

Answering the Call for Empirical Evidence: Burnout, Context and Remote Work

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Abstract : The COVID-19 pandemic has had a profound impact on employment. The 'future of work' is now the 'present of work'. Changes in the social context within which organisations are embedded necessitated drastic changes in how we work. Through the leveraging of technology and changes in mindset, we have seen exciting innovations in the world of work. This global shift in the context of employment offers a unique opportunity to examine a key unresolved issue in the study of Burnout, namely contextual antecedents. This study answers the call for deeper empirical insight into the contexts within which Burnout occur. We explore the emergence of Burnout within a remote work context by using survey data that incorporates the latest global work trends into the Areas of Worklife framework.

Keywords : burnout, remote work, pandemic, wellness

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