

**Lecturer: FERROUDJ Nadine**

## Title: Understanding How Work Affects Our Feelings

In the world of studying how our minds work, looking at how our jobs impact us is really interesting. Work isn't just about making a living; it also has a big effect on how we feel.

Think about job satisfaction. This is about how much we like and feel good about our work. It's important for both bosses and workers to know what makes people happy at work. Things like having a nice work atmosphere, chances to learn new things, and feeling like your work has a purpose can make us happier at our jobs.

Another thing we study is work stress. Too much stress from work can make us feel really tired and not well, both in our minds and bodies. But if we find good ways to manage stress, like taking short breaks and making sure our work and personal lives balance out, it can help us feel better.

Leadership is also a big part of work psychology. How bosses lead can affect how motivated and good at their jobs workers are. Leaders who support and encourage their team can make everyone feel good about their work.

In the end, studying how work and our minds connect helps us make work a better place. When we understand what makes people feel good at work, it helps everyone do their jobs well and be happy.

Answer the following questions

**Question 1:**

Why is job satisfaction mentioned as an important aspect of work psychology, and what factors contribute to job satisfaction?

**Question 2:**

According to the text, how can excessive work stress affect individuals, and what are some suggested strategies for managing stress in the workplace?

**Question 3:**

In the context of work psychology, what role does leadership play, and how can a supportive leadership style positively impact the work environment?

**Question 04**

Summarize the text into 4 main ideas