

Many people are working long hours, leaving very little time for leisure activities. Does this situation have more advantages or more disadvantages?

In modern societies, individuals spend most of their time at the workplace without indulging themselves. I would argue that this trend's drawbacks far outweigh its benefits.

Living in capitalistic societies, people mostly toil from dawn to dusk to earn money which assures that they are them being able to make their ends meet. Money brings power and safety, hence the importance of having adequate amount of it for a rainy day. Not only can an employee make more money by working overtimes, but also he can thrive on his job. They can leave a profound impression on the employers, thereby enhancing their job security and reputation as a dedicated employee.

Apart from the aforementioned merits of working long hours, it will cause many problems for individuals. Firstly, it will pale the family bonds as a result of lack of sharing experiences. That the quality time which family members spend together makes them more related and connected is an undeniable fact. These close-knit relationships have a great impact on a person's mental well-being. Secondly, those who dedicate themselves only to their work deprive themselves from of finding their favorite hobbies, so they cannot strike a balance between their work life and their personal life. Finally, working long hours leaves no time for exercising which is of paramount significance for a person's health. In addition to being fit and gaining physical health, it helps people to put their minds at ease and release their stress.

In conclusion, although with the aid of working overtime people can improve their financial situation, I do believe that it would negatively impact their well-being.