

Corporate Dream of Success and Human Health

Outline

1- Introduction

Thesis Statement: No doubt that corporate dream ^{of success} has potential to bring economic stability in country. But it is also deteriorating human health. Sound measures to deal with adverse impact are necessary.

2- Meanings of the term corporate dream

3- How corporate dream of success is affecting human health:

- a) Long working hours for employees
- b) Work overload and competition
- c) Night shifts
- d) Environmental pollution due to industries
- e) Compromised work place safety
- f) Fatal disease due to exposure to different sort of agents.

4- Impacts of corporate dream of success on human health

- a) Physical and mental fatigue
- b) Increase depression and anxiety

- c) Work-life imbalance
- d) Environmental degradation deteriorating health
- e) Increase in number of accidents at work place
- f) Increase in number of heart and lung patients
- g) Increase in incidence of suicides

5 How to minimize impacts - Way forward.

- a) Minimize working hours
- b) Recruit more human to overcome work load
- c) Conducive working Environment
- d) Management of pollutants emitted by industries
- e) Ensure work place safety
- f) Psychiatric consultation of employees
- g) Personal protection equipments for those employees who are at risk of developing heart and lung disease
- i) Shuffling of workers

Corporate Dream of Success and Human Health

Corporate dream of Success is fostering innovation, driving economic growth, creating job opportunities and contributing to technological advancements. Besides all these green flags; there is a red flag, which is; it is deteriorating human health. Corporate dream of success is endangering human health at all levels. Employees working for hours without break get tired. Work load and competition is increasing depression and anxiety that is deteriorating mental health. Night shifts are long, due to which employees are unable to maintain work-life balance. Their family life is disturbed due to prolonged night shifts. Corporate firms are responsible for environmental pollution. Employees are directly exposed to different sort of agents that are causing fatal diseases in them. There are increased incidents of accidents and suicides, due to lack of personal protection equipments and depressed souls in corporate setups. All these impacts could be minimize if employers and owner of corporate firms pay attention to root causes.

Working hours should be minimized. So that employees would not feel physical and mental fatigue and do their work more efficiently. Work force should be increased to overcome work load on employees. A conducive environment should be provided to avoid accidents. Environmental pollution caused by industries should be minimized by managing pollutant emitted from industries effectively. Psychiatric consultation for those suffering from depression and other stressors should be ensured. Shuffling of workers from one site to another, and from night shifts to day shifts is should be done. All these measures should be taken effectively to ensure ^{good} health of employees. Although, corporate dream of success has potential to bring economic stability but it is also damaging human health. Sound measures to deal with adverse impacts are necessary.

Corporate dream of success typically refers to a shared vision or goal within a business or organization, emphasizing collective aspirations, success and long term objectives. It reflects company's ambition and the desired future it aims to achieve.

These ambitions and desires are destroying human health directly or indirectly. Companies hier employees ^{for} prolong working hours. The limit may cross from 8-12 hours a day. Employees work with out break or with break of half an hour in which they are unable to do their lunch. Scientists generally ^{says} that the ideal working time per day is around 6 hours. Prolong working hours results in tiredness of employees and this directly impact their work efficiency.

Work over-load and competition is seen in every corporate firm or industry. This overload impact negatively on the health of employees but somehow positively on companies because companies get their work of 5 people done from 2 or 3 employees. In this way they save their revenue. But their cleverness put a huge stress on health of employees.

Night shifts are another cause of deteriorating health of workers. Industries like textile mills, automobile industry and some multi-national companies hier workers for night shifts. The duration of these night shifts

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exceeds 12 hours per day. Prolonged night shifts are major contributors for destroying health of workers. Disturbed sleep cycle causes headache, irritation and other physiological and psychological effects.

Moreover, industries are responsible for environmental pollution that is polluted land, air and water. When the pollutants from industries get mixed with water, air and land, they affect human health directly. Environmental pollution in Pakistan is affecting major cities, including Lahore, Karachi and Rawalpindi. In December 2023, Lahore was declared as the most polluted city of the world. In this way, industries are responsible for destroying human health.

