing?

☐ Strongly Disagree

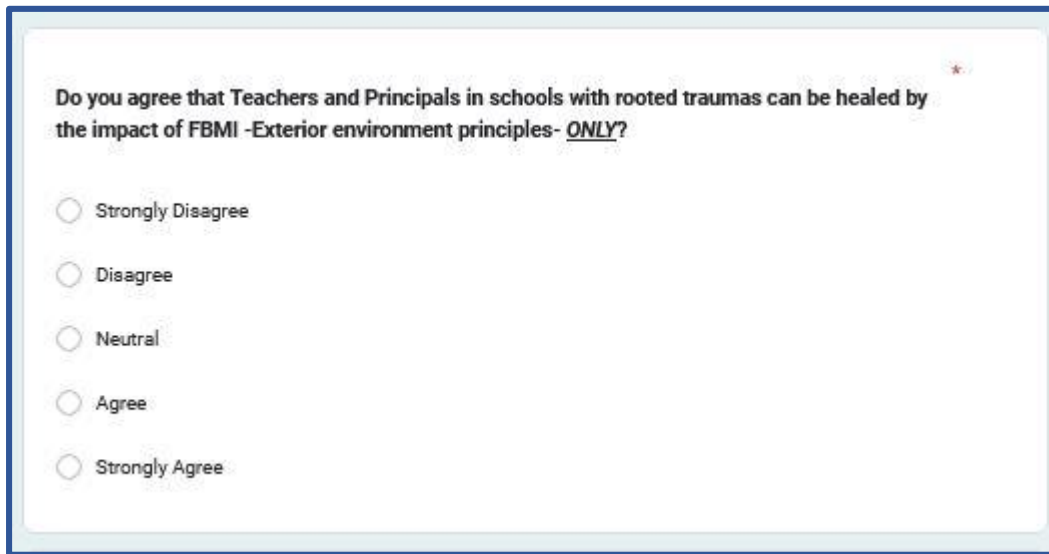
☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Figure 50: The psychological variables questions of teachers



Do you agree that Teachers and Principals in schools with rooted traumas can be healed by the impact of FBMI -Exterior environment principles- ONLY?

☐ Strongly Disagree

☐ Disagree

☐ Neutral

☐ Agree

☐ Strongly Agree

Figure 51: The psychological variables questions of teachers

The figure displays three separate survey questions, each with a five-point Likert scale response options. The questions are presented in a light blue box with a yellow border. Each question is marked with a red asterisk in the top right corner.

Question 1: Do you agree that schools must integrate the psychological healing system with their curriculum? *

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

Question 2: Do you agree that human sustainability is as important as environmental sustainability? *

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

Question 3: The awareness of the importance of human sustainability and human healing systems is as important and effective as the students' degree system. *

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Neutral
- ☐ Agree
- ☐ Strongly Agree

Figure 52: The awareness variables questions of teachers

The children survey design sample.



Kids form

Select the shapes that are more close to you.

Choose a shape that represents how do you feel right now: *

☐ Happy face



☐ Sad Face



☐ Angry Face



☐ Crying Face



Figure 69: The kids psychological , feelings, variables questions

Choose a suitable light for you *

☐ Day light



☐ Night light



Figure 53: The kids environmental, timing, variables questions

Choose the picture you prefer: *

☐ Multi colored flower



☐ white flower



Figure 54: The kids psychological,color selection, variables questions

choose where you prefer to spend your time the most *

☐ Home



☐ School



☐ Parks



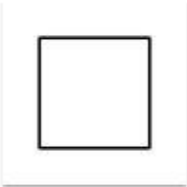
☐ Malls



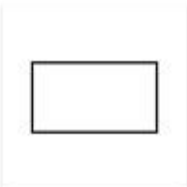
Figure 55: The kids environmental , space selection, variables questions

