



## COURSE DATA

### Data Subject

<b>Code</b>	46446
<b>Name</b>	Work psychology
<b>Cycle</b>	Master's degree
<b>ECTS Credits</b>	5.0
<b>Academic year</b>	2024 - 2025

### Study (s)

Degree	Center	Acad. year	Period
2248 - International Joint Research Master Work and Organizational Psychology	Faculty of Psychology and Speech Therapy	1	First term

### Subject-matter

Degree	Subject-matter	Character
2248 - International Joint Research Master Work and Organizational Psychology	2 - Work psychology	Obligatory

### Coordination

Name	Department
RAMOS LOPEZ, JOSE	306 - Social Psychology

## SUMMARY

Course taught in Maastricht University during the first semester at the first academic year.

Prof. Ute Hulsleger is the coordinator lecturer.

This course focuses on people at work in organisations. It will provide answers to questions as ‘Why do some people flourish while others suffer at work?’, ‘How does work affect our health and well-being?’, or ‘How can a healthy work-life balance be achieved’. These questions will be addressed by discussing theories of work design, work stress, and occupational health. Using this knowledge, it will be discussed how jobs can (or should) be changed, to optimise individual performance and the well-being of the job incumbent. At the end of this course students should be able to provide answers to questions as: What are important work characteristics? How can health and well-being be fostered in organizations? How can people optimally recover from the demands of work? Is remote work a blessing or a curse?



## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

### Other requirements

No previous requirements.

Students are able to:

- explain and compare different theories of job design, work stress, emotional labor, workplace mistreatment, and the work-life interface;
- apply this theoretical knowledge to understand and suggest solutions to work-related problems;
- understand and critically evaluate research methodologies used in research studies;
- propose optimal research designs to study research questions;
- present scientific articles to peers.

## DESCRIPTION OF CONTENTS

### 1. Key words

Job design,  
Work stress,  
Recovery from work,  
Emotional labour,  
Workplace mistreatment,  
Work-life interface



## WORKLOAD

ACTIVITY	Hours	% To be attended
Theoretical and practical classes	50,00	100
Study and independent work	75,00	0
<b>TOTAL</b>	<b>125,00</b>	

## TEACHING METHODOLOGY

Conference)(s)

Problem-Based Learning

Presentations

Case studies and assignments

## EVALUATION

Written Exam

Individual final assignment