



Tikrit university

College of education for humanities

English department

Second year / select readings

“Your negative attitude can hurt your career”

Asst. lec. Sara M. Abdullah

There is a lot of information and information that is used in different media and what is available in UMKM Maju Makmur Pandaan, Pasuruan M Yusrin Najib

Universitas Islam Negeri Maulana Malik Ibrahim, 2020

Research Abstract Likewise with the work environment on employee performance or work performance is closely related in the process of achieving company goals. In other words, the work environment can affect an employee's work performance. Therefore, meeting the job satisfaction needs of employees needs attention and must be done by the company's management. This is to avoid unwanted effects that can harm employees and which can ultimately harm the company.

Therefore, this study aims to analyze whether workload directly affects employee performance, whether the work environment directly affects employee performance, whether job satisfaction affects employee performance and whether job satisfaction is an intermediary variable between the effect of workload and Work, ergonomics on performance at UMKM Maju Makmur Pandaan Pasuruan. This research uses a quantitative approach with explanatory research used to test between variables.

This research contains a hypothesis that will be tested for truth. The population and sample in this study were 62 respondents at UMKM Maju Makmur Pandaan Pasuruan. Data were collected using questionnaires and interviews. The data were then analyzed using partial least square (PLS). The results of this study indicate that workload has a negative and significant relationship with performance in UMKM Maju Makmur

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Pandaan Pasuruan.

While the work environment has a positive and significant relationship with employee performance. Job satisfaction has a positive and significant relationship with performance. Job satisfaction becomes a mediating variable in the impact of workload and performance. Job satisfaction becomes a mediating variable between the effect of the work environment on performance.

Having a negative attitude can greatly impact your career in a negative way. Here are some reasons why:

1. Impact on Relationships: A negative attitude can create tension and conflict with coworkers, supervisors, and clients. This can damage relationships and make it difficult to collaborate or work effectively with others.
2. Decreased Productivity: Negativity can lead to decreased motivation and focus on tasks, resulting in lower productivity levels. This can hinder your ability to meet deadlines and achieve positive results at work.
3. Limited Growth Opportunities: Employers are more likely to promote employees who demonstrate a positive attitude, strong work ethic, and enthusiasm

for their job. A negative attitude can limit your chances of advancement within the company.

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4. Reputation Damage: Consistently displaying a negative attitude can tarnish your reputation in the workplace. Others may see you as difficult to work with, unprofessional, or unreliable, which can impact your future career prospects.
5. Mental Health Implications: Maintaining a negative attitude over time can take a toll on your mental health and overall well being. This can lead to increased stress, burnout, and even depression, all of which can negatively impact your performance at work.

In conclusion, it is essential to strive for a positive attitude in the workplace to ensure professional success and personal satisfaction in your career. By choosing to approach challenges with optimism, resilience, and a proactive mindset, you can enhance your professional relationships, productivity levels, and long-term career prospects.

Continuing our theme focused on helping data professionals hone their thinking skills, this time we address negativity. It can be too easy to focus on techniques and overlook attitude. But I have seen the destructive power of negativity in both staff & clients. It clouds people's perspective and the quality of their thinking, however clever are their other thinking skills.

So, to build on the advice shared by Ty Francis, I am delighted to welcome back leadership coach Kevin

Watson. Kevin is the founder and lead coach at My Own Coach.

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He also works with leadership teams worldwide as a consultant to help them overcome their challenges & achieve success.

In his previous posts, regular readers will remember that Kevin has addressed topics including presenting, vision, and a career plan. This time, he addresses the damage caused by a negative mindset. He also concludes by sharing 4 ways to become less negative at work. So, if you have had feedback about being perceived as negative, this post should help you. Over to Kevin

There are ways you can become a more positive person at work. However, it might take quite a lot of effort to overcome your negative thinking. The best ways to combat negativity at work include:

1. identify the cause
2. think of something you are thankful for
3. talk to your boss
4. distance yourself from negative colleagues

Let's explore each of those in turn. As we do, consider which could help you address any negativity

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