

108 學年度第 1 學期高中部英文作文比賽

1. In Taiwan, everybody works hard all the time. Many students study for more than 12 hours every day. Some people even die from overworking. How do you think about the working philosophy of Taiwanese? Do you think they work too hard? Please write a composition of about 300 words to express your opinions.

2. 比賽時間：13:10~14:50，共 100 分鐘。

3.不得使用任何形式的字典與電子載具，其餘依本校考試規定辦理。

Diligence is a virtue, yet sometimes, an excessive amount of hard work can lead to more problems than one thinks. In a busy world where a person's value is ^{most} commonly defined by their productivity, people tend to push themselves closer to their limits — This mentality has affected not only Taiwanese workers, but students as well. Hard work has become more of a necessity than a good quality, forcing these people to comply with a society that demands efficiency. However, does this mindset consequent well? In my opinion, there are flaws to the particular "philosophy" that requires correction.

First of all, overworking gives rise to health problems, both physically and mentally. Everyone knows that exercising for an extended period of time causes fatigue. The same can be said for studying and working, as they both require chronic focus and perhaps an abundant usage of strength. Statistics show that the average Taiwanese student sleeps for less than seven hours per day; the situation looks to go worse for the working adults as they often pull all-nighters in order to deal with, by their definition, "unfinished work". As if being stripped of sleep isn't terrible enough, these people carry their sleepless bodies into more work the next day, forming an unhealthy cycle. As time goes on, this cycle will undoubtedly affect their ^{physical} health. As for mental health, one can say that this "hardworking philosophy" is capable of driving a person to insanity. Living in a society with hard work being a normality, people are hardwired to think that they ought to push themselves further, pressuring them — And that causes unnecessary competition. Those who are able to withstand such pressure only work harder while those who are able to doubt themselves and lose confidence, in more extreme cases, people commit suicide. Overall, overworking makes people ^{feel like they've lost} their purpose in (more space in the back)

life, or force them to proceed on with it unhappy and tired.

Second, working extensively pulls people apart. It has been said that social interaction is crucial to a person's mood and mental development, and can benefit the group surrounding said person. However, too much work consequently in the lack of time to socialize or interact with others, in general. Both students and the working lot can find themselves overly-immersed in their own work, isolating them from their families. And friends. In Taiwan, going to school or work on vacation days seems to be an ordinary thing, since people live with the fear of falling behind and almost always wish for a "head-start". The truth may hurt, but when everyone wants a head-start, nobody gets the actual advantage. It only accelerates the already ^{working} paced environment and pulls people deeper into their work, deducting the little family time they were left with. Moreover, students and workers both get pressured by their families to reach a specific goal in academics or ^{their} career, and this often ends in quarrels that tear relationships apart, further damaging the bond between people.

As a conclusion, I think Taiwanese people are too often overwhelmed by the excessive workload and should be given adequate time to ease down. While working with stress isn't the most efficient, perhaps it is time for us to find a balance between work and leisure, switch our mentality and fix our flawed "philosophy". In that way, can our people finally have a healthier lifestyle and more family time.