

## BEING A WORKAHOLIC: ITS ADVANTAGES AND DISADVANTAGES

*by:*

**Jessica T. Angeles**

*Teacher III, Kabalutan Elementary School*

Having a job is truly important to every individual in order to provide our daily needs. It gives us salary, sets the day, give us a sense of who are forms relationships, and gives us purpose. In spite of the money positive aspects of work, however, some people are seemingly driven by internal and external forces to work excessively and compulsively. These people are often called workaholics (Schaufel, Taris and Van Rhenen, 2008).

Being a workaholic is a glorified and criticized. People around you might be admired or hate you. Remember that everything we do in our life, in our job there are advantages and disadvantages that we encounter.

### Advantages of Being a Workaholic

1. Makes productive all the time. No more waiting for perfect conditions to do your work. Immediate actions fuel a positive feedback.
2. People admire your work and dedication. Learn to be comfortable in your own skin live a better life; keep things easy going and straight forward. Be a model not an enemy.
3. You will likely have a higher output than your co-workers. Do not be overwhelmed. Remember always put your feet on the ground.
4. You can take a real sense of pride in your achievements. Your boss is likely to rate you more highly than other employees but be humble, be the instrument to help your other co-workers. Let them know that they count on you.

## Disadvantages of Being a Workaholic

1. Work is always on your mind. You forgot to do other things because you always think to your work. You don't have time to sleep, to other staff, to do household chores or even to spend your time with your circles.
2. Hinders you from growing in other aspects of your life. Do your being workaholic some advice is "do not marry your job". Because you're too much dedicated to your job you forgot to do some important part of your life. You deserve to grow.
3. You feel irreplaceable. It is good at first because you think there's no substitute for you. Your team or company can't survive without you. But this feeling alienates you from others. Your co-workers hesitate to share their ideas because you're the only one. There's no good relationship to build in your company.
4. People depend on you in a bind. Your co-workers depend on you because they know that you can do it better rather than them. They don't put themselves out in front of other by taking the initiative or promising results. They are not motivated to engage in the task, they always depend on other people.

## References:

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