

Many people believe that modern workers spend excessive amounts of time at work and consequently have insufficient time for their families. I largely agree with this view because demanding careers, long working hours and digital connectivity have made it increasingly difficult to maintain a healthy work-life balance.

One reason for this problem is increasing workplace competition. Employees may work longer hours to achieve promotions, meet deadlines or protect their jobs. In some industries, working overtime has become normal, particularly when employees are expected to handle large workloads. Long commuting times can further reduce the amount of time people have available for their families.

Technology has also contributed to this situation. Although smartphones and laptops allow people to work from almost anywhere, they also mean that employees can remain connected to their workplaces outside office hours. For example, workers may respond to emails or attend online meetings in the evening instead of spending uninterrupted time with their children or partners.

However, not everyone prioritises work over family life. Many companies now offer flexible working arrangements, including remote work and adjustable schedules. These options can help employees manage their professional responsibilities while spending more time at home.

In my opinion, employers and employees should both take responsibility for maintaining a reasonable balance. Companies should avoid unnecessary overtime and respect employees' personal time, while workers should establish clear boundaries between work and family responsibilities.

In conclusion, excessive working hours can reduce valuable family time, and modern technology has sometimes intensified this problem. Greater flexibility and clearer boundaries are needed to create a healthier work-life balance.