

Advantages and disadvantages of the four-day workweek



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A four-day workweek, as the name itself suggests, means working for four days a week instead of five days. But it doesn't mean that an employee will be working any less. They are still required to work forty hours a week, which means they will be working four ten-hours days rather than five eight-hour days, and were paid the same. There are always two faces of the mask: happy face and sad face. In this case, a four-day workweek has advantages and disadvantages.

On the four-day schedule, employees were given an additional of more than 50 free days that they can use in their own activities and personal lives. The fact that they have an extra day to do their personal errands, they can avoid missing their work. They can also have more time to think, relax and enjoy life with their loved ones. Because of the four-day workweek, people can save not only time and energy, but also, financially. They can save the money they are going to spend for transportation and food. Also, they were able to avoid exhaustion and stress from commute time.

On the other hand, even though employees were able to avoid stress from commute time, working ten-hours for four days can cause tiredness and pressure that may result to productivity reduction of the workers. They may also lose focus in what they are doing, thus, it may result to a more complicated situation. Like what was mentioned above, there are always two faces of the mask. Although the four-day workweek may also be a disadvantage, there are lots of ways to avoid them and make the four-day workweek favorable to everyone.