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Some companies regulate that employees should not send or receive emails related to work on vacations or holidays. Some people believe that this policy would enhance employees' satisfaction. Do you think it would be effective in enhancing employees' job satisfaction?

With the fast-paced development of modern society, people nowadays are facing heavy workloads. Because of their pressure, some companies regulate their employees by ~~with~~ not sending or receiving email while they are on vacation because they think that employees will be more satisfied, while other companies hold~~s~~ the opposite opinion. As far as I am concerned, it is better not to regulate employees ~~with~~ by not sending or receiving emails while they are on vacation~~s~~. My reasons are as follow.

Firstly, regulating such a policy does not necessarily enhance employees’ sense of satisfaction, because without email, employees will not be able to work during their vacation. This will lead to loads of work to do when they are back from vacation. The heavy workloads after their vacation will wash away their happiness of vacation. Take my father as an example, last year’s summer vacation his company forbids him using email while he is on annuall~~y~~ vacation. However, while he was on vacation, he usually ~~gets~~ has nothing to do but just take ~~ing~~ care of me. After he was back to his workplace, he spent a whole week in his company without coming back ~~to~~ home because of the heavy workload which accumulated while he was on vacation.

Second, regulating the use of the company’s employees’ emails will make them feel their freedom is not being respected. They have the right to choose whether to work or not to work on vacations, by regulating these policies the company will actually lower these employees’ sense of happiness. Take my best friend Tony as an example, he used to work in an IT company, and also got forbidden to use his email while he was on vacation. However, instead of feeling relaxed, Tony felt sad because he thought that the company had made him a prisoner and controlled him. He worries that he will also miss important personal emails. Finally, he left the company because he could not bear the controls on his email account by his company.

From all of above, it is safe to draw the conclusion that it is better not to regulate employees’ emails and let them choose whether to send and receive emails or not by themselves.