

Digital Well-being: Psychological Safety and Mental Health- A Conceptual Study

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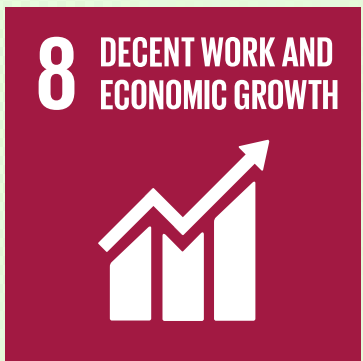
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INTRODUCTION:

- The gig economy (e.g., Fiverr, Pathao, Upwork) offers financial freedom but is devoid of worker protection.
- Gig workers endure emotional stress, isolation, and job insecurity, all of which negatively impact their wellness.
- This study examines the interconnections between the mental health of digital freelancers, job burnout, psychological safety, and the significance of work.

Methodology:

- Design: Literature review.



Research Objectives:

- Analyze how job burnout, psychological safety, and work meaningfulness affect independent workers' mental health.
- Investigate whether psychological safety affects the association between workplace burnout and mental health as well as between work meaningfulness and burnout.

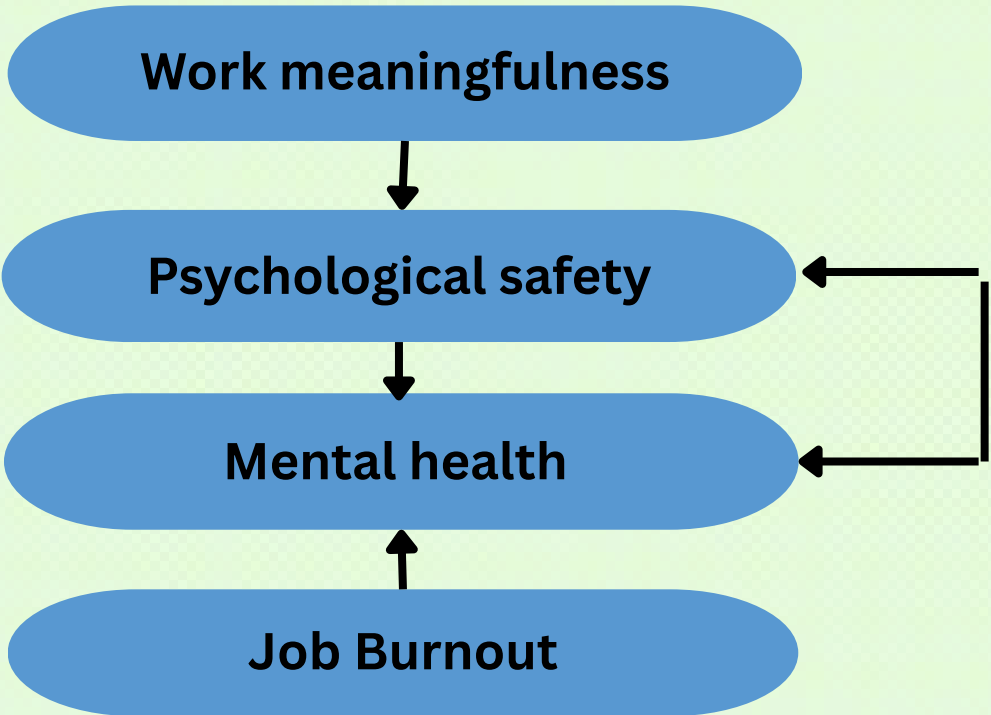


Figure 1: Research objective framework

Expected Contribution:

- Contribute to the global conversation on digital worker well-being.
- Suggest a paradigm for spotting gigabytes of mental health risk factors in the gig economy.
- Show how psychological safety improves well-being.
- Expect job fatigue to lower mental health, particularly in absence of meaning or safety.

Conclusion:

- Sustaining gig work requires digital well-being.
- Policies and platforms should create settings that encourage psychological safety.
- Lessening burnout will improve mental health and output.

Next Steps and Future Research:

- Empirical Study using the presented conceptual model.

References:

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- Ahmad Saufi. (2023). Workplace safety and freelance burnout. Asian Journal of Occupational Health, 15(1), 55–70.

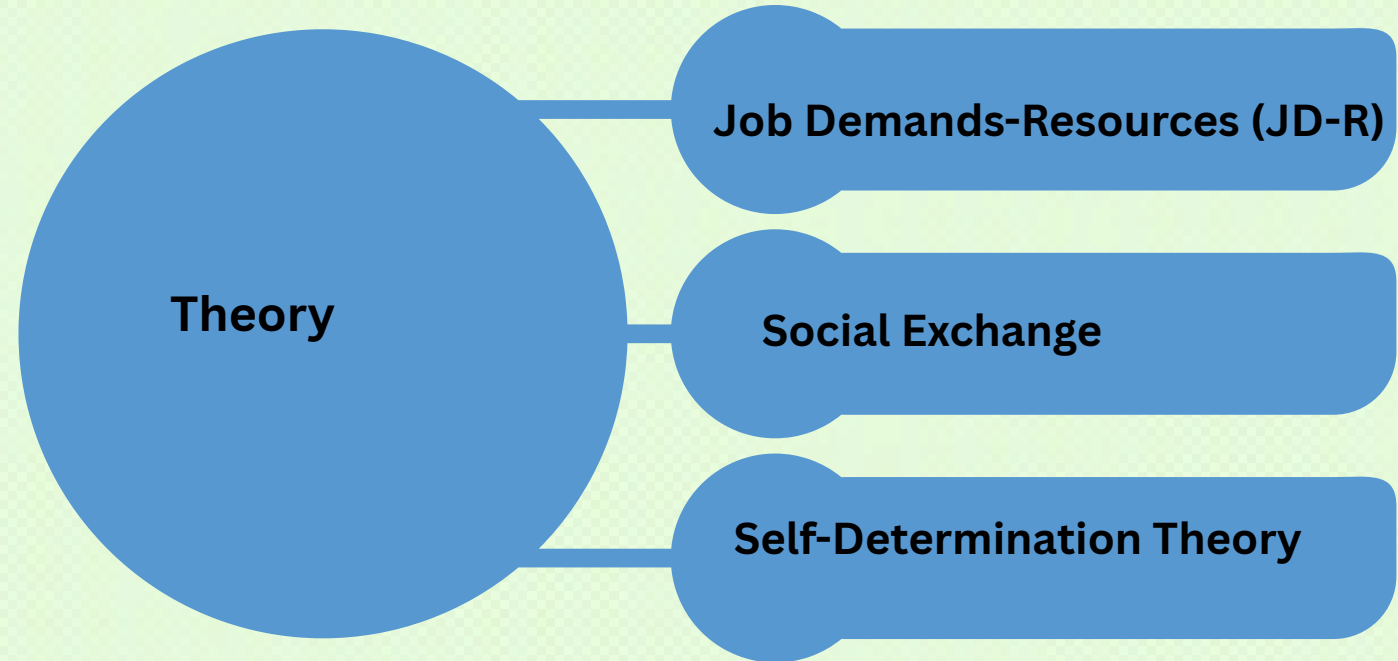


Figure 2: Theoretical framework

