

coping and behaving that we may learn from our parents .The third factor is Individual psychological , and biological factors,The second factor is work environment , because the nature of the work in which a person works is one of the influences that affect his psyche, when he works in an appropriate atmosphere, then he is psychologically comfortable to do his work better, unlike being in inappropriate working conditions .Also it can be easy to normalize working long hours or being under extreme stress , especially if we have been doing it for a long time or all our colleagues are in the same boat .Our .assumptions and habits around work can become deep-rooted