

Many working people today do not have enough free time off work to spend their families and friends. Why? What effects on family life and society as a whole?

Essay:

Today's working individuals often find themselves deprived of quality time with their families and friends. The advancement of industrial society and the pressure of a competitive setting represents the primary reasons behind it.

There are a multitude of reasons why people in contemporary society possess limited leisure time. Living in an evolving world demands individuals stay competitive by working tirelessly and honing their skills, leaving them with less family time. Additionally, the escalating cost of living has compelled people to extend their working hours, with many families opting for dual-income to cope with financial stresses. This results in an increased prevalence of workaholics and extended working hours.

The impact of this occurrence affects not only individuals but also society in general. When people fail to spend quality time with their families, the familial bonds often weaken, potentially leading to psychological and social issues. This is demonstrated as teenagers often report feeling alienated, despite living with their families, and adults frequently encounter mental health issues such as depression due to neglecting their well-being. Furthermore, the decline in birth rates in several developed countries is another unconcealed consequence of this trend, resulting in substantial allocation of resources to address these issues.

In conclusion, the lack of leisure time among working individuals is an inevitable societal alteration carrying negative repercussions. Therefore, maintaining a balance between work and personal life is vital, along with encouraging a culture that esteems family time.

Word count: 260

Essay translated in Korean:

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Good expressions:

1. the advancement of industrial society -
2. an inevitable societal alteration - 가
3. maintaining a balance between work and personal life - -
4. unconcealed consequence -
5. escalation of living cost -
6. culture that esteems family time - 가