



**EPIDEMIC OF PROFESSIONAL ADDICTION (WORKAHOLICS)**

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<p><b>Article Info</b> Received 15/01/2015 Revised 27/01/2015 Accepted 22/02/2015</p> <p><b>Key words:</b> Workholism, workaholic, professional addiction</p>	<p><b>ABSTRACT</b> The individual cost associated with achieving job demands will result in adverse health outcomes, although workers' personal features may also affect these outcomes. The description of workaholic is includes of two dimensions: the tendency to work extremely hard (the behavioral dimension), and an obsession with work (the cognitive dimension). The observable behaviors in workaholic physicians are manifested as compulsive working and on above type A personality, can lead to work addiction.</p>
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**INTRODUCTION**

However, many physicians with type A personality are more prone with overall unique cognitive and behavioral dimensions [1-3]. Many publications have reported an association between workholism and negative psychological well-being; [1-4] associated with emotional exhaustion; [1, 5] sympathetic arousal and emotional distress [6]. Studies have examining the association between workholism and overall negative physical complaints [2, 3 and 7].

**DISCUSSION**

Maintaining Physician's workaholic lifestyle will, over time, lead to a decline in the quality of their relationship and health [8-11]. It is serious problem like driving a car with an overinflated tire but eventually the tire will blow [4, 12].

In general there are two types of workaholics (work addiction), either active workaholics (sheer pleasure from many task at work) or miserable passive workaholics (driven to work by insecurities, fear or paranoia until overwork becomes ingrained and habitual) damaging the balance of their lives almost without them realizing it [11], workaholics don't actually do better work but it is work

with worse quality, poor judgments and preach the value of work/life balance [12, 13].

In specific there are four different breeds of workaholics [14]. Workaholics of all bands are generally awful team workers (table 1).

There is no generally accepted medical definition for Workaholic, universally it is those who work more than 50 hours per week, have reduced physical/mental well-being; [9] it is considered as a symptom of obsessive/compulsive personality disorder which is characterized by obsess with thinking about how he can get more done and be more productive, driven by an inner compulsion to work [10].

The physician's trait clues to workaholic are perfectionism, [10] inflexibility, and preoccupation with work, [8] also conscientiousness and achievement orientation [12].

Any person has had excessive work that it disturbs physical health, personal pleasure, interpersonal relationships or the ability to function socially, to consider about workholism [10].

Physician's family and friend nags to spend more time with them, which makes him feel inferior, so he spends even more period at the office to avoid the



discomfort feeling like a disappointment [10-11]. Workaholics especially affect professors, who have the highest status in teaching hospitals. [15].

The Japanese has the highest incidence of workaholics worldwide; it is responsible for 10,000 deaths each year. The Japanese people have had distinct term from overwork death - 'karoshi'. [10] UK had one in three people work more than 48 hours per week and one in six people work more than 60 hours a week and three-quarters of employees currently work overtime [10].

If a parent or the leader is workaholic the followers of employees are also workaholic, [10-11] nevertheless, those who have talent of achievers are more likely to transform into workaholics [12].

Physicians perceive that he has no other choice than to work long hours to get their job done for promotion or good payment; that will get him financially stable enough. Strong correlations exist between work addiction and dysfunctional family [16]. They try to "medicate" their emotions with more work and activity, will eventually have, conflict with their relationships and feelings. They are emotionally having had "numb out" from the reality [16].

Overworking on a regular basis is resulting in the liberation of hormones like adrenaline and cortisol within the body [1], correspondingly increase brain dopamine secretion [3] which can eventually create the following concerns: [10-12], [16-17].

- 1) Increased risk of ischemic heart disease and strokes (proliferation of plaque in the blood vessels).
- 2) Amplifying migraine attacks, more prone to poor nutrition, and sleep disturbances are often seen.
- 3) Increase incidence of hypertension and peptic ulcer.
- 4) Upsurge anxiety attacks, burnout, Irritability and depression.
- 5) Escalation risk of destructive behaviors (weight gain/ smoking / alcohol consumption).
- 6) Increase incidence of physical/ mental exhaustion.
- 7) More likely to rate themselves, as being un-satisfied with their health.
- 8) Increase relational problems with the people in their lives (e.g. marital disharmony / friendship breakdown).
- 9) Even, children of workaholics are more likely to be depressed and exhibit early symptoms of parentification (behaving in a mature and responsible fashion to carry the burden left in place of the absent parent).
- 10) Augmentation of workaholic behavior are even accepted, stimulated, and pleased by their superior.
- 11) Failure to stop irrational thinking and chatting in working even at home and in bed.
- 12) Engaging in a hobby isn't possible.
- 13) Moreover, increase incidence of sickness absence from disabling back pain.

Subsequently, many workaholics often disagree having a problem, how would you identify if you were

workaholic? To start you might ask yourself if you can appreciate your life, and feel logic of purpose when you're not at work. If the answer is "no" then you should ring alarming bell. You might also consider checking a checklist to see how conscientiously you counterpart typical workaholic characteristics. There are six merits to look for: [16]

1. Preoccupy with work (detached mentally / emotionally).
2. Cannot stop thinking or talking about work.
3. Not feel peaceful with delegation (need to control every detail).
4. Effect on other aspect of life (family and personal life are neglected).
5. Merged other part with work (hobbies are turned into businesses or family members are incorporated into the business).
6. Lying about doing something else when you're really working, break the promise to family many time (table 2).

