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28. Contribution of Psychology in Physical, Mental and Occupational Health

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Abstract

The main purpose of the paper is to describe the role of psychologist physical, mental and occupational health in the domain of work or organization. It was prove significantly, that physical health and psychological factors impact up on the life of individuals. There is not a single fix way to solve various behavioral problems, so the psychologist have major role to solve it by using various new strategies. It is necessary to understand the goal of the psychology Particularly, occupational health psychology, it has aims at improving the efficiency at organizational or group level and improving job satisfaction at the individual level (Milward,2008).

Keyword : Physiological health, Psychological health & Occupational health, contribution of psychologist.

Introduction

Occupational health psychology (OHP) is a marginal challenge and can be used successfully in developing a management strategy to lead to the production, development and implementation of healthy work environment in the organization. The term refer to physical and physiological symptoms in medical context (such as diseases diagnosis) applying it in the organizational context. The emphasis on physical and physiological indicators that are used to assess the health of employees. A psychologist specialized in health psychology should deal with issues related with organizational consulting, in particular with problem diagnosis, followed by design, implementation and evaluation of solutions leading to improvement of organization efficiency and increase the adaptability to change and develop of the organization. Further explanation about the role of psychology is as follows.

- 1) Ways of coping, different symptoms at individual level.

- 2) Job environment : work overload,
- 3) Organizational level : role conflicts and organizational unfairness,
- 4) External level : life events, home stress

Health and wellbeing in organization covers different perspectives on this issue : health (Cooper Kilkalzd and Brown, 1994), Psychological (cartwright and Cooper, 1993) and mental (Anderson and Grunert,1997) the board spectrum that range from these perspectives have generated a variety of definitions for organizational well-being and health.

Physical Health

According to Almedia (2005), Stress is emotional or physical response of an individual to stressor. He concludes that stress impact our body. Secondly, children are particularly vulnerable to stressors, and more current research indicates that that stress can have a major influence on their psychological and physical health status (e.g., Grant et al. 2003; Hostinar and Gunnar 2013; Miller et al. 2011). Most empirical work examining stress in children focuses on major life events, like divorce of parents, while fewer studies consider the role of daily stressors, or the routine challenges of day-to-day living. Existing work on children's daily stress is lacking such that it primarily: (1) focuses on children who are ill, disabled, or who face significant environmental risks, (2) relies on retrospective reports, (3) relies on parent or teacher reports of stressors experienced by children, or (4) does not comprehensively examine the role of stress on mood and health, (Margaret L, et.I.2017).

Mental Health

While employees' mental health is the focus of considerable attention from researchers, the public, and policymakers, leaders' mental health has almost escaped attention. We start by considering several reasons for this, followed by discussions of the effects of leaders' mental health on their own leadership behaviors, the emotional toll of high-quality leadership, and interventions to enhance leaders' mental health.

Occupational Health

Occupational health (OH) is the word more often than not used in the field of health care. But form 1950 it was defined in proper manner by two International authoritative bodies International Labor Office (ILO) and World Health Organization (WHO), that as "the promotion and maintenance of the highest degree of physical, mental and social well-being of workers in all occupation by preventing departures from health, controlling risk and the adoption of work by to

people and people to their job." Basically, occupational health objectives are as two: prevention of the occupational disease or work-related health complaints and second one is prevention or mitigation of occupational disability resulting from the disease.

Researchers develop intervention strategies on the basis of these two objectives are the elimination or control of hazards at work. In organization related to health and disability; change in health and disability- related behavior and skills among workers; prevention or better treatment of diseases and related disabilities. In recent reviews on effectiveness of occupational hygiene strategies, studies were categorized according to the mean used to reduce exposure, referred as the "hierarchy of control".

To attain this goal the international contribution of the occupational health research data shows that highest rate of produce research papers in the area of U.S.A. by Mark Ferris (2015).

Conclusion

The result shows that the psychologist have major role in future in the domain of physical health, mental health, and occupational health. Ways of coping, different symptoms, individual level. Job environment: work overload, Organizational level : role conflicts and organizational unfairness, External level : life events, home stress occupational health is emerging newly strong field which contribute gather evidence on the effectiveness of occupational health interventions and stimulate systematic review.

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