



The top five ways we are wasting time at work

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Job hunting website, SEEK, has revealed the top five ways people are wasting time at work. And we must say, they're spot on.

According to SEEK, 48 percent of Australians waste their time by chatting to colleagues, while 39 percent get distracted by logging on to social media.

Another 30 percent find themselves cleaning their workspace rather than facing their daily tasks, followed by 28 percent who do nothing, and 27 percent who take long breaks.

But the most shocking part is, 11 percent of Australian workers believe more 50 percent of the working week is wasted.

So what's to blame?

Some experts suggest poor leadership could lead workers to feeling less motivated in a job and therefore spend their days wasting time.

Others say it's simply laziness.

Management specialist Karen Gately said people generally waste time because they are tired, frustrated, lacking energy, are disengaged, or both.

"Whether it be with their job, team or the organisation as a whole, when people lose interest, trust or respect, they are entirely more likely to lack focus and energy," she said.

"While of course time wasting can reflect a poor work ethic and deliberate attempt to skive, in most cases people are simply struggling to muster the energy needed to focus on what they need to do.

However, experts have a stern word for any future job seekers.

Justin Hinora, of Hender Consulting, said job seekers could find it difficult to land a new role if they had previously let time-wasting interfere with productivity.

He added that what's considered to be 'time-wasting' is still a grey area because it depends on the person's role and what they perceive to be thought of as slacking off.

"For workplaces that are not typically 9am-5pm or shift-oriented, and with employees accessing and responding to work emails after hours, some employers are more tolerant of what might be perceived as time-wasting activities at work, as long as the job was still getting done," he said.

"Employees have a responsibility to manage their own time effectively. As long as they are performing their responsibilities and achieving positive outcomes, spending time on social media is less of an issue."

"I think it's humorous that some people will post on Facebook that they can't believe they're still at work so late! What are they doing on Facebook?! If you get off Facebook, do your work, then you can go home!"

Overall, experts say if you find you spend most of your days wasting time, you should consider whether what you're doing is the right job for you.

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