

Many people work long hours, leaving very little time for leisure activities.

Does this situation have more advantages or more **disadvantages**?

Working long hours has become a common practice in modern times, where individuals dedicate most of their time to their jobs and work, leaving minimal leisure time. In this essay, I will explore both advantages and demerits associated with this. Personally, I think that we should have a **work-life balance** to **reap the maximum benefits** and avoid the problems associated with long working hours.

There are several advantages to working for an **extended duration** each day. First, it increases **productivity** and helps achieve organizational goals more efficiently. **This way**, individuals develop a strong **work ethic** and valuable skills, which can lead to **career advancements**. For instance, in this **cut-throat competitive age** of the **corporate world**, working long hours often come with **promotions** and **financial benefits**. Second, it provides a sense of **fulfilment** and **accomplishment**, which can improve one's **self-esteem**. **Research indicates that** people who work **dedicatedly** for more than seven hours a day often have more self-esteem than those who do not.

Despite the advantages, there are also several disadvantages to working long hours. First, it can lead to **burnout** and **decreased work performance**. This can negatively impact the quality of work and lead to decreased productivity. For instance, it is proven that people who have **lengthy office hours** often suffer from **occupational burnout** and lack the **motivation** to produce quality **output**. It can have **adverse effects** on **physical and mental health**, including increased **stress levels**. Moreover, it can affect relationships with family and friends, leading to **social isolation** and decreased overall happiness. For example, long hours can result in individuals **missing out on** important life events, such as family gatherings, affecting **their** personal and social life.

In conclusion, long working hours have both advantages and disadvantages. While it can increase productivity, and financial rewards,

and provide a sense of fulfilment, it can also lead to burnout, decreased work quality, and unhealthy personal and social relationships. In my opinion, a healthy work-life balance is essential for overall well-being. It is important to **prioritize** leisure time to **engage in personal interests**, **maintain relationships**, and achieve a **sense of fulfilment** outside of work.

Dedicate – bag’ishlamoq

Work-life balance – dam olish va ishlash orasida balans

Reap the maximum benefit – maksimal foyda olish

Duration – davomiylik

Extended – uzoq / lengthy

This way – thereby – bu orqali

Work ethic – qattiq ishlash kk degan tushuncha

Career advancement – karyera bo’yicha ko’tarilish

Lead to - olib boradi

cut-throat competitive age – yuqori raqobat

promotion – lavozim ko’tarilishi

financial benefit – moliyaviy foyda

fulfilment – ko’ngli to’lish / happiness / baxt

accomplishment – erishilgan yutuq

self-esteem – o’ziga bo’lgan hurmat

research indicates that – tadqiqotlar shuni ko’rsatadiki

dedicatedly – astoydil

burnout – energiya to’liq tugashi

work performance – ish samaradorligi

it is proven that – shu narsa isbotlanganki
occupational burnout – ishlab charchash
output – so'nggi mahsulot
input – qo'shgan hissa
adverse – negative
physical / mental health – jismoniy / aqliy sog'lik
social isolation – jamiyatdan ajrab qolish
miss out on – o'tkazib yuborish
family gatherings – oilaviy yig'ilishlar
prioritize – muhim deb hisoblamog
engage in personal interests – o'zi yoqtirgan ishlar bn shug'ullanish
maintain relationships – aloqalarni saqlash