Furthermore, compromised work place safety is also dangerous. Industries and companies are not providing personal protection equipments (PPEs) to their employees. Work place safety is necessary for every individual working in a firm. In this way, the negligence of owners may prove fatal for employees.

Corporate dream of success is responsible for many disease like heart diseases, lung diseases etc. Workers in mining industry are exposed to coal, dust and other chemical and mechanical agents. These agent cause respiratory disease, their progression proves fatal for workers.

The corporate dreams of success impact human health very badly. It is a red flag in terms of health. Physical and mental fatigue is seen in workers who are working for 8-12 hours. This leads them to muscle pull, trigger points generation and over all tiredness. This physical and mental tiredness impacts their performance. Hence working hours should be minimized or 2-3 breaks should be allowed during long working hours.

People working in corporate firms and industries with overload of work and competition become depressed. Due to this depression and anxiety their personal relations

effects badly. They become antisocial. This isolation cause ^{and} other physiological and psychological issues.

Work-life imbalance is another implication. People working in night shifts are unable to spend time with their families. They work at night and sleep during day time. They get isolated from their family affairs which impacts their personal life.

Moreover corporate companies and industries are not providing Personal protection Equipment to their workers which results in accidents.

Recently, in Karachi fire broke out in a factory due to short circuit resulted in death of more than 25 people. The lack of P.P.Es due to negligence of owners proves fatal for employees.

Environmental degradation is another contribution of corporate dream of success. Global warming is increasing day by day. which results in floods, drought, and smog across across country. Floods in 2022 and smog in

2023-24 are sound implecations of the so called corporate dream of success. Hundreds of people died in flood. Smog is causing severe respiratory disease in children and elderly people. Hence the ambition and desires of success prove fatal for people of Pakistan.

Another very serious implecation is the increase in incidence of suicides. Workers who work 60-80 hours per week get sick mentally. The competition, work overload and rude behaviour of their bosses make them so depressed that they commit suicide. The suicide rate in Pakistan 2000-2024 is 8.90% per 100,000 inhabitants. Hence the ambitions of employees proves fatal for employees.

The impacts caused by corporate dream of success can be minimize by adopting some measures. One of them is to minimize the working hours. They shouldn't be more than 6 hours. Long working hours should be compensated by 2 hours break in which employees should be allowed to take a nap. In Japan,

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taking nap during working hours is allowed. They think it's a sign of hard work. By adopting this policy, mental and physical effects could be minimized to some extent.

Moreover, recruitment of more work force is necessary to overcome work load and complete tasks on time. Corporate companies should hire more work force to share the burden of employees. This will help them to be fit and mentally relaxed.

Conducive work environment is also needed not only for the health of employees but for the success of firms. Owners should provide a friendly environment to their employees for their ^{better} performance and good health.

Furthermore, pollution should be controlled at industry level. Pollutants should be converted to less harmful or neutral substances before emitting to environment. In this way, land, air, and water pollution could be controlled.

Employers and owners should ensure work place safety to prevent any mishap. Personal Protection Equipments (PPEs) should be provided to every worker. This will reduce the chances of accidents at site.

Another measure to counter stress and anxiety is the psychiatric consultation of employees. Every firm should hire a psychologist or psychiatric who monitor the stressors bothering employees. This will help the owners and employers to change the policy of firm according to the choices of employees. As a result workers get mood friendly environment which enhance their efficiency and ^{decrease} incidences of suicides.

Lastly, there should be shuffling of workers from one department to another as because continuous exposure to a hazardous environment results in Heart and lung diseases. Shuffling make them to recover from the damage that has

already been done.

No doubt that corporate dream of success helps to bring prosperity and economic stability in a country.

But it has some cons too. This dream of success is deteriorating human health silently. Everyone is seeing the success of corporate firms. But deep down they are destroying humans. Long working hours, night shifts, competitions, fatal diseases and environmental pollution are some of the red flags of the corporate dream of success. These red flags can be replaced by green flags if corporate firm and industries including medium and small industries take some measures like providing their employees PPEs, friendly workplace environment, manage pollution and minimizing long working hours. This will contribute ~~to~~ in betterment of human health.