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?

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

Lần 2

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 leads to great pressure on them and their neglect of other fields in life. Some of the major culprits of this problem will be discussed before the effects are drawn.

There are many justifications why adults spend more and more time working under pressure and ignore other aspects of their life. Firstly, living expenses push people to work excessively hard to pay for their bills and support their children and family financially. For example, regardless of gender and nationality, full-time employees have to work around the clock to compete with the rising price of goods in the market so that they can meet their family members' basic needs and pay off other monthly expenses. Secondly, a competitive environment is the main culprit that leads to the lack of leisure time workers spend with their family and friends. To illustrate, due to intense competition among employees in a company, a full-time worker might work overtime to prove their ability to undertake certain positions and get promotion in their career.

There are many effects on adults’ personal lives who work too hard. Firstly, those who focus too much on their work tend to be materialistic. In other words, they are likely to expend most of their time thinking about spendings and chasing money. For instance, some people get stuck in the work cycle, they work diligently without noticing the high volume of work in order to achieve their expected compensation packages. This is because they are afraid to not financially aid their family enough. Secondly, strained relationships partly stem from the lack of time a competitive full-time worker spends with their loved ones. To give an example, employees who work at least 12 hours a day could have difficulty in balancing work and family, they usually do not have time for other leisure activities with their children and partners, which might cause tension in a relationship.

In conclusion, there are some reasons for huge amounts of time spent at work in modern society, and such a phenomenon can result in a number of negative consequences.