

Do you agree or disagree with the following statement people today spend too much time on personal enjoyment-doing things they like to do - rather than doing things they should do . Use specific reasons and examples to support your answer .

The question of how we should spend our leisure time has been debated for many years and this assertion is very notable for psychologists , sociologist and economists . I think your head is starting to spin a little .

I personally suppose , in this decade people would rather doing things they like to do . I feel this is for some main reasons which i will explain in this essay .

First of all , people today all around the world spend too many time working than before due to the economic situations . We have daily price fluctuations , wars , demand increase and etc ... . So , people have to work harder for supply their requirements that it is important for economists because of the economic cycles .

My second point is that , nowadays because of the technology and smartphones , people spend most of their free time with them and they are addictive that this is perilous for society since with utilization raise of the technology , teamwork and distance between people become decrease . I mean , emotional distance besaides , a sense of responsibilities-responsibility to other persons turn into the less . Thereupone , society is depressed that this part is related to sociologists .

Another important point is that , when people not doing their personal enjoyment or doing things they like to do they get depressed and seem older than their age . that is why , sometimes they feel empty and useless that may be two reasons for suicide , so this is significant for psychologists .

Now to finish up this point , people should doing things they like to do although it might be difficult for them , a happy life is more valuable than a luxurious life-one . you must doing whatever you want because you will be born once and it will never be repeated .