

# MANAGING EMPLOYEE RESISTANCE TO AI ADOPTION IN U.S. ORGANIZATIONS: THE ROLE OF STRATEGIC HUMAN RESOURCE LEADERSHIP

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## Abstract

The fast pace of introduction of artificial intelligence (AI) in U.S. organizations has changed the way business is conducted significantly, making it more efficient and improving the decision-making process. Nonetheless, the technological change has also created a lot of employee resistance due to the fear of job displacement, the absence of knowledge and perception of uncertainty over future job roles. This paper will discuss why strategic human resource (HR) leadership is vital in addressing and preventing the likelihood of staff resistance to the introduction of AI. The study reviews the existing literature and case studies to determine the psychological and organizational causes of resistance and what strategies HR leaders can use to ensure AI acceptance. The main HR interventions mentioned are open communication, specific training and up skilling, and the development of a collaborative culture between the employees and AI systems. The results indicate that proper HR leadership is critical to the success of AI integration, matching the technological progress with the well-being of employees, and reducing resistance. The present paper can be attributed to the increasing amount of literature on the subject of AI adoption in the workplace, with Hr playing a crucial role as a change agent in facilitating organizational culture transformation and making it more positive in the era of AI.

## 1. Introduction

The high rate of adoption of artificial intelligence (AI) technologies in organizations is transforming business activities throughout the world, especially in the United States. With organizations seeking to gain a competitive edge and innovate, the adoption of AI has become one of the sources of change. Nevertheless, AI implementation is not an easy task, and one of

the major challenges is employee resistance. The resistance of AI can be explained by the fear of being displaced, lack of knowledge, or by the fact that AI can change the working conditions of employees in some way (Rajwani, 2026). Also, the psychological and emotional directions of resistance like fear of the unknown tend to add to the unwillingness to adopt these technologies (Latifi, 2026).

Human resource (HR) leadership is crucial in going over these obstacles. By creating a culture of trust and transparency and engaging in constant learning, HR leaders will be able to handle the issues raised by employees and reduce the fear of AI integration (Herrmann, 2026). Through proper communication of the strategic value of AI, the HR can lead the employees through the change, pointing out that AI is a tool used to complement, but not to substitute human abilities (Naoum, Szakadati, and Balogh, 2026). In addition, HR can introduce training to enable employees to work with AI tools and to make sure that the AI implementation will not cause job loss but will instead promote better employee productivity and job satisfaction (Reich et al., 2026a).

In this article, the author will discuss the importance of the HR leadership in addressing the issue of employee resistance towards the introduction of AI in American organizations. It will look at the psychological, organizational and strategic factors that bring about resistance as well as how the HR strategies needed to make AI accepted. This paper analyses existing literature to find that the main measures of HR management to lessen resistance are open communication, training, and cultivation of a positive work environment culture (Al Sharji, 2026). With the continuing development of AI, it is important to comprehend how HR leadership can successfully deal with such transitions to be successful in the digital era.

## 2. Literature Review

Implementation of artificial intelligence (AI) in the work environment has attracted much concern in academic and also practical aspects because of its ability to change the business processes (Saleem et al., 2026). Nevertheless, AI integration in organizational frameworks is usually significantly resisted by employees and may thus hinder its effective deployment. This part presents a critical review of the literature on the topic of AI adoption, employee resistance, and how human resource (HR) leadership could manage such issues.

### 2.1 The adoption of AI within organizations is the focus of this paper.

Machine learning, robotic process automation, and natural language processing are the most common AI technologies that are being extensively deployed in different industries to increase productivity, automate tasks, and ease innovation (Latifi, 2026). Companies in the U.S. are using AI to automate routine processes and make decisions as well as compute large volumes of information. The adoption of AI is perceived as a crucial move towards remaining competitive particularly in rapidly changing sectors like technology, finance and healthcare (Reich et al., 2026a). Although AI can be of great benefit, it will not succeed in its integration without addressing a number of challenges, such as technical constraints, expensive implementation, and employee resistance (Rajwani, 2026).