Project for figuring out where the workaholic's priorities and life-ideals lie, physicians should start to write down the following four categories (table 3):

Under each grouping, record the elements that it encompasses. For instance, under "self," you might include health, spirituality, etc. Under "home," you might include spouse, children, etc. Give each element two grades from 0-100; one score for its significance to you and another score for how much courteousness it gets each week. Then see how much the records match.

When you've finished the scoring list, and then see how much you are closely to other family member's expectation. At that point, you can figure have good insight to rearrange your life in order to meet your standards.

Physician usually denies their behavior and labeled themselves as normal "hard worker" physician, detract quality of life, drain personal relationships and even impair physical/ mental health. Whereas hard worker are physicians can usually enhance a person's life by providing important elements of mastery, competence, and pride in accomplishment. Yet, workaholics continue to work in the same compulsive pattern despite the harmful consequences [9].

Some passive workaholics are more curable than others by following: [10-13]

- 1) Identify how is serious the workaholics problem.
- 2) Workaholics should not be rewarded with more work (like adding fuel to the fire).
- 3) Improve willing spirit to change workaholic behavior.
- 4) Redesign and enjoy personal values, changing life behaviors (recreation and leisure, as well as spiritual and emotional nurturance).
- 5) Set a cutoff for the number of tasks that can reasonably be accomplished in a day (no more than five task/ day).
- 6) Cope with feelings of inadequacy, loneliness, and depression.
- 7) Prioritize things in life.



- 8) Improve supporting system (with loving / caring family & work support scheme).
- 9) Counseling with good psychologist doctor.
- 10) Practicing positive thinking, relaxing meditation, or spiritual therapy (stimulating the production of calming hormone/serotonin).

- 11) Improve work/life balance.
- 12) Cut of all electronic leashes. No answering your cell phone, laptops in bed or at the table and no e-mail on weekends.
- 13) At the end, early resignation because workholism can contribute to any range of health problems.

**Table 1. Four different breeds of workaholic**

Types of workaholic	The characteristics of workaholic
1) <b>The All-or-Nothing Workaholic</b>	Either does things perfectly or not at all. Struggles to get started on projects. Easily get rolling, mental/ physical exhaustion and low self-esteem. Worry compulsively. Blaming themselves.
2) <b>The Relentless Workaholic</b>	Don't have problems on starting project. Have trouble on stopping. Can't say "no". Can't set priorities. Can't delegate responsibilities. Often work so quickly that they make careless mistakes.
3) <b>The Savoring Workaholic</b>	Obsess over details to the point of paralysis. Hates letting projects go and so will often create additional work. Think no one could do it as well as she could.
4) <b>The Endangered Office</b>	Try to control other people, control information. Allow crisis situations to develop because it makes them look like a "hero." Not getting much accomplished work. Create problem in the work and endangered work environment.

**Table 2. Screening test for workaholic [18]**

Screening Test	Yes	No
1) Do you get more excited about your work than about family or anything else?		
2) Are there times when you can charge through your work and other times when you can't?		
3) Do you take work with you to bed? On weekends? On vacation?		
4) Is work the activity you like to do best and talk about most?		
5) Do you work more than 40 hours a week?		
6) Do you turn your hobbies into money-making ventures?		
7) Do you take complete responsibility for the outcome of your work efforts?		
8) Have your family or friends given up expecting you on time?		
9) Do you take on extra work because you are concerned that it won't otherwise get done?		
10) Do you underestimate how long a project will take and then rush to complete it?		
11) Do you believe that it is okay to work long hours if you love what you are doing?		
12) Do you get impatient with people who have other priorities besides work?		
13) Are you afraid that if you don't work hard you will lose your job or be a failure?		
14) Is the future a constant worry for you even when things are going very well?		
15) Do you do things energetically and competitively including play?		
16) Do you get irritated when people ask you to stop doing your work in order to do something else?		
17) Have your long hours hurt your family or other relationships?		
18) Do you think about your work while driving, falling asleep or when others are talking?		
19) Do you work or read during meals?		
20) Do you believe that more money will solve the other problems in your life?		
If you have 3 yes: it is doubtful diagnosis of workaholic.		
If you have 5 yes: it is definite diagnosis of workaholic.		



**Table 3. Four categories of life / work priorities.**

Categories	Experience (yours, spouse, children)	
	How much importance	How much attention
1) Self (health, spirituality....)		
2) Work		
3) Home/Family (spouse, children....)		
4) Community/Society		

**CONCLUSION**

Physicians that 'in control' of their lives have had pleased and cheerful life are those who have an outlet, diversion hobbies. It is so good for your health and mind to have something you could enjoy it in your life on regular contest, especially at times of stress, to go back on track. Life is too much about worrying what we should be doing and that's why taking this break is essential. Relaxed physicians are generally more satisfied and psychologically

healthier than addict physicians; they try running, cycling, swimming, golf, dancing, gym classes, walking and gardening. Physicians know what stresses them but more importantly, do you know what de-stresses you?

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