



The Relationship between the Introduction of New Technologies in the Industry and the Burnout Syndrome: A Systematic Literature Review

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Abstract

Digitization - the process of changing from analog to digital format - is transforming workplaces, as well as the way work is organized and managed. Currently, new technologies are found in all sectors within our society and economy, bringing new challenges from the point of view of Safety and Health at Work. For example, robots will become part of the work environment of workers, as they will be able to perform physical and autonomously. The use of these robots will allow withdraw workers from risk situations, to improve quality in the workplace. However, workers can feel a high level of pressure due to the speed and level of a robot. This situation can have a negative impact in workers in relation to their mental health. Thus, psychosocial risks at work, such as Burnout

Syndrome, are considered emerging risks. Robots will become part of the work environment of workers, as they will be able to perform physical and autonomously. With the implementation of these technologies, the worker will be able to have the feeling that you have lost control of nature, rhythm and programming of his work, as well as the way he performs it and that are unable to interact socially or take breaks when want.

The main objective of this study was to identify the relationship between the introduction of new technologies in the workplace and the emergence of Burnout Syndrome, through a systematic review of the literature. This review was carried out using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) methodology, using the Web of Science database. Through the included studies, it was possible identify that it is a topic increasingly discussed by the scientific community, since 66% of the studies were carried out in the last four years. It was also possible to verify that the health sector has been the most investigated sector in this domain. It was concluded that the increase in Burnout Syndrome is due to little information and training and to insecurity of workers in the use of more advance technologies.

Keywords: Burnout, digitization, psychosocial risks, workers, mental health