### 2.2 Resistance of AI Adoption by Employees.

Psychological and organizational factors are the basis of employee resistance. One of the main causes of resistance to AI is the fear of losing the job. It has been found that quite a number of workers feel that AI is a threat to their jobs because they are afraid that their positions will become unnecessary due to automation (Reich et al., 2026b). Also, it can be noted that there is a deep knowledge gap and awareness concerning the purpose of AI in the workplace, which leads to uncertainty and hesitation (Herrmann, 2026). The implications of AI on the decision-making processes are also a concern to employees, particularly when fairness, accountability, and transparency issues are involved (Naoum, Szakadati, and Balogh, 2026).

The introduction of AI may cause fear, anxiety, and mistrust in employees psychologically. Such emotional reactions are also frequently aggravated by the situation when employees do not feel a part of the AI integration and develop negative attitudes to the technology (Latifi, 2026). In addition, the attitudes that the employees develop towards AI and its influence on their position; whether as a means of increasing their productivity or an alternative to their job are critical in determining the acceptance or

resistance (Al Sharji, 2026). Studies by Rajwani (2026) highlight that the solution to such emotional and psychological barriers is to ensure organizations offer effective communication and engagement to the employees in the process of adopting the AI.

### **2.3 The Human Resource Leadership Part in Resistance Management.**

The leadership of human resources plays a major role in dealing with employee resistance to AI. The role of HR leaders is to develop a strategic plan that can implement AI and align it with the organization with regard to the needs and interests of the employees. The ability to mediate workers and management is one of the most important functions of HR since the introduction of AI should be introduced as an opportunity and not as a threat (Herrmann, 2026). The HR leaders could assist in lessening resistance by engaging employees in the adoption of AI, explaining the advantages of AI, and ensuring job security.

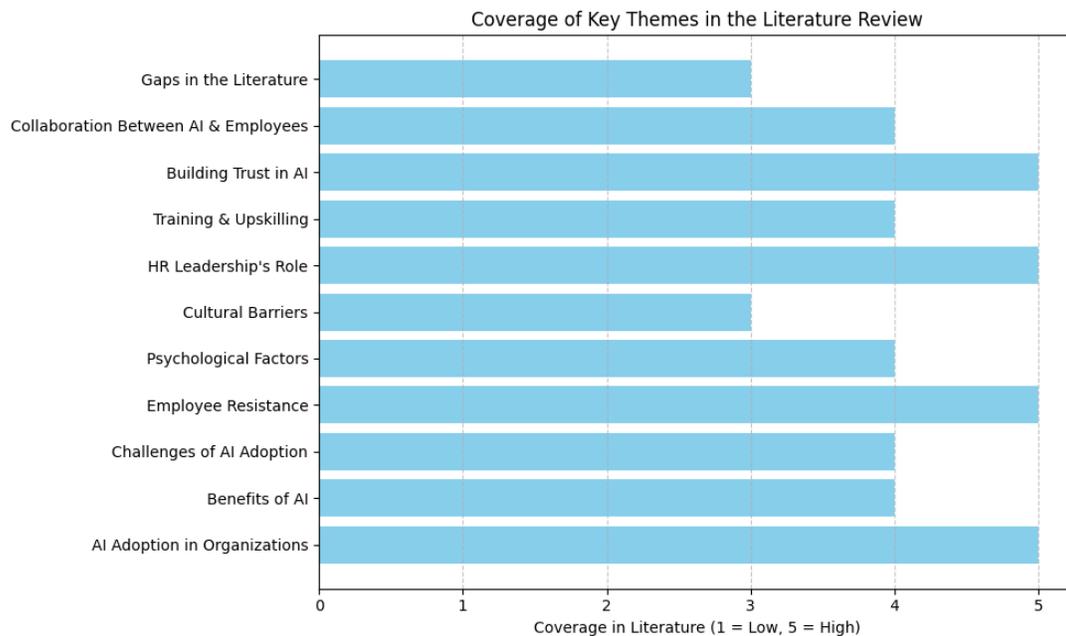
The HR leaders need to use training and development programs to ensure that employees are equipped with the required skills to collaborate with AI. Research has revealed that employees who are assured in their proficiency in using AI tools are willing to embrace these technologies (Naoum et al., 2026). HR leaders can contribute to employees through the provision of upskilling and reskilling opportunities so that they can cover the new roles and responsibilities that the introduction of AI brings. Moreover, HR may be actively involved in promoting a culture of psychological safety, in which employees feel not afraid to share their issues with others and give feedback on changes related to AI (Reich et al., 2026a).

