Impact of work on depression, anxiety and stress management in modern society

In today's world, people are more prone to depression, anxiety and stress compared to societies that lived centuries ago. Hence after analysing the environment we are living in, I found out that these 3 issues are more related to the job that people are involved in. Therefore, I decided to find out the effect of work on depression anxiety and stress. This was done by critically analysis different problems which are related to work and how they we can overcome them inorder to reduce or end depression anxiety and stress in our community.

The first factor to be taken in account is working condition related to the work place. This includes the relationship between the employees themselves and also the employers. Then there is also the issue job specification were people are having a heavy work load, they work more than the normal working hours and this can be mainly found in the low Developed countries. Job security in the way that most workers are anxious about the future of there jobs this is mainly caused by involuntary layoffs. Renumeration, most employees are anxious and depressed because of the low and delay in payment of salaries and wages in relation to the work they deliver to the organisations. According to research shows that work related problems also cause stress at home such as lack of leisure time and long distance from home. All these work related factors are very important to be known by both the individuals and organisations. Therefore if they are to be handled well depression, anxiety and stress will be reduced.

After diagnosis of depression anxiety and stress in relation to work, we have found out that these motivational factors can be a good remedy to handle them. Salary increments where by in this modern society were the price of properties are increasing it is better for the wages of workers to be increased. Allowances must be allocated to employees these may include housing, medical, transport and other forms of allowance. Working holidays and leaves should be given to employees so as to get time to spend it with their families. Working ethics if put in place can reduce on problems related with employee relations at work place. Training of employees so at to increase familiarity with job can be done by the organisation. On the side of individuals can change the source of stress and develop confidence.

In conclusion, by understanding the work related issues in our working environment, it can be a good step in depression anxiety and stress management.

Key words: depression, anxiety, stress, work and diagnosis