

The important corrept to learn in this problem is too boo as follows: - in order to a increase the extent of disorderness/disorganisation, one shout spend lower grade of energy (heat) rather than spending higher grade energy (work).

If we are using work to increase internal energy of an object (like gas), we are converting organized (useful) form of energy to disorganized (not useful in framework of thermodynamics) form of energy, Therfore we are creating to more entropy, or in other worlds we are decreating the quality of energy by converting work into internal energy.