

Ways of maintaining work-life balance essay example

[Family](#), [Parents](#)



Just like any other addiction, work is also falling in this category. Human beings are failing to control their working behavior as the demands of the economy globally requiring otherwise. With high inflation being the daily case for most of the world's economy, people are torn apart in either giving priority to their families or their jobs. Due to the need to get daily bread a thing that is increasingly becoming difficult, many people are going to work at the expense of their social obligations (Smith, 2000).

Such people are going for this option as although they may want the case to be different, they have no alternative. Otherwise, the children will starve or lack basic needs, and thus make such social relations as could be desired be meaningless. As such, many families are finding work-life balance a hard task to meet.

However, to avoid society's social fabric getting apart, working family should aim at prioritizing family matters rather than economy. The point here is work without play makes jack a dull boy- Not only jack, but also the family that needs time to socialize. If economic factors are achieved without an opportunity to enjoy the many hours that were used to acquire them, then the results are futile and of no benefit whatsoever (Smith, 2000).

Most people concentrate too much on work. One wants to finish everything at a go. Such efforts only assist one to be workaholic. The solution here is to be able to bite what one can chew and know that what can not be finished today can be tomorrow. Such acceptance of reality will enable people create time for their families and avoid conflicts and drifts as in the cases of spouse. For parents, letting oneself do what is humanly possible during working the

period will enable them have time for children and other members of the family and friends (Smith, 2000)

Question two

Sandwiched they feel, and so they call themselves the sandwiched generation. These are the middle born siblings. The above enunciation lies on the fact that being in the middle; younger siblings feel that their elder siblings need to take over the role of parents. On the other hand, parents feel that this group has the right to ease their burden after growing them (Timothy, 2006).

On their part, these groups of siblings feel that they have a duty to assist the aging parents in taking care of the younger brothers and sister. Such roles originate simply from a human, sense for responsibility. Upon some of the duties that middle born siblings do is to take up roles as assistant parents. They will be expected to protect the younger siblings by instilling discipline to physically providing security.

On the other hand, the parents are aging, and they too need care. This ranges from emotional, physical to economic. As these duties come with respect for the family structure, such siblings have no alternative for in most cases; they are the only viable members of the family that can keep the family running after the parent became too weak to function in their roles as parents.

The effects of these acquired duties are that such siblings grow up to be responsible and eventually are able to manage their married life. Duties bestowed on them early in life make them good parents and great disciplinarians (Timothy, 2006).

Reference list.

Smith, P. (2000) The role of capitalism in breaking a societies' moral fiber.

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Timothy. (2006) Caring for the aging. Durban: Longhorn publishers