

## Ways to muddle through workaholic husbands

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### Abstract

The technological advancement and the increasing pressures related to work has led to the increase of deficiency in managing work and family life, which has led to the finding of very little time for leisure. Workaholics are referred as people who work very hard for many hours and have an extremely high contribution towards the organization. In fact they are the kind of people who put in more effort than expected by the organization. Many homemakers mainly feel very hard to cope up with the workaholic husbands. They get a feeling of neglect when they find their husbands always busy with work. The husbands fail to recognize the sense of boredom which the wives are undergoing. Mostly the workaholic husbands cannot be changed unless they put on their own efforts. So, this study gives suggestions for wives to cope up with the workaholic husbands.

**Keywords:** workaholics, husbands, leisure, homemakers

### 1. Introduction

Workaholics are referred as people who work very hard for many hours and have an extremely high contribution towards the organization. In fact they are the kind of people who put in more effort than expected by the organization. They are perceived as the hardest workers. The first definition for workaholism was provided by Spence & Robbins (1992) [2]. According to them workaholic is a person who is highly involved in work, due to the pressure within oneself the person feels driven or compelled towards work. Compared to other people his is low in enjoyment. While Scott *et al* (1997) [1], in his research mentioned that workaholism is a behavior pattern and not an attitude. It has three major elements that include: people spend major portion of their time in work activities; keep on thinking about work when not working and the person works beyond the economic as well as organizational requirements.

### 2. Marriage and Workaholism

The technological advancement and the increasing pressures related to work has led to the increase of deficiency in managing work and family life, which has led to the finding of very little time for leisure. Some people focus or spend more time in defining their identity and their worth personally in terms of what they do for their living rather than realizing what they are and the bonding they have towards their family. The workaholic men pay more attention on their role as provider and thus neglect the relationship and emotional needs of their wives.

Most of the present generation wives feel that they are not able to balance family life when being with a workaholic husband. When a wife tells her husband that she misses him badly and want to spend more time with him, it is leading to a negative interpretation by the husband. He accuse her as not able to understand his stress, work and economy. Workaholics are emotionally away from the family because their work life is their life.

It is in the hands of the wives to make their husbands realize what they have missed due to over working. There is no use of earning crores of rupees, if he does not find time to spend with his wife. Due to workaholism of husband, wife may become lonely, depressed and alone. With money obviously we can buy anything from any corner of the world and infact a person can reach an unimaginable status. But it is not equivalent to the quality time they spend together with their wives that binds their relationship. Although the professional growth of the husband cannot be ignored, wife should mean a lot to the husband because without her whatever heights he may reach he will never relish the ultimate essence of the life. Workaholics try not to be so attached or close to wife as it may sometime hinder the professional life. Sometimes most of the wives try to give up and adapt themselves to the situation in order to lead a tension free life. A worthless situation with a thinking that they are of no use is created among the wives when the husbands fail to realize the emotional feeling of their wives. When the feelings of the wives are not considered or not given importance by the husbands then the wives prefer to stay dumb as there is no use of arguing. In fact many ladies feel that their self-esteem is ruined. And work addiction is the key killer of married life. Many homemakers mainly feel very hard to cope up with the workaholic husbands. They get a feeling of neglect when they find their husbands always busy with work. The husbands fail to recognize the sense of boredom which the wives are undergoing. As nuclear family has increase now-a-days, when a husband leaves to office in the morning, the wife stays alone the whole day. When she sees her husband after work, she gets excited and yearns to talk, chat or go out. But the workaholics are again busy with phone calls or lap tops to do their office work. This indeed increases the stress levels of the wives which they burst towards the husbands. Mostly the workaholic husbands cannot be changed unless they put on their own efforts. So, this study gives suggestions for wives to cope up with the workaholic husbands.

## **Ideas for Wives to Cope Up With the Workaholic Husbands**

### **3. Comprehend to Become Compatible**

In the present scenario everyone is running in the race to reach their assigned targets. If one stops for a moment then somebody will overtake him. It is a competitive race, in this cutthroat environment he has to work hard by spending more time in order to survive in the race. The role of a wife in this situation is very critical. She has to understand the situation and be by the side of her husband to create a good compatibility among both. If a wife stays as a back bone of her husband during his hardships then he will surely realize the importance of the wife in his life. If a wife is not able to tackle the situation she can openly tell that to her husband but in a polite and gentle way without hurting his feelings. They can discuss and reach out with a creative solution. The husbands should also understand the situation of their wives, but their affinity towards work is more and though they can feel the pain of their wives they don't find a situation to express it. So everything relies on the wives hand to bring out the emotional feelings of the husband in a patient manner.