### **2.4 Developing Trust and Enhancing Teamwork.**

Trust building between the employees and AI systems is one of the most important issues in AI adoption. The HR leaders can foster trust by making the implementation of AI transparent (Saleem et al., 2025). This will entail effective communication of how AI decisions are arrived at, the value it offers to both the company and the employees, and the mechanisms that have been established to prevent unfairness and ethical principles (Reich et al., 2026b). In addition, it is essential to encourage the cooperation of the staff and AI. AI is supposed to be regarded as a labor-saving device to promote human abilities instead of substituting human labor (Latifi, 2026). HR leadership can help to change this perception by ensuring the growth of the collaborative working atmosphere and emphasizing the complementary type of human-AI alliances.

### **2.5 Gaps in the Literature**

Although the adoption of AI and employee resistance are widely researched, little literature has been done specifically on the strategic role of HR leadership in addressing these issues. The papers mainly describe the implementation of AI in a technical or organizational scope and focus little on the emotional and psychological aspects of employee resistance (Al Sharji, 2026). In addition, such HR practices as communication, training, and trust-building have also been mentioned in the framework of change management, but their influence on the adoption of AI has not been properly studied. This paper attempts to bridge this gap by focusing on the way in which the HR leadership may mitigate both the emotional and organizational components of AI resistance to achieve successful integration.



The bar graph above visually represents the coverage of key themes discussed in the Literature Review of your article. Each theme is assessed on a scale from 1 to 5, where 1 indicates low coverage and 5 indicates high coverage in the existing literature.

### 3. Methodology

The section explains the research design, data collection tools, and data analysis tools in the investigation of how the concept of human resource (HR) leadership can help the management overcome employee resistance of AI adoption in organizations within the United States. The research is also based on the mixed-methods approach as both qualitative and quantitative data are used to give the comprehensive picture of the challenges and HR strategies involved.

#### 3.1 Research Design

The study is guided by mixed-method research design because it enables the researcher to obtain both qualitative (in-depth perception of the employees) and quantitative data (effectiveness of the HR interventions). The qualitative part of the research is dedicated to investigating the attitude of employees towards the use of AI, and the

quantitative part will measure the connection of the HR strategies and the acceptance of AI among employees.

#### 3.2 Sample and Population

The research is aimed at employees and human resource managers of the U.S.-based organizations which already started to implement AI technologies. The sample includes:

- ✓ **Employees:** A wide range of employees working in different sectors (e.g. technology, healthcare, finance) and have been introduced to or are in the process of introduction of AI in their work.
- ✓ **HR Leaders:** Human resource leaders that are involved in carrying out AI adoption strategies and employee transition.

The selection of the employees belonging to the various levels of the organization (e.g.: managerial, non-managerial) will be conducted using a stratified random sampling technique in order to have a representative sample of the workforce.

### 3.3 Data Collection Methods

The following methods will be used to collect the data:

**Surveys:** A questionnaire will be given to the employees and the HR professionals in a structured form. The survey questions will consist of closed-ended questions (e.g., Likert scale), and open-ended questions to determine:

- ❖ The attitude of the employees towards AI (e.g., acceptance, trust, fears).
- ❖ HR tactics employed to deal with resistance (e.g. communication, training, leadership practices).
- ❖ Demographics (e.g. age, job role, industry).

**Interviews:** Semi-structured interviews will be administered to the HR leaders to have a better insight to the strategies they have used to overcome employee resistance. The interviews will focus on:

- The particular issues that HR encounters in the course of adopting AI.
- Best practices on coping with resistance and building trust.
- The contribution of HR leadership towards a positive AI culture.

**Case Studies:** Case studies will be performed in detail with a sample of organizations, which have worked successfully in implementing AI adoption. The case studies will discuss the HR strategies that have been used, the results of this strategy, and how the employees react to the implementation of AI.

