

# Impact of family and work on an individual

Psychology



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Impact of Family and Work on an Individual Introduction Balancing work and family has been well known to be a challenge to many people with demanding jobs. It in most cases affects women as they are the ones responsible for being in charge of the domestic wants. However, for one to successfully go through it, they must have supportive partners back at home who are willing to also integrate their work with the domestic sphere. This could be through an agreement between spouses where they decide to alternate when it comes to their work program, so that while the wife is at home the husband is at the workplace and vice versa. The boss at the workplace also ought to be co operative in such case by offering work-family supports to their workers.

The pressure that comes with dealing with the two has so much led to low production in both work and domestic sphere, with the work sphere being most affected as women put so much emphasis on their families more than any other thing one could think of. The affected may resort to absenteeism and poor job performance thus leading to job dissatisfaction[Jud10].

The health of an individual is also put at stake as stress among these women becomes a daily thing as they try to cope with balancing of both domestic and work issues. Both their physical and emotional well being is affected as a result of continuous exposure to the stress brought about by work and family in terms of the work load and other essential issues. Continued stress is risky as it might lead to depression which is a severe health issue and end up in the company's loss of working personnel. Their physical well being equally deteriorates due to too much work and issues to deal with.

Women are left with an option of making fertility decisions which might mean making use of birth control methods in an attempt to reduce on the <https://assignbuster.com/impact-of-family-and-work-on-an-individual/>

domestic responsibilities that come with children, in terms of proper care and close supervision whenever they need anything and much more. Some also resort to having children before employment so as to have the burden of taking care of the children reduced when they decide to move into the job market.

#### Conclusion

It is quite evident how work and family can be a nightmare to women who have to deal with both, with hardly any help from their spouses or bosses. For work efficiency to therefore prevail and the affected individuals be safe, it is important that everyone cooperates for things to run smoothly and employees live a healthy life with little or nothing to worry about.

#### Reference

Jud10: , (Judy, 2010),