

## Task 2 Essay – Reasons and Solutions

You should spend about 40 minutes on this task.

Write about the following topic:

**Many people find it hard to balance their work with other parts of their lives. What are the reasons for this?**

**How can this problem be overcome?**

Give reasons for your answer and include any relevant examples from your own experience or knowledge.

Write at least 250 words.

In our contemporary world, the demands placed on certain types of workers mean that the ability to maintain a healthy work-life balance has, for many, become increasingly difficult, if not impossible. In the following essay, I will discuss some of the main reasons and suggest potential solutions where they exist.

For those from advantaged backgrounds, the decisions made in terms of desired lifestyles and, therefore, the types of careers required to support those aspirations often determine the degree of pressure associated with their work. It is a general fact that most careers, which are financially rewarding, also come with added responsibilities, which have consequences regarding time commitments and prioritising work demands over personal lives. At the other end of the economic scale, there are many citizens in this world who find themselves born into poverty. For these unfortunates, there is no choice, and they work long hours, often under difficult circumstances, simply to manage the bare essentials of food and shelter.

Moving onto solutions. For the better-off, high-income, stressful jobs are actually a choice. They may have to face the scrutiny of their loved ones and peers, but there are countless alternatives that can give a sense of job satisfaction and allow time to pursue personal life activities. Thereby achieving that desired work-life balance. In sharp contrast, for those people who live in abject poverty, their lives are a genuine trap with no alternatives. This reality can be difficult for those in developed nations to comprehend, but it is a fact. Helping such people is the goal of many organisations and governments, but there are no easy solutions to be had. As such, having a work-life balance is not an option.

In conclusion, the ability to balance work with other parts of life can, in some cases, be a choice if an individual makes the decision to pursue a significant career change. However, for many who live in economic hardship, there is currently no readily available solution.

(334 words)