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# ACADEMIC WEEKLY DIGEST

YOUR WEEKLY DIGEST OF KEY RESEARCH FINDINGS



## TO GIG, OR NOT TO GIG – THAT IS THE QUESTION

Dr Yanning Li, Dr Shi (Tracy) Xu and colleagues employed a blending of qualitative approaches combining in-depth semi-structured interviews and daily diaries with a total sample of twenty-two gig workers, to deepen understanding of the well-being of transient organisations/groups and develop a novel conceptual framework of gig worker well-being during times of crisis.

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## THE WELL-BEING OF GIG WORKERS IN THE SHARING ECONOMY DURING TIMES OF CRISIS: A COMPLEX PICTURE

Yanning Li & Shi (Tracy) Xu

The gig economy captures a range of alternative work arrangements, including, but not limited to, part-time work, contract work, contingent work, temporary work and freelance work. This study is among the first to explore well-being of gig workers in the hospitality, tourism and event industry during the COVID-19 pandemic, using a blending of qualitative approaches. The findings of the study provide a novel understanding on how internal (the precarious nature of gig work and the specific contexts of the hospitality, tourism and events industry) and external (the COVID-19 pandemic) factors influence working in the gig economy. A number of the pandemic contexts, such as more time, restriction, economic recession and uncertainty, were seen to influence these workers' well-being in different ways, including both positive and negative impacts.

Also influential was the precarious nature of gig work and the associated flexibility, uncertainty, temporality and diversity. Furthermore, the specific contexts of the hospitality, tourism and events industry, i.e. labor intensive, low self-esteem, self-worth and purpose of life, further contributed complex and various impacts on gig workers' physical and psychological well-being. A few practical implications suggest that, to enhance physical well-being, tourism, hospitality and events businesses should consider widening their gig workers' accessibility to exercise facilities under crisis restrictions and their unstable work patterns. To boost psychological well-being, a recognition system would be useful to strengthen gig workers' perception of value in their jobs and boost their sense of purpose.

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**“Happiness is the highest form of health.” – Dalai Lama**

Li, Y., Xu, S.(T)., Yu, Y. and Meadows, R. (2022). The well-being of gig workers in the sharing economy during COVID-19. *International Journal of Contemporary Hospitality*

*Management*

Link: [bit.ly/3JNPqt1](https://bit.ly/3JNPqt1)