

Work-life Balance – Call For Action!

(by Au Chun Kei F.6A)

Hong Kong prides itself on being an internationally-renowned city where citizens enjoy the benefits brought by the thriving economy and the trustworthy welfare system. However, beneath this glittering and glamorous reputation, Hongkongers have to put themselves to their maximum limits when it comes to work. This gives rise to the work-life imbalance among HongKongers. In view of this, this article will analyze the reasons for the emergence of work-life imbalance in Hong Kong as well as the follow-up actions.

To commence with, the hectic lifestyle of Hongkongers contributes to this phenomenon. Gone are the days when most people in Hong Kong led a laid-back and relaxing lifestyle since they mostly engaged in farming which did not involve much pressure or a tight working schedule. However, when Hong Kong transformed from a small fishing village to a metropolitan hub about a century ago, most Hongkongers have to work from dawn to dusk in order to make ends meet. Moreover, most employees are obliged to work until midnight at the expense of their downtime. They are then deprived of adequate exercise which poses a threat to their mental health. Given that most of the employees, if not all, in Hong Kong drive themselves to their extreme in order to survive in the workplace notorious for cut-throat competitions, no wonder they are almost burnt out. Therefore, the work-life imbalance is attributable to the hustle and bustle lifestyle here.

As a concerned citizen, the plight of work-life imbalance must be dealt with without further delay. If allowed to persist, the mental health and physical conditions of employees in Hong Kong will inevitably deteriorate drastically. They will then be more exposed to chronic diseases like spinal

cord dislocation, anxiety and depression, which require a longer period to recover. If this persists, more and more employees will have to take sick leaves. This will then adversely affect their productivity and efficiency. In the long run, the economy in Hong Kong will be destabilized and it will definitely dampen the competitiveness of Hong Kong as an international city. All of us will then suffer!

In light of the abovementioned predicament, prompt actions must be taken to call a halt to this situation. Firstly, the Hong Kong government should commence with promoting the benefits and advantages brought by having an equal proportion of work and relaxation. Other than that, the companies should take the initiative to formulate a schedule as guideline for the employees to follow and to cut back on their workload in order to prevent them from being overworked.

Lastly, there is real cause for concerns when it comes to work-life imbalance since it brings undesirable consequences to our economy. It is recommended to strive a delicate balance between life and work in order to have a more rewarding and healthy life.