### **4. Are You a Pesky Wife?**

If a wife has a bad habit of nagging she should immediately stop it. This is because most of the husbands stay longer at work to escape from hectic family life. Wife should create a pleasant and warm situation in home which makes the husband happy and he will yearn to reach home. If a wife keeps on irritating her husband then in order to escape from the situation he will concentrate more on work. A husband may face lots of trouble, tension in completing targets, monetary issues, relationship problems with colleagues, etc. So when he reaches home he will take time to come out of all the issues. In the meantime wife should not pester him instead she should create a tension free environment in the house. Wife will obviously have pressure in coping up, but ladies are emotionally strong. They have the ability to move on. So instead of forcing the husband to change his mood, a wife can convince him in a manner that makes him feel happy.

### **5. Comparison is a Relationship Killer**

A wife should not compare her husband with others. All five fingers in our hand are not the same. Similarly all men will not be the same. Some people concentrate more on personal life than professional life. Sometimes it indeed depends on the needs and desires of the people. Some men have the habit of taking wives regularly for outing, dinner or movies. It doesn't mean other men are bad. Everyone is good in their own way. Wives should learn to appreciate even a small thing which their husband does. This makes them to do more. Instead, if comparison occurs then it is a silent killer of relationship. If a wife needs something she can tell it openly instead of comparing with others. Now-a-days staying open is far better than staying silent as it solves majority of the issues.

### **6. Cue May Act As a Saviour**

Workaholic husbands are more oriented towards work. They forget everything when work comes. It is the duty of the wives to remind their husbands to spend quality time with them. Husbands do not knowingly neglect their wives but

their ambition in achieving the goals makes them to concentrate less in personal life. A wife can advise her husband in a sweet manner to spend some time in the family too in order to enjoy the true essence of life. With a busy husband a wife can plan everything. She can include everything in the schedule. For instance she can advice him to spend on work from Monday to Friday and probably can spend time with the family on weekends. Sometimes planning and reminder can be a great solution for a happy life. Because in this busy world husband may have lots of commitment, a wife cannot blame him for not concentrating in personal life. Instead she can create a pleasant environment with sweet reminders that automatically makes husband to spend time with the family. Husbands too in their busy schedule may allot a specific day or specific time for wives during which they will be totally away from work that is they should not use phones and lap tops too. This will in fact will the wife happy and she will support her husband during tough times. Because she will get a feeling that her husband is sparing the work for her happiness. Indeed it is a very great feeling. And every husband should try to give this wonderful feeling to his wife.

### **7. Diplomatic Handling**

Workaholic people have a tunnel vision type. When they focus on work nothing comes to their sight as they are not aware of anything other than work. Wife cannot achieve anything through demand or anger. There is a way in solving each and every issue. A wife should learn to acknowledge each and everything a husband does. A wife should slowly change her husband. She should learn to appreciate her husband's work. When she appreciates, he gets a feeling that his wife is able to understand the work pressure. This will make him to think of spending some quality time with wife. A wife should talk carefully with a workaholic husband. She should understand his mood swings and talk accordingly. She should be more caring and shower more and more love to her husband. Love has the power to change anything. When a husband is in tension a wife should try to cool him and she should not increase the tension level. She should act as a stress burster. This will make the husbands to spend time with their wives to relieve their stress. Instead a pinpointing the mistakes a wife a tactfully handle the situation to have a happy life.

The couple should use the available time effectively, instead of fighting with each other. A wife infact should learn to stay independent. She should not depend on her husband for each and everything. She should learn to manage her things alone. Because overdependence can create a frustrating situation among husband, she should learn to separate her own life from couple life. If she knows this then she can stay away from boredom and loneliness. It is in the hands of the wife to make a happy couple life.

### **8. Conclusion**

The wives should make their partner realize on what they are missing by working all the time. The husbands should plan for a dinner or if they don't have time atleast they can plan for a walk. A wife will be really happy with these few things. A girl has married in a mindset that her husband will play the role of her parents. He will support her in all aspects and stay as a best friend. She always thinks only for her husband and

she may expect her husband to care for her. Husbands should understand how their relationship is affected by the work. And finally, love can create miracles. So in order to create intimacy in life both the partners should contribute and lead a happy life.

## 9. References

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