A study on effects of women workaholism on her personal relationship

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Abstract

Pressures to spend long hours at the office may conflict with demands or expectations from family members to spend time at home. Workaholism is a compulsive and progressive disorder. Workaholism is the most rewarded addiction in our culture (Spruell, 1987, p.44). Workaholics have an intense, internal drive to work that leads to neglect of other interests and negative consequences- it is this intense, internal drive that is the crux of workaholism. As workaholics give in to their addiction to work, other aspects of their life usually tend to suffer, resulting in work-life imbalance, a lack of energy available after work for non-work-related activities, and a strain between the demands of work life and personal life (Fisher et el., 2009).

This paper provides the brief description of workaholism, and explores the negative experiences of workaholic women that how her dedication to work can lead to cause conflict with her personal relationship. Also this paper explores that how negative emotions at work effects the family relationship.

Key words: Workaholism, Workaholic Women, Negative emotions at work, Personal relationship.

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