Choose the shape you prefer the most *

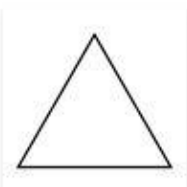
☐ Square



☐ Rectangle



☐ Triangle



☐ Circle

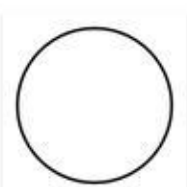


Figure 56:.. The kids psychological, shape, variables questions

which light do you prefer *

☐ Natural light



☐ Artificial light



Figure 57: The kids environmental , type of lighting, variables questions

Choose the theme that represents you the most *

☐ likes to play with other kids



☐ enjoy playing alone



Figure 58: The kids psychological social variables questions

Choose the activity that represent you the most *

☐ Reading



☐ Studying



☐ Gaming



☐ others



Figure 59: The kids psychological, activity, variables questions

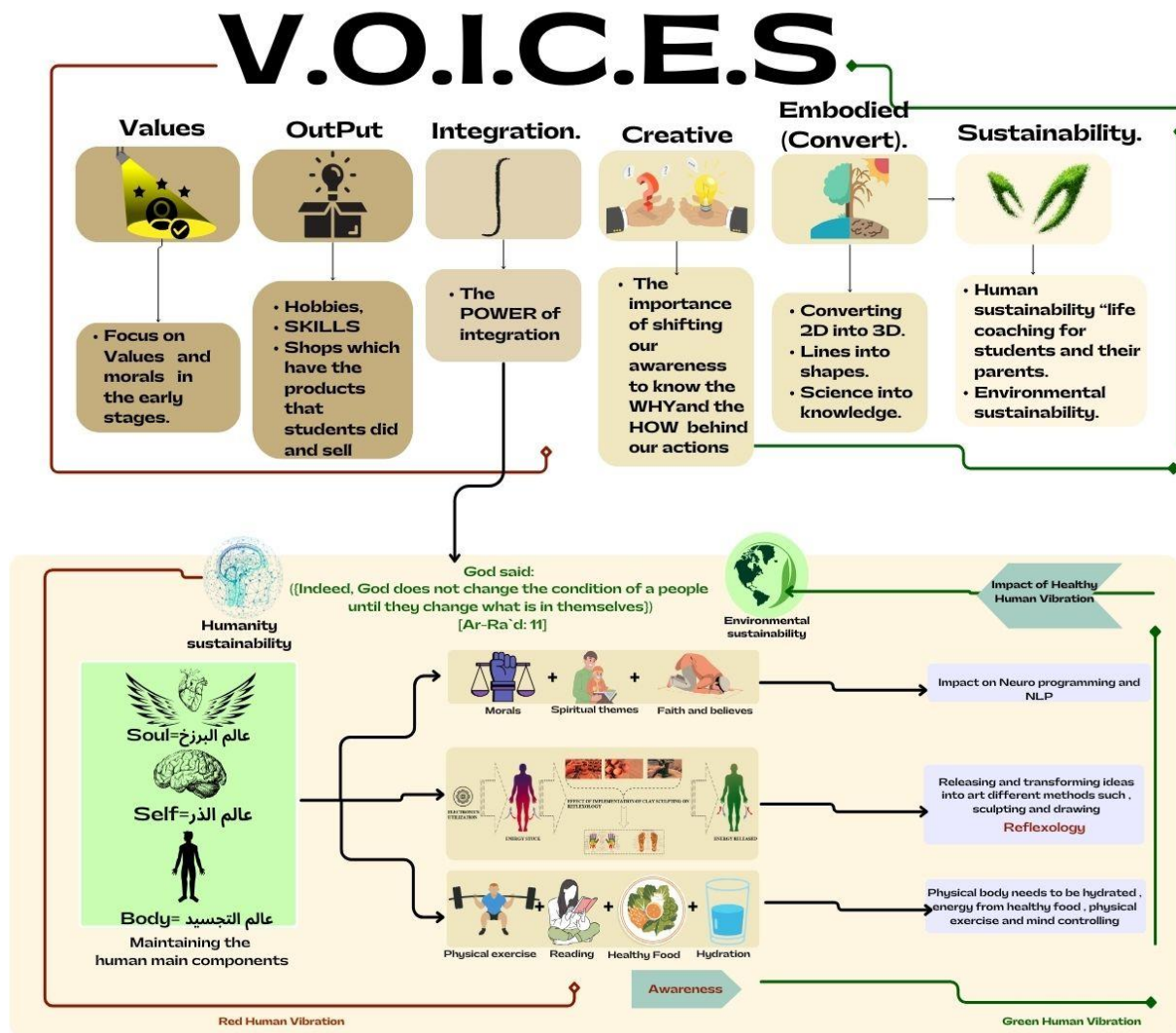


Figure 60: The psychological recommendation for schools

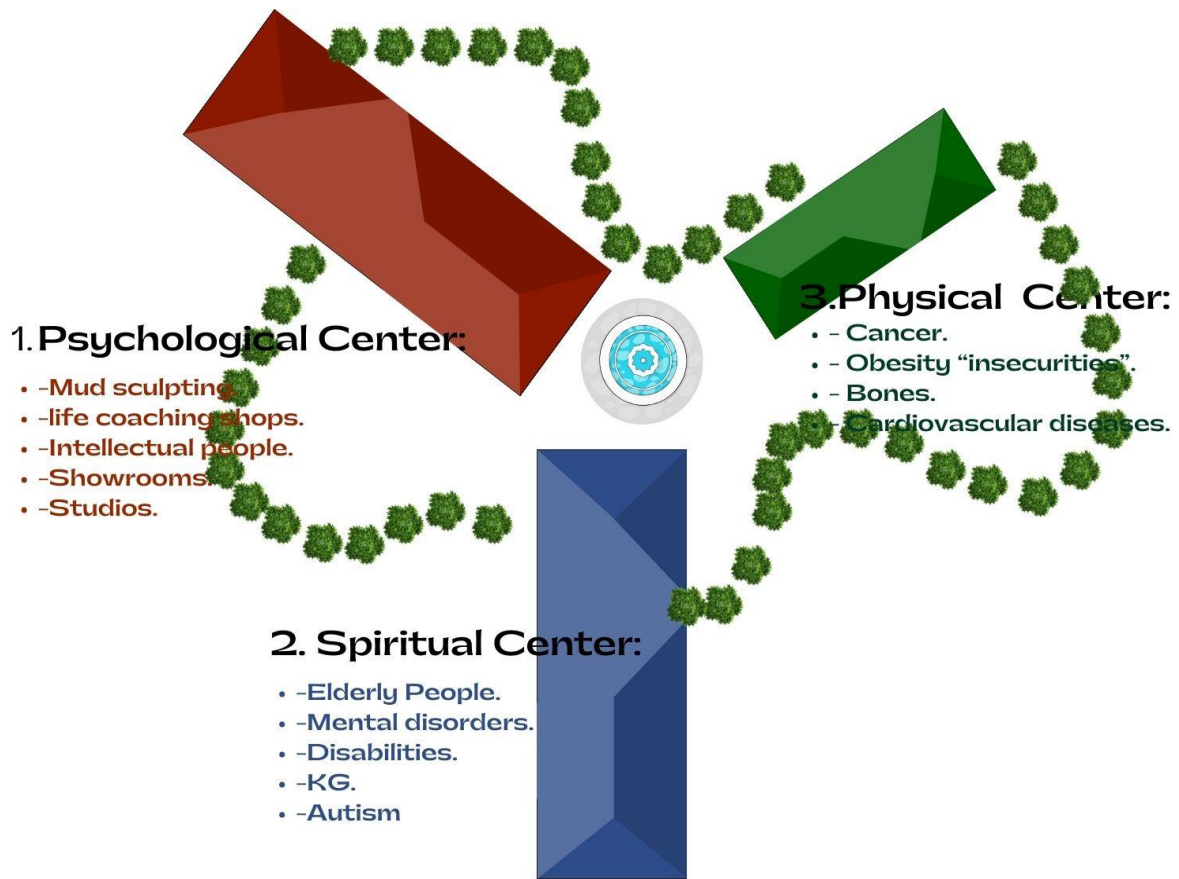


Figure 61: The SHR healthcare center recommendation