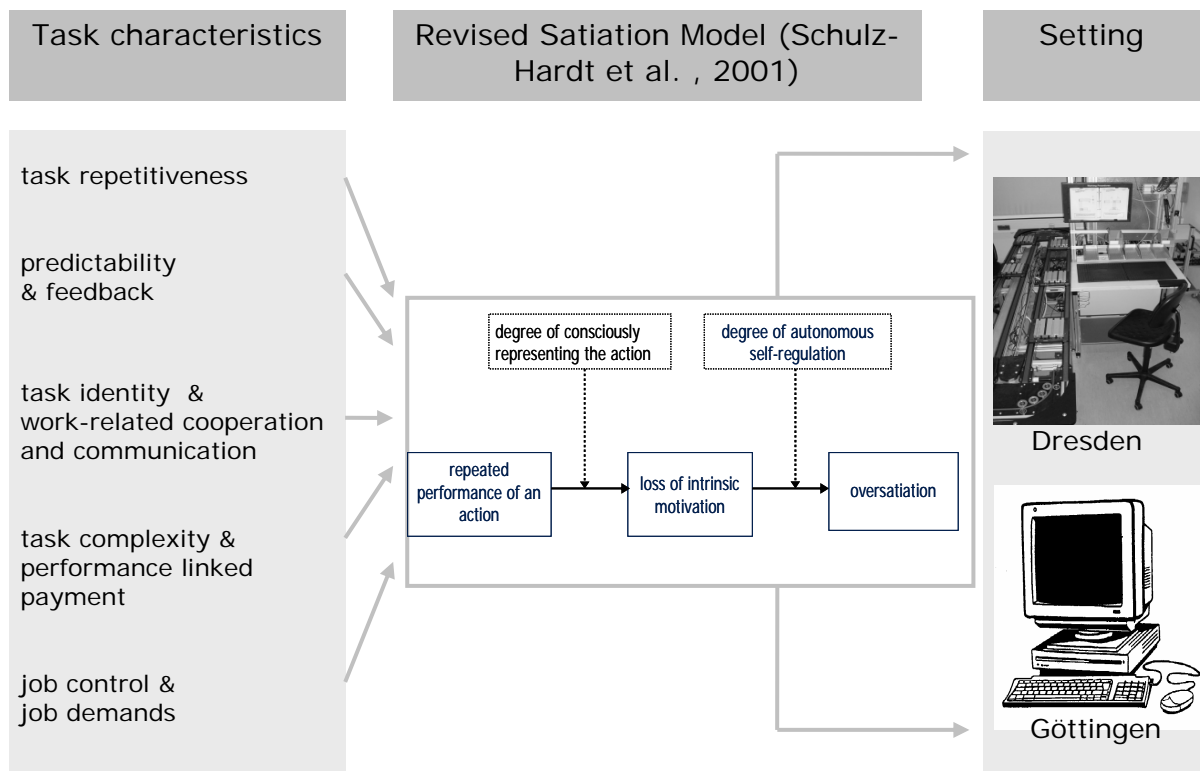


# DFG–Project: „Mental satiation at work“

## 1. Introduction and aims

Have you ever experienced to be fed up with work: for example like a house keeper who has to clean the same 35 hotel rooms every day; or an assembly-line worker, who daily sorts hundreds of yogurt cups into prefabricated packages; or a student, who is entering data from questionnaires into the computer for eight hours twice a week? In work and organizational psychology this phenomenon is called mental satiation and was first investigated by Kurt Lewin (1928) and Anita Karsten (1928). Like monotony, fatigue and stress mental satiation is regarded as a consequence of short-term strain at work (Hacker & Richter, 1984). Although preventing mental satiation at the workplace is a major objective of the international standard ISO 110075, the causal pathways to mental satiation are almost unknown. The project aims to examine the impact of task characteristics on mental satiation on the basis of the revised model of mental satiation (Schulz-Hardt et al (2001)) (see illustration). Therefore several laboratory experiments simulating two different workplace settings – an office environment in Göttingen and an assembly-line environment in Dresden - will be realized. Based on the findings implications will be derived to prevent mental satiation at the workplace.

## 2. Research model



### 3. Literature

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### 4. Cooperation

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### 5. Contact

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### 6. Interest in our project?

If you are interested in our project don't hesitate to contact us, especially if

- you want to participate in one of our experiments or
- if you want to write your diploma or master thesis in our project.