

**Nowadays many jobs are more stressful and the working day is longer . what are the reasons for this ? what can employers do to help employees ?**

In modern time , people working day longer than the past . they also feel more stressful. I state my opinion on the following points.

First of all , nowadays technology is more and more modern . as a result of globalization , the company had to work very hard to compete with others . in addition , to be successful at bussiness , employers can't not accept any mistakes that influence their respect clients . so that the pressure on the worker are higher than the past ,and especially in hightech products .

Second of all , employees want to work longer as they did in the past to make more money .when the economic growing , worker income become higher . but price will increase too. Life become very expensive when inflation and economic crisis come. So that they want to work for extra hours to support their family .

On the other sides, employers can improve their workers 's life by give them some benefits like supply a free lunch meal , or increase break time, and more holiday vacation. They can also buy heath insurance for employees or improve facilities . it's thing not just good for worker but also for company , they can work more effective , company will make a fortune .

Revised

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