WRITNG TASK 2

You should spend about 40 minutes on this task.

Write about the following topic:

Now there is an increased work—related stress. Explain the causes and describe possible solutions.

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

You should write at least 250 words.

As a result of the intense competition each organization needs to be ventured recently, numbers of workers have been pressured to perform effectively, flawlessly, and profitably by organizational policy. The increasing amount of stress many workers have to deal with everyday is therefore unsurprisingly issue. Due to the lacking of related skills, long hours of working in each day, and the possibility to be discordance with co-workers, work related stress can be established to any employees at any time.

According to the higher requirement of skills an organization expects their employees should gain, more complex tasks are delivered to the employees. Unfortunately some works require advanced skills which few workers can accomplish the inevitable stress rising from being unable to handle the given task is appeared to limited skills workers. However, this problem could be reduced after these workers being trained the needed skills from the organization professionals.

Besides the need for higher skills, numbers of workers also confront with the long hour working in each day. Not only this issue can cause them to be frustrated from the amount of time they spend throughout the day, but it can also raise the relationship problems to them, for instance, having insufficient time for their family, friends, or romantic partners, which may ruin their personal life. Nevertheless, hiring new employees for an extra work or reorganizing the responsibility each worker need to be held may lessen this issue.

Conflict with coworkers is another subject matter associated with work stress. Many workers are not able to perform well as a consequence of disagreement with their colleagues. Although it seems to be a long-term unavoidable problem occurring in almost every organization, it can be solved by enhancing the positivity of environment or reminding the employees the essence of teamwork for reaching to organizational goals.

In conclusion, even though work-related stress causes organization to be less productive, and affects the employees’ satisfaction, it can be eliminated by organizational concerning to train their workers, reorganizing work structure, and setting pleasant workplace.