

Review Article

Chronic Overworking: Cause Extremely Negative Impact on Health and Quality of Life

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ABSTRACT

Work is an action that organizes and provides meaning to the use of time in a society that has programmed its rhythms as a function. It is important in structuring daily life and in enabling a sense of continuity, provides capital, satisfaction that flourishing human life and his family. What's more, it is an antidote against boredom and emptiness. But it also means we never *really* clock out while working and become too much workaholic. The persistent overwork has extremely negative impacts on our health, happiness, and overall quality of life. Nowadays working overtime has become the norm for most people. It is one of those things everyone knows is bad for us, but no one really listens. Imbalance between work and health or overwork not only bad for employees but also for employers. The long working in the office or at home is bad for our health *and* our performance at work. A person who expands more time in work may experience numerous health problems including mental, physical and social problems. The Significant effects include stress, lack of free time, poor work-life balance, relation hit and serious health risks lead to tiredness, fatigue, obesity, lack of attentiveness, insomnia, depression, diabetes, high BP, Cerebro-cardiovascular problem, etc.

INTRODUCTION

Work is an activity that organises and provides meaning to the use of time in a society that has programmed its rhythms as a function. It is important in structuring daily life and in enabling a sense of continuity, provides capital, satisfaction that flourishing human life and his family. What's more, it is an antidote against boredom and emptiness. There is no doubt that technology has simplified the way we carry out our day-to-day routines. The latest technology and advancement in the work place do the thing easier and find the solution of any problems and also inspire us to work more. But some time the work become hell for us. While being constantly plugged in work feel safe, connected at office or home. It also means we never really clock out. It is one thing to pull a long day every once in a while to finish a project or deal with a crisis, but it's another face to routinely stay over time at the work place or work for extra time. That is chronic overwork and it can have extremely negative impacts on our health, happiness, and

overall quality of life. But now days over time has been a routine part for many people. It is one of those things everyone knows is bad for us, but no one really listens. The extensive working in the office or at home is bad for our health and also our performance at work. The employees who expand long time in work may experience more serious complication including mental, physical and social issue. Significant effects of chronic working include stress, lack of free time, poor work-life balance, relation hit and serious health risks [1, 2].

Employee performance levels could also be lowered. Chronic working tendency or spending long time at work place may lead exhaustion, depression, low energy, and lack of attention, irritation and anxiety [3].

As a result, of these factors the employee's mental, physical and social life affected significantly.

HEALTH AND SAFETY

The direct link between over working and health safety is still remaining unestablished. But some studies have reported that due to over exertion at work place the employees are tend to have addict of some bad habit such as smoking, tobacco usage, alcohol and use some psychotropic drugs that could lead to health and psychological complications[4, 5].

It has been observed that working time 9-12 hours; working timing exceeding 12 hours shown significantly decreased cognitive testing performance, work efficiency and increase work place damage. A survey was conducted between 1987 and 2000 found that in a group of 10,793 male and female and 61% was associated with excess of injury due overwork than compared to jobs without overtime. The rate of injury was directly proportional to the length of work time and numbers of hours per week [5].

MENTAL EFFECTS

It has been also known that in every hour we need a short brake to relax our mind. The long working hour, the style of working and the type of work adversely affect the central nervous system. A study was conducted in July 2016 on the effects of work and mental health. The result found that 38% overwork, 46% never had time to relax and 60% of them having unhealthy work-life balance may suffered with various mental disorders [1].

Another study in 2004 shown that the workers in Australia, trend that satisfaction levels decreased as the number of hours worked increased. They also suggested that the effect could be reversed by decreasing the extensive working [6].

The Mental Component Summary (MCS) of (SF-36) measure, they noted a 48% increased probability regarding mental health decline in those workers working 49–59 hours per week, compared with those below normal working time (that is, 35–40 hours per week).

The possibility amplified by 53% in those working greater than 60 hours a week. It has also been observed that and it is differing by gender. Among those work for 49-59 hours per week, the SF-36 score was lower among women than men. [7].

The overworking style leads to many mental issue including lower working satisfaction, blue mind (mind fullness), stress, depression, mood swing, irritability and anxiety [8].

Suicidal ideation is another concern for overtime work. A research was conducted in South Korea recruited 67,471 workers, and the results shown 30% higher suicidal ideation among workers having working hours more than 60 hours. The ratio of increasing tendency 31% and 33% in male and female workers respectively. There was also increased suicidal ideation noted among workers working for 51–60 hours per week in both males and females [9].

PHYSICAL EFFECTS

Continuous and prolonged working, lack of breaks during the day, and consecutive days of working without a day off lead to decreased efficiency and productivity in workers. The abnormal work and sleep schedules were leading serious health issue. A study was conducted by The University of Texas Health Science Center at Houston shown the link between overtime and the increased risk of cardiovascular disorder (CVD) [5].

In addition to these other health risks is the correlation between working long hours and the likelihood of individuals smoking, drinking, having a high body mass index (BMI), and being less physically active [10].

