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**Structured Outline Rules**

**Sample Outline**

Name of the reviewers

1. Shesh Nagendra Manoj 2021-05-15
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**Evaluation of Emotional Labour effects on a person**

**Introduction**

In this paper I am trying to say the pressure one goes through due to emotional stress and the side effects on once physical fitness. At the it will be a clear determination using some results that came out doing some tests on human body how goes under stress and people whit no stress and prove how bad it is for your health and introduce some basic life style changes that can make you lead a better life. These suggestions to be given by a trained model made by to evaluate a persons emotional state.

**The Problem**

Human life expectancy is reducing because of present lifestyle. The only difference from olden days and now is stress and the stress is of different levels. Some people get emotionally abused at home and some get emotionally blackmailed at home and some in their relationships.

Consider an example of john who lives with his girlfriend and she constantly doubts him in every possible way there will be no peace in his life.

Everyone needs a job for their livelihood and keeping that in mind, the officials in an office sometimes take advantage of their situation and lock them to work for more hours for free.

**Proposed Solutions**

If there are enough people to can agree that they get offended in the offices for working more hours for no pay. All together can bring in rules that must pay on hourly bases and if it not done the companies has to pay fines. And also, more the complaints increase on the companies more the tax.

For the relationship problem it will be good to share everything and also give the partner access to all the electronics.

Scheduled health check-ups and fun activities must be mandatory.

We can use an emotional validation test like we do for ethics test.

We can make a dashboard that keeps track of people’s health.

**Effects on personal life due to emotional stress in office and vice-versa**

Even though wethese many things into consideration some time the model exam we take might not judge your condition.

If your house environment is bad your will not be able to work peacefully. If your work life is stressful your personal life will be bad due to that so over all everything are inter related.

Emotionally weak people will be taken advantage when you work for a company that want to grow and have big dreams

Basic right has to be given for an employ

**Problem with Proposed solutions**

If you are taking the test today and you’re not feel good that particular day due to problems somewhere else if will affect the companies

Share all your information with the one in relationship might not make you feel comfortable to any person cause someone looking over you makes u irritated.

Making the test needs lots of emotional answers

Different people consider different things as emotionally scaring effects so its not easy to determine.

**Conclusion**

By taking a test we can at least get few people out of their emotional labour hard ships. Also can estimate the possible ill effects that can happen in future and can give recommendations.

**Summary**

In this paper we have described the possible emotional labour situation and possible solutions. Technically speaking it’s a tough process to do so but we can also get analysis on how a person is feeling to specific things. And possible out rages can and effects can be given out according to health wise if we can develop the Test and have past data with actions to the similar emotional conditions.

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