

# Cheap essay

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Why does a person often prefer to relax, and not work? One explanation is the principle of a negative utility of labor, according to which people prefer leisure work. Other things being equal, a person will prefer leisure than whether or learning will choose. Economists believe that people are working only because it indirectly brings great benefits than leisure. That is, in the future, a person can satisfy the preference that is higher than the rank than the current preferences.

Some activities were previously work, but now switched to the hobby. For example, hunting or fishing. Almost for all ancient people hunting, fishing and gathering were forced classes from which life depended. Now for many people, these classes are considered a hobby. Decision on working and leisure activities conditional, but we will deal with how to divide them through the principle of negative utility of labor, which is introduced by economists.

Leisure can be represented as a pastime that brings a good person directly in the process itself. That is, in the process of leisure, a person eliminates his dissatisfaction (satisfies preferences). In leisure, the process itself is much more important than the final result. Work is also a process, but the main attention in it is riveted to the result. And accordingly, the satisfaction of preferences is associated with the success of the final result of labor. Through labor, a target system must be created, which eventually eliminate the dissatisfaction of a person, and may also have other people.

The hunt can be attributed to work, if it is more important than mining, but you can call leisure, if more important than a process that gives pleasure, despite even the lack of mining. Such a conditional separation shows that the negative usefulness of labor is based on two arguments: The success of the final result is not guaranteed, therefore, people or cannot calculate the likelihood of success or considers this probability of insignificant; Working a person is forced to postpone the satisfaction of his preferences to better times.

Each person constantly decides: to devote time and other resources to this or future. If a person cannot eliminate the negative usefulness of labor, it will be less inclined to spend time, resources and strength to exchange the current pleasure to dubious future preferences. Work or training requires person to abandon some of its preferences in the present.

A similar choice between the present and the future is a person regularly, even during the day. In the overwhelming number of cases, this solution occurs at an intuitive level. However, in particular cases, such a choice is required to be realized.

To ensure that human preferences have changed in the direction of the future, it is necessary to consciously pay attention to the following three factors that will help to lean the scales in the direction of the future and ensure the result:

A person must realize that future preferences are much superior to current dissatisfaction. It is important for yourself to answer questions: why should I do this and what preferences (dissatisfaction) have a great utility for me, what do I agree to invest in the future? What target system will create and how will it eliminate the main dissatisfaction?

A person must understand with what life skill he will be able to achieve the result, that is, to create a target system. The risks of achieving a positive result must be controlled, understandable, conscious. A person must understand what risks (skins on Konou). Mind of skill and the desired target system guaranteed to fail.

It is important to find satisfaction in the work itself, that is, in the process itself to be in the stream. Thus, we adopt the main property of leisure to work and study. When it is possible to work or learn in the stream, then often talk about your favorite job or a desire to learn. Stream activity is the same for leisure and work.

It is impractical to oppose work and leisure, it is necessary to find a balance. But if you start an important project, it is important to make aware of how you will cope with the negative utility of labor for a long time. Conscious consideration of three factors will help to find a balance, as well as get a favorite job.

In addition to the above factors, I still keep invested invested time: First, I pretend the total amount of time on the project to create a target system, and then systematically take into account the invested time during each day for several weeks, months or years. The more seriously preference, the longer you need to invest, and the more motivation you need to have, and it is also important to be able to get satisfaction from the work process.

P. S. This is an excerpt from the textbook system Self-development: Introduction to systemic thinking.

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