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Stress-related illnesses are becoming increasingly common.

What do you think are the causes of this?

What solutions can you suggest?

Give reasons for your answer and include any relevant examples from your knowledge or experience.

Nowadays, there are a lot of people who have some illnesses which are related to their daily pressures and stresses. This essay will discuss two main causes which lead to stress-related sicknesses. The first one is the unbalanced time for working and the other one is low income of today's jobs. This essay will also suggest two main solutions for these two problems including finding jobs which are in regular hours and making a balance between income and life costs.

Most of the jobs do not follow standards of the time of the work which is suitable for people's lifestyle and health. Also not enough salary leads to unbelievable pressure for those who are working. Competition among companies and low investigation of the governments on the job situations are the main reasons which cause pressure on the people. For example, some of the big companies like Siemens induce their employees to stay at work until 10:00 PM and based on a new research on 1000 persons in this company they were involved with some illnesses like depression and anxiety. Also most of the employees were not satisfied with their salary in this representative sample of society. In a result, working more than normal hours and less salary lead to a lot of stress-related illnesses.

Job seekers should concentrate on the job positions and situations before applying. This means that it is very important to choose jobs which are not harmful for people's health because of unbalanced work hours and low salary. There is a trade-off between work hours and salary which should be optimized based on mental and physical health standards. Both aspects of mental and physical aspects will be in danger if the employees have problems with salary and work hours. For example, the research shows that a healthier lifestyle is more plausible for employees in some jobs which have suitable work hours and salary. Therefore, in order to decrease the rate of the mental problems like depression, it is necessary to choose secure jobs which consider work hours and salary of those hired.

In conclusion, the number of people who have stress is increasing. This essay discussed two main causes of mental and physical problems which were related to inappropriate work hours and low salary. Also this essay suggested two main solutions including finding jobs with enough salary and suitable work hours.