

The negative impact of workaholism on physical and mental health

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There are workaholics in today's society, and this article discusses the negative effects of workaholism on physical and mental health from three points. Firstly, workaholism can affect a person's normal sleep health. Secondly, workaholism can lead to some psychological stress and affect mental health. Last but not least, workaholism can also lead to the occurrence of some cardiovascular diseases.

Workaholics can cause a loss of sleep health due to insufficient rest time. Workaholics suffer from bedtime anxiety and impaired sleep quality due to investing a large amount of time in work and not having enough time to recover from excessive energy consumption. For example, as an explanation, workaholics develop a habit of continuous thinking after a lot of work (Spagnoli, Balducci, Kovalchuk, Maiorano, Buono, 2018). The excessive amount of time and energy consumed at work, coupled with this continuous thinking, can cause sleep health problems such as anxiety before bedtime and difficulty falling asleep on the basis of insufficient rest time (Spagnoli, Balducci, Kovalchuk, Maiorano, Buono, 2018). Similarly, workaholics also have the problem of poor sleep quality due to irregular rest periods. For example, through the survey of people working in the ward, because people are often arranged to work in shift work, which makes people sleep irregularly and do not have enough sleep time, resulting in their sleep quality being impaired and the risk of poor sleep being significantly increased (Kazumi, Akihito, Norito, Masaya, Akinori, Wilmar, 2010).

Workaholics can have an impact on their mental health due to a large amount of work time. Workaholics neglect their personal life and emotional cognition by devoting most of their time and energy to work, which leads to increased psychological pressure and even depression. For example, workaholics often sacrifice more social and family time to work in the family, which leads to low personal life satisfaction of workaholics, resulting in additional guilt and psychological pressure from family and life (Schaufeli, Taris, Rhenen, 2007). In addition, workaholics can lead to job burnout due to their addiction to work, which is also a concurrent effect on depression. For example, research shows that university teachers' enthusiasm and

addiction to work lead them to deviate from their own emotions and cognition (Nie, Sun, 2016). Prolonged emotional deviation and job burnout can lead to loss of achievement, emotional depression, and depression (Nie, Sun, 2016).

Workaholics can also lead to cardiovascular burden and the occurrence of cardiovascular diseases. Workaholics come from the psychological pressure at work, which can cause their bodies to react unconsciously. For example, workaholics unconsciously activate the body's stress response every day, which can increase the body's blood pressure (Balducci, Spagnoli, Toderi, Clark, 2021). And this long-term stress response can lead to cardiovascular overload, and if not treated in a timely manner, it can lead to cardiovascular related problems (Balducci, Spagnoli, Toderi, Clark, 2021). Similarly, due to the insufficient sleep time of workaholics themselves, they consume more food that suppresses drowsiness, resulting in a greater burden on the cardiovascular system. For example, workaholics may consume coffee or alcohol to combat work fatigue caused by insufficient sleep, but the consumption of such foods undoubtedly increases the risk of cardiovascular disease and the burden on other organs (Marisa, Angel, Susana, Mario, Ma, Matias, 2016).

Overall, workaholics are harmful to physical and mental health. The first point is that workaholism reduces sleep health and affects sleep quality. Secondly, workaholics can generate psychological stress and thus affect mental health. Thirdly, workaholics can harm cardiovascular health and pose a burden on physical health. So, workaholism is a question worth considering and weighing.

References

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