

Download Industrial Organizational Psychology Understanding The Workplace

Industrial and organizational psychology (I/O psychology), which is also known as occupational psychology, organizational psychology, and work and organizational psychology, is an applied discipline within psychology. I/O psychology is the science of human behaviour relating to work and applies psychological theories and principles to organizations and individuals in their places of work as ...SEE: See mistakes as learning opportunities and see yourself not as a victim. One of my former college students shared this: "I have always seen every mistake I make as a learning opportunity in my life which provides me with less stress over the situation as well as allows my future choices to be based on more information, and gives me more options for my ultimate success." Industrial and organizational psychologists study and assess individual, group and organizational dynamics in the workplace. They apply that research to identify solutions to problems that improve the well-being and performance of organizations and their employees. Industrial-organizational psychology is the branch of psychology that applies psychological theories and principles to organizations. Often referred to as I-O psychology, this field focuses on increasing workplace productivity and related issues such as the physical and mental well-being of employees.