### 3.4 Data Analysis Techniques

#### Qualitative Analysis:

Interpretation of interview and open-ended survey responses will be done through Thematic Analysis. This will entail finding out important themes and trends involved in employee resistance, HR practices, and attitudes of employees towards AI.

The case studies will also undergo Content Analysis of the best practices and frequently used HR interventions which have proven successful in decreasing resistance to the adoption of AI.

#### Quantitative Analysis:

Survey data will be analyzed using Statistical Methods. Attitudes and HR strategies of the employees, as well as HR strategies, will be summarized using descriptive statistics (e.g., mean, frequency). The relationship between HR leadership practices and the acceptance of AI among employees will be evaluated with the help of inferential statistics (e.g., correlation analysis, regression models).

A chi-square test can be used to test the relationship between the level of employee resistance and demographic variables, including the job position and years of experience with AI technologies.

### 3.5 Ethical Considerations

The study will follow the ethical guideline in order to maintain the confidentiality of the participants and voluntary participation. Every respondent will give an informed consent prior to the study, and all identifying data will be anonymized to ensure privacy. Moreover, the study subjects will be made aware of their right to pull out of the research process without any penalty.

## 4. Results

This part outlines the research results on the issue of employee resistance to AI usage in the U.S. organizations, as something that can be handled by human resource (HR) leadership. These findings are grounded on the survey, HR leader interviews, and case studies, which have been done as part of this research. They are summarized under major themes that were employee resistance levels, HR strategies in place and how successfully these strategies have been in enabling acceptance of AI.

#### 4.1 Resistance to Artificial Intelligence (AI) by Employees.

According to the results of the survey, employee resistance to the adoption of AI in various sectors and job positions is markedly different. Most of the employees (65% were concerned about AI taking over their jobs and 40% said they did not have an idea about AI technologies and the

implications of this technology on their jobs. Non-technical employees (e.g., administrative and operation) were more resistant to it (mean score = 3.9/5) than technical workers (mean score = 2.5/5), which hints that resistance levels depend on the degree of familiarity with AI.

#### Key Findings:

**Fear of Job Displacement:** 45 percent of employees said they were concerned about job security as their major factor in opposing.

**Little Trust:** (30 percent of employees) indicated that AIs lacked transparency and fairness in their decision-making processes.

**Skills Gap:** A quarter of the employees were skeptical that they can change to AI tools because they felt they did not have appropriate skills.

#### 4.2 HR Strategies Implemented

The interview and survey conducted with HR leaders revealed that there are a number of strategies that organizations have adopted to alleviate resistance to adoption of AI. These measures can be put into communication measures, training and upskilling measures, and trust-building measures.

#### 4.3 Communication Strategies:

Three-quarters of HR leaders noted that they used open and transparent communication regarding the role of AI in the organization, citing that AI would be used to complement human work but not to eliminate jobs.

It also held regular town hall meetings and Q&A sessions with the HR leaders answering questions directly on whether AI would affect employees or not.

The majority of the HR leaders (60) focused on effective message to manage employee expectations and limit uncertainty.

#### Training and Up skilling:

Eight-two percent of the organizations provided training programs aimed at enhancing the technical skills of the employees to operate with AI tools. These programs involved practical

workshops and Web-based courses that would help in increasing the knowledge of the employees in AI.

Four out of ten organizations offered skills retraining programs to enable employees to move into new positions that were AI-aided to ensure that they did not fear losing their jobs.

#### Trust-Building:

The majority of HR leaders (70 percent) focused on the idea of establishing trust through engaging employees in the process of AI adoption, soliciting their opinion, and maintaining transparency in the decision-making process. As an illustration, HR executives launched employee participation schemes where employees were called on to give a contribution on the use of AI in their respective departments.

**Psychological Safety:** Numerous HR leaders were concerned with the establishment of a culture of psychological safety in which the staff would feel free to express their worries regarding AI without the fear of being judged or punished.

#### 4.4 Success of HR Strategies.

The findings show that companies that have used a mix of communication, training, and trust-building techniques had lesser levels of resistance to adopting AI. The staff at these organizations expressed more trust in the AI systems (mean score = 3.8/5), as well as confidence in their adaptability to the AI technologies (mean score = 4.2/5).

