

Occupational psychology

Occupational psychology is concerned with the performance of people at work and with how individuals, small groups and organisations behave and function. Its aim is to increase the effectiveness of the organisation and improve the job satisfaction of individuals.

What do occupational psychologists do?

Occupational psychologists aim to increase the effectiveness of the organisation and improve the job satisfaction of individuals. The speciality is broader in scope and less formalised than many areas of psychology and it touches on diverse fields, including ergonomics, personnel management and time management. Work can be in advisory, teaching and research roles, and to a lesser extent, in technical and administrative roles.

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