

Introduction it needs  
to be tackled. a



## **Introduction**

More often than not, people overwork themselves without noticing.

Overworking is a problem that is deeply rooted in many professional fields like education, politics, and business (Swenson, 1984). Overworking can be described as performing duties beyond the recommended time and measure. Many people overwork in pursuit of success or because the nature of their jobs and activities that they engage in demand so. If not controlled, overworking may generate to a major health issue for individuals involved. Besides health, overworking can wreck havoc into ones social life as well as family (Rosenzweig, 1983). It can also affect productivity of workers and performance in students.

Most of these individuals normally do not see the need to do anything else outside their scope of work. They willingly or unwilling extend working hours and they are normally the first to report to their stations.

## **Information**

A number of solutions exist for this problem. However, some in-depth information has to be gathered and analyzed to aid in formulating the solution to overworking. The different kinds of information needed include; causes, industries, or professional fields where it is most prevalent, prevalence, facts about overworking and ways to remedy it.

## **Causes**

There are many causes of overworking. They range from personal decisions to professional requirements. Overworking can also be because of habit formation.

A proper understanding of the causes is critical to finding a solution to the above problem

### **Prevalence**

It is also important to understand the extent to which the problem is affecting people. Any prevalence rate is an acknowledgement that the problem exists and it needs to be tackled. A high prevalence rate will indicate a troubling trend where people will be dictated by their work hence living like robots.

### **Facts**

This will largely involve the figures and proven hypotheses about overworking.

They will help paint the true picture on prevalence and the extent to which overworking is a problem. Facts will also help identify areas where the problem is pronounced for remedies to be formulated.

### **Fields most affected**

These professional fields report the most pronounced occurrence of the problem of overworking.

### **Remedies**

There are many suggested ways of dealing with the problem. These will be analyzed to determine the best way to tackle the problem. The remedies will be formulated from the information that will be gathered and evaluated.

**Evaluation process**

The information gathered has to be of high quality. The valuation process will be based on authority of the information, its objectivity, quality, coverage, and its currency.

**Authority**

Authors of the information regarding overworking have to be known and credible. They must be backed by credible publishers and they must be well versed to speak authoritatively on the topic. The author must have proven credentials and must have reputation among his peers. The information by this author has to be well researched for it to be credible.

**Objectivity**

The information on overworking must be clear on the goals of its publication. The information must be informative, educative and be able to display coherence on the topic of discussion.

The information must also display objectivity while the language should be free of emotion generating words. Where there may be bias, the author must acknowledge and give reasons why.

**Quality**

The information must be well organized with logical sequence and clear presentation of main points. The main ideas must be unified to for the achievement of the overreaching idea.

The flow must be in order with no repetition of the author. Data presented on the topic of overworking must be accurate and clear with references of the sources made.

**Currency**

The information must be up to date with the publishing date not more than five years old. This will help in portraying the true picture of the overworking problem as it is presently. It is also imperative to use current books since this problem is dynamic.

This therefore calls for the use of materials from authors who regularly publish reports on overworking.

**Library resources**

The university library is endowed with resources that will partly help in this evaluation process. Key among them is the National Faculty Directory that will come in hand in verifying the author's credentials. The university library is also connected to the internet through which students access numerous scholarly databases. The encyclopedia of Associations and the Research Centers Directory accessed through the library net will help in verifying the objectivity of the information collected. The magazines for libraries and other sources like Ulrich's International Periodicals Directory, both accessible through the web will help in evaluating quality and relevance of the information.

Other websites like Wildcat and Amazon will also help in determining if the information is up to date.

**Finding the solution**

After the information is analyzed, it will be availed in both print and electronic format for all students and professionals to read. The report will

identify ways through which one can determine if one is overworking him/herself and the remedies available to them.

## **References**

Rosenzweig, R. (1983). *Eight Hours for What We Will*.

New York: Syndicate Press. Swenson, R. (1984). *The Overload Syndrome: Learning to Live Within Your Limits*. New York: Oxford University Press.