Which one is the most important factor to help you work productively?

1. Having an environment which is free of noise and distractions
2. Knowing that you will receive a reward
3. Doing something you are interested in

Work efficiency has long become an important criterion to evaluate employees and researches have proved that it is one of the most powerful indicators of promotion in workplaces. As a result, how to work productively becomes a hot topic. Many people believe that a quiet and undistracted working atmosphere or a timely reward is the most important factor to guarantee a productive work. From my perspective, however, it’s doing something one is interested in that really matters.

First of all, when doing those things a person is really interested in, he or she can always focus on the work, regardless of the external chaotic environment. That is one of the reasons why we could always see those people focusing on their book in a noisy and crowded bus without feeling interrupted. Take Yuan Longping, an expert for hybrid rice who did great contribution to end the world hunger, for instance. Motivated by his great interest in agriculture, he gave up the enviable chance to inherit his family business and devoted himself into the agricultural research. Due to the unsatisfying experimental condition at that time, he had to carry out the research in the wild field all by himself. However, such difficulties did not prevent him from dedicating in his study. In order to select the proper but scarce natural hybrid rice, he once searched ten acres of land for two months examining millions strains of rice one by one, at a temperature about 40 degrees. Seen from this perspective, interest can guarantee the concentration to our work.

Besides, interest can cultivate a deep understanding of a specific work, thus promoting the productivity accordingly. As interest is the best teacher, one is always willing to dig into/explore deeper into the fields that he/she is really interested in, through which a profound insight can be formed. Take Vincent van Gogh, the famous Dutch post-impressionism painter, for example. Fascinated by the contrast of light and shadow in the nature, he spent several months staying in the field to observe the subtle change of color of the sky, which provided him with a precise control of color in his paintings: in Sunflower, he used gradual varied yellow and orange to highlight the gorgeous blossom; in the Potato eaters, he wielded extensive grey and black to convey his empathy to the oppressed labors. So, it is clear to see that interest can foster a keen comprehension to one’s work.

Indeed, some people argue the importance of having an environment which is free of noise and distractions should be emphasized, since such an environment can serve as the prerequisite to help us concentrate on our work; and there are others stressing the significance of a timely expected reward, which would bring much motivation to a person. However, they both ignore an important fact that those are both external factors, whose influence can easily elapse and vanish.

In a nutshell, I believe that doing something we are really interested in is the most important factor to help us work productively.