

# The AI Productivity Paradox

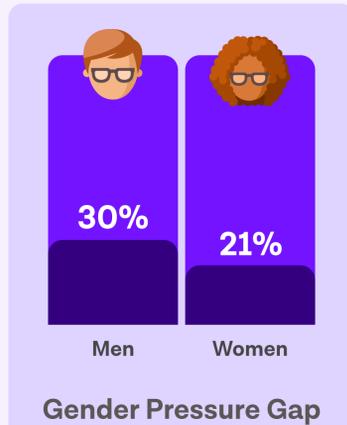
UK workers report rising pressure as AI spreads in the workplace

## The Workforce Reality of AI Adoption

**1 in 4**

workers say AI is increasing pressure at work

For many employees, AI hasn't reduced workload, it's raising expectations.



**23%** of all workers

say their workload increased after AI adoption

Efficiency gains may be translating into more output expectations.

**35%**

don't believe AI productivity gains will benefit employees

Workers worry AI efficiency will boost profits rather than wellbeing or development.

PROFESSIONAL WORKERS

**36%** fear AI redundancy

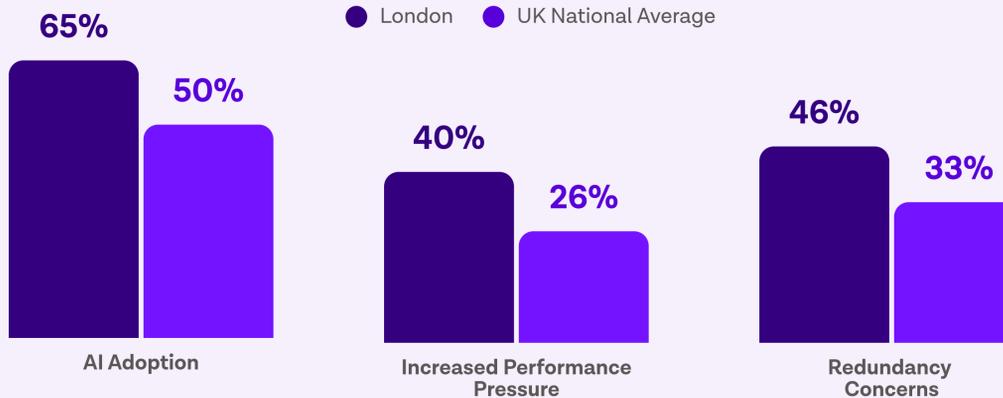
AI is automating the office before it automates the factory.



MANUAL WORKERS

**25%** fear AI redundancy

## London: AI's Early Testing Ground



The UK's most AI-enabled workforce is also reporting the highest pressure.

Source: YuLife research conducted by YouGov among 1,184 UK working adults, fieldwork 2-3 March 2026. Figures weighted to be representative of UK adults (18+).

## The Human Cost of Transition



**36%** of Gen Z workers

say AI makes work feel more transactional

Younger workers worry technology could weaken collaboration and human connection.



**73%** of workers aged 55+

are not worried AI will make them redundant

Many experienced workers see AI as a tool rather than a threat.

*"AI is already reshaping white-collar work. The real question is whether businesses put people at the centre of that transition."*



Tal Gilbert  
YuLife CEO

Learn how YuLife is helping organisations build people-centred AI workplaces.

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