# Anexo I. Registro del Título del Trabajo Fin de Grado (TFG)

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PROGRAMA: Analytics GRUPO: E6-A FECHA: 20/10/2025

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**Título provisional del TFG:**

Examining the impact of adoption of AI on employee wellbeing: a quantitative study of the European Union

**ADJUNTAR PROPUESTA (máximo 4 páginas: Índice provisional, objetivos, metodología y bibliografía)**

**Description**

This thesis examines the relationship between the adoption of Artificial Intelligence (AI) technologies and employee wellbeing in organization of the European Union, from a quantitative point of view. The fast integration of AI into the workplace has changed completely the employee and work experience. Even though AI increases efficiency, productivity and improves decision-making, it algo compromises job security, mental health and autonomy. The goal of this thesis is to provide a study on how the changes provoked by AI influence worker's wellbeing and health.

To do this, I will be using secondary data about European Working Conditions of 2024, from the agency Eurofound, which has been publishing this data about decent work every year since the 90s. It contains more than a hundred questions that were asked in face to face interviews to thousands of people. The edition that will be released in December 2025 will include a dedicated section on AI related questions, allowing for an analysis of how the use of AI tools correlates with employee health and wellbeing.

This research will show how technological innovation can move forward while also taking care of employees' health and quality of life. By creating a statistical model that connects the use of AI with workers' wellbeing, this thesis will help the discussion on how technology can develop while keeping jobs fair and mentally healthy in Europe

**Objectives:**

- To quantitatively examine how the adoption of Artificial Intelligence technologies influences employee wellbeing across organizations in the European Union, focusing on both positive and negative effects on work satisfaction, mental and physical health, and work-life balance.
- To what extent does the level of AI adoption in organizations in the European Union affect employees' wellbeing and job satisfaction?
- How do factors such as automation, workload changes, and job security change the relationship between AI implementation and employee wellbeing?
- How can enterprises use the findings on AI's impact on employee wellbeing to design policies, management strategies, and decision making processes that ensure both technological efficiency and workforce satisfaction?

**Methodology:**

The project consists in a numerical methodology with secondary data from the agency of Eurofound. From the database of European Working Conditions of 2024, which has not yet been released, I will build a model to analyse the variables related to employee health and wellbeing, from the AI section. With this model, I will be able to create data-based conclusions about the effect AI has on employee health.

The analysis will have three stages:

1. Identifying the variables: From the entire database, only a few variables will be useful, so an analysis of the variables available will be made to select those related to AI and employee wellbeing.
2. Model Building: A regression model will be constructed with the variables selected. A software like Python or R will be used for this model.
3. Testing hypotheses: With this analysis, the hypotheses on the effects of AI on wellbeing will be confirmed or denied.

Planning

| | Month |
|---|---|
| Research | November |
| Model building | December |
| Hypotheses testing | January |
| Conclusions | February |

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