

Learning Guide Unit 7

Overview

Unit 7: Industrial-Organizational Psychology and Stress

Topics:

- History of Industrial-Organizational Psychology
- Work Influence, Stress, and Life-Work Balance
- Effects of Stress
- Coping Styles to Handle Stress

Learning Objectives:

By the end of this Unit, you will be able to:

1. Identify the measurements and determinants of job satisfaction.
2. Analyze a research study and explain its significance and limitations.
3. Identify the effects of stress on our health.
4. Review a questionnaire about happiness and relate its results to your own life.

Tasks:

- Read the Learning Guide and Reading Assignments
- Complete and submit the Written Assignment
- Complete an entry in the Learning Journal
- Take the Self-Quiz



