

Work and family impact on individuals essay examples

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Work and Family Impact on Individuals

Researches have identified various impacts of work to the families and vice versa. Among these are strain and sometimes people tend to be unsatisfied to single job because of the desire to earn more for their families. Work on the other hand can cause strains in the home responsibilities because of lack of time to do them and concentrate on these.

With regards to its personal impact to an individual, having both a work and a family will lessen the time of an individual for oneself. The individual may be stressed with the duties he has for both inside the home and work that he has the tendency to forget his personal needs as an individual. An individual has to identify his personal goals based on his interests and needs, but the tendency is he may not be able to come up with these personal goals and achieve them because his concern for his family and work may overcome what he personally wants. He'll have to put aside his personal needs in favor of what he seems is more beneficial to his family or for his work. This may result to the person being unhappy and become depressed. For example, an individual may have been dreaming of working in a marine research job since he was a child. The opportunity came when he was made an offer. However, he was on the brink of accepting the job when another job offer came offering him a laboratory job which pays twice as much. Because this individual is a family man, he tends to set aside his personal satisfaction in favor of what is more beneficial to his family.

Furthermore, individuals may experience difficulties in carrying out their responsibilities both in work and in their families because they have a hard time balancing their roles. The tendency is that there will be no personal time for the individual in whom he can reassess himself to help him in his responsibilities (Alexander and Baxter, 2005). Individuals also need time for relaxation to be refreshed in order to stay efficient.

References:

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