The long-term effects of alcohol consumption include increased on-the-job injuries and loss of productivity, family problems, risk of high blood pressure, stroke, other cardiovascular diseases, and more [11].

The effects of smoking, in addition to similarities of the effects of alcohol, include increased risk of heart attacks, weight gain, obesity, emphysema, and a large amount of cancers [12].

A research was conducted in Osaka, Japan, and on effect of long working hours and hypertension and surveyed 941 male Japanese workers are found with elevated level of blood pressure [13].

Another coherent study shown that 55 or more hours per week to look for an association of developing Type II Diabetes compared to a referent

group of workers only working 35–40 hours per week. They have been found that there was significant evidence for link between long working hours and developing Type II Diabetes, even after adjusting physical activity, smoking and alcohol use [10, 14].

Another data of 85,494 workers from several European countries screened and found that the effect of long working hours with developing partial fibrillation [15].

There was also evidence of the overburden has been known as a cause of sudden death from cerebrovascular and cardiovascular diseases (CCVD) as well as a cause of permanent disability or sickness caused by CCVD [16,17].

Therefore, CCVD is now documented as an occupational disease. A study was conducted by Buell and Breslow in 1960, reported that extended working hours increased the risk of death from coronary health diseases among males in the United States [18].

Long working hours may pull the employees to some bad habit such as smoking, high coffee intake; alcohol, unhealthy diet, and lack of physical activity. Change of this life style triggers the risk factors for CCVD, such as high blood pressure, stroke and rise in cholesterol and triglycerides level in body and some other type of cancer too [19, 20].

FAMILY AND SOCIAL EFFECTS

Balance between work and life is an integral aspect of employees life. Naturally, the more hours someone works, the less time they will have to spend with their family or other leisure activities. In 2007, a study was conducted at Penn State Abington analyzed the tradeoff between working overtime and home and family life activities. A major finding was that workers struggled to take time off for personal or family needs. However, the additional income from working long hours could limit the actual impact of this loss of time [21, 22].

More specifically, the impact of having a child exponentially increased the impact of working overtime. Especially at a young age, it is very important in child development for the parents to be involved to provide care and positive experiences. Due to this reason, work-life conflicts arise much

more frequently for parents, as stress levels and family conflicts are heightened. These effects are even worse for single parents [23, 24].

REPRODUCTIVE EFFECTS

Over working or night shifts working adversely affect women of middle age particularly child bearing age. The extended work/night shift work cause conflicts in the family and stress probably cause the disruption of the menstrual cycle. The stress and depression may link with the increased risk of spontaneous abortion, miscarriage, low birth weight and prematurity [25].

CONCLUSION

Chronic and long working or abnormal day night schedule in the work exposes employees to severe health issues. The key consequences of chronic working may disrupt the biological rhythm of the body and can have significant effects on work efficiency, sleep patterns, mental health, psychological or behavioral changes, stress, depression, Type II Diabetes, reproductive outcome, obesity, hypertension and developing cerebro-cardiovascular complications.

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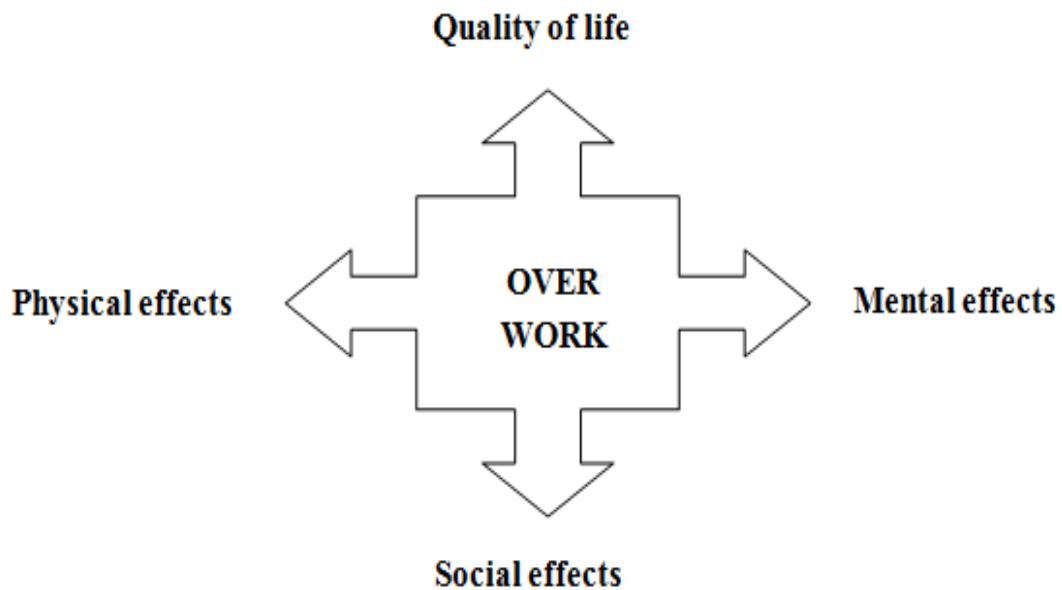


Fig.1: Effects of overwork

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