Nowadays many adults have full-time jobs and the proportion of their lives spent on work is very high. Some of them are under high stress and ignore the other parts of life. What are causes & effects?

Bd1: living expense and competitive environment 🡺 pay bill, work for promotion 🡺 mother plapla

Bd2: affect on health and strained relationship 🡺 time to exercise + spend time with family 🡺 illness, lack of time to chat

In this day and age, more and more contemporary attention has been placed on the heavy loads of work that adults have to carry, which lead to great pressure on them and the neglect of other aspects of life. Some of the major culprits of this problem will be discuss before the effects are drawn. ⇒ cause effect đọc thêm cách làm <https://www.tutorspeaking.com/blog/tu-vung-ielts-writing-task-2-dang-cause-effect-solution>

It is undeniable that living expense and competitive environment play important roles in pushing people to work harder. In fact, the majority work diligently to pay for their bills, support their children and family, others work to prove that they have the ability to undertake a certain position. Take my mother as an example, she leaves her office at 10pm everyday, and take extra shifts to support my family financially, besides, she overwork to be competitive for a better promotion. **=> Đoạn này nên chia nhỏ thành 2 main idea nhé. Mình viết như này độ dài và bố cục chưa có sự cân đối với đoạn 2.**

There are many effects on an adult’s personal life who work too hard. Firstly, working beyond a person’s strength and capacity has a detrimental impact on one’s body physically. For example, my mother does not have time to exercise, and this causes some kind of muscle problems when she stands for a long period. Secondly, a person who is hard-working may have challenging relationship with family and friends. To illustrate, my mother usually does not have time to go hang out with her friends or have a proper chat with her children, this may lead to strained relationship due to the lack of time she spends with others.

In conclusion, there are personal causes that make the majority of adults spend most of their life time to work and the consequences for shouldering such great burden and pressure, which affect their other parts of life.

Để bố cục chặt chẽ thì có thể chia bố cục như sau:

* Body 1: Viết về causes vì sao workers thường under high stress and ignore the other parts of life
	+ Cause 1: bữa nay việc làm ăn cũng như là trong công việc có quá nhiều áp lực nên dễ dẫn đến stress vì làm việc quá nhiều
	+ Cause 2: bữa nay càng ngày nhu cầu về vật chất của con người gia tăng, tiêu sản bủa vây nên phải làm việc nhiều để có tiền trả cho các tiêu sản đó
* Body 2: Viết về các effects
	+ Effect 1: tác động xấu của Cause 1 --> dẫn đến ít thời gian cho gia đình --> ít quan tâm đến con cái vợ con, mối quan hệ đổ vỡ
	+ Effect 2: tác động xấu của Cause 2 --> làm việc quên ngày tháng để tiêu dùng làm cuộc sống lúc nào cũng áp lực, càng ngày càng materialistic