**The effects of Workaholism**

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In this article, we aim to discuss the influence of workaholism from three different aspects. First, spending too much time on work will harm our health. Secondly, being addicted to work will cause family conflicts. Finally, workaholics do not feel very happy at work.

First, most workaholics devote most of their time to their work, which can affect their physical health. According to Bannai, A., & Tamakoshi, A. (2014), "Multiple experiments have demonstrated that long working hours are prone to depression, anxiety, and coronary heart disease, and even sleep conditions can be affected "(p.5). Because of long working hours, the brain and the body do not get enough rest, and long hours of concentration on work and pressure on the nerves can even lead to neurasthenia, which can cause a variety of psychological disorders. Too long working hours, workers are immersed in a highly concentrated state, the brain is still in a state of excitement, and the brain will have sleep disorders, so we can find a correlation between long working hours and mental illnesses and sleep disorders.

Second, workaholism may cause family conflict. According to Torp, S., Lysfjord, L., & Midje, H. H. (2018) , "workaholism is positively associated with work-family conflict and moderates the relationship between role overload and work-family conflict to some extent" (p.1071). Workaholics have difficulty balancing the two, and when they are absorbed in their work, they do not have much energy to care for their family, as shown by the problems of the couple's relationship and character development with their children. The main cause of conflict between couples is the lack of communication, which leads to suspicion and lack of transpersonal thinking, thus causing family conflicts. Living in a dysfunctional family, children of workaholic parents may experience depression, low self-esteem, fear of failure, and anxiety, leading them to become workaholics themselves" (p. 875). Because the parents' strict demands on themselves are applied to their children, most of the behaviors that the children do originate from forced behaviors, and the emotional buildup over time may cause personality disorders in the children that manifest as a fear of trying as well as low self-esteem. This leads to the conclusion that workaholism is associated with factors that lead to chaotic families.

Third, workaholics do not feel very happy at work. Burke, R. J., & MacDermid, G. (1999) in a qualitative interview study of 100 workaholics, most considered the workaholic to be unhappy, unhappy, and have a highly focused personality (p. 278). Workaholics need to maintain a high level of concentration during work, but this motivation stems from internal compulsions and is not something they enjoy doing. By doing work just for the sake of doing it, they lose their love for it over time and may not find happiness in it, leading to feelings of unhappiness. As Gomes, P., Diogo, A., Santos, E., and Ratten, V. (2022) point out, "Even when they are not working, they often persist in thinking about their work beyond what is required and expected of them" (p. 4). They are simply unable to do their work while enjoying it and are unhappy not only at work but may also be unhappy in their own lives, which may eventually lead to quitting. We can therefore conclude that there is a negative link between workaholism and happiness at work.

From what has been discussed above, we may safely draw the conclusion that workaholism has an impact on health, family, and work happiness.

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