

In modern times, people are under more stress than ever. This has a negative impact on their well-being. State some of the causes and suggest possible solutions.

Essay:

It is an undeniable fact that people nowadays are experiencing higher levels of stress compared to previous generations, negatively impacting their overall well-being. Certain causes have contributed to this surge and various solutions can be strategized for relief.

To begin with, the escalating rates of stress are primarily a result of the demands of modern society, where individuals are expected to perform in a multitude of roles. More specifically, an individual's professional life has become notably challenging. The current business landscape seeks all-round performers, capable of solving issues at all fronts, thus intensifying competition and pressure for self-grooming. Additionally, a recent study highlights that employees largely continue their education post-graduation to stay competitive and adapt to the continually evolving work environment.

Although the situation seems bleak, there are potential remedies. Relaxation during leisure time is an excellent stress-buster. Engaging in restful activities or pursuing hobbies with friends can help individuals manage their stress levels. Evidence from a university study indicates that employees working four days a week have a better work-life balance and are generally happier. Interestingly, these individuals demonstrate higher work efficiency when they take ample time to relax.

In conclusion, modern society has inevitably increased stress levels among individuals. However, allocating sufficient time for relaxation can significantly mitigate the negative impact of this pressure.

Word count: 209

Essay translated in Korean:

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Good expressions:

1. 'undeniable fact':
2. 'escalating rates':
3. 'continually evolving work environment':
4. 'all-round performers': 가
5. 'work-life balance': -
6. 'mitigate the negative impact': .