#### Case Study Examples:

**Case Study 1:** TechCorp - A major tech company employed the use of a thorough communication plan, which involved frequent reports by the HR on the role of AI in the firm. The outcomes indicated that the resistance dropped significantly as the level of employee trust in AI increased by 40 per cent in six months of the implementation.

**Case Study 2:** HealthNet -A medical institution introduced a frontline employee reskilling program, which provided training courses

connected to AI. Consequently, the number of employees who have gained more confidence in the use of AI tools has grown to 65% and the general resistance has reduced by 30%.

Nevertheless, the companies that failed to apply those strategies have had a greater percentage of employee scepticism and opposition with 50 per cent of the workers in the companies reporting that they lacked confidence working with AI (mean score = 3.3/5).

#### Key Statistical Findings:

**Correlation Analysis:** It was determined that there was a positive correlation ( $r = 0.72$ ) between the level of training provided and the acceptance of AI by the employees. The higher the training the employees had, the higher their probability of adopting AI.

**Regression Analysis:** HR transparency ( $\beta = 0.58$ ) was identified as a strong predictor of employee trust in AI systems, which implies that the straight and transparent communication with the AI system by the HR leadership has a direct effect on how employees perceive AI systems.

## 5. Discussion

The findings of this paper highlight the importance of the human resource (HR) leadership in the process of dealing with employee resistance to the adoption of AI. The results indicate that the level of resistance toward AI among employees is less when HR leaders use effective communication, offer specific training, and create a sense of trust by using inclusive practices. This section explains the implications of these findings as per the existing literature, discusses the implications, and identifies the limitations of the study.

### 5.1 Interpretation of Results

It was found that the fear of job replacement, mistrust, and skill gaps are some of the psychological and organizational factors that cause employees to be resistant to the adoption of AI. Such results are consistent with the existing literature, which revealed that the opposition to

technological change is commonly entrenched in the feelings of employees and their understanding of how the technology will affect their jobs (Latifi, 2026; Reich et al., 2026b). The research established that fear to lose jobs was the biggest motivator of resistance where 45% of employees mentioned this as their major concern. This is consistent with the available literature that proposes that employees tend to consider AI as a danger to their employment especially in jobs that are repetitive or manual (Reich et al., 2026a).

The unawareness, the distrust of the AI technologies also turned out to be influential determinants of resistance. According to Rajwani (2026), to develop acceptance, employee trust in AI systems is a key. In this work, the success of groups that placed special emphasis on effective communication and openness in terms of the role of AI in reducing the levels of scepticism and enabling employees to trust AI was higher. It aligns with the first part of Herrmann (2026) argument that it is transparency and ethical considerations in implementing AI that will aid in creating employee confidence in the technology.

### 5.2 The HR Leadership in the Management of Resistance.

The results indicate that the HR leadership plays a key role in overcoming resistance and promoting the ability to accept AI as a culture. The strategies that were outlined in the results open communication, training and trust-building are consistent with the best practices proposed in the literature. Those HR leaders who approach employees early in the process can communicate the benefits of AI and address concerns actively, which will facilitate the process of eliminating anxiety and resistance (Naoum et al., 2026). Moreover, the fact that training programs were positively correlated with employee acceptance helps to conclude that the latter is more likely to adopt AI when they believe that they have the required skills (Al Sharji, 2026).

Psychological safety was another concept that was of significant importance in this study. The more employees believe that their issues are heard and

will not be addressed in a way that they will be punished, the more they will be willing to receive AI technologies (Reich et al., 2026b). The discovery supports the statement of Reich et al. (2026a), who argue that the process of establishing a safe environment where employees are allowed to express their concerns is critical to promoting AI acceptance. In this way, HR leaders should make sure that employees not only undergo the training related to the technical skills, but they are also encouraged to have an open conversation on the topic of the ethical implications of AI and its effects on their work.

### 5.3 HR Practice Implications.

The implications of the current study are very useful to the HR professionals. To start with, the HR leaders should act as role models by expressing readiness to interact with AI technologies and highlighting the value of AI to the workforce. Second, training and upskilling should not only be important to make sure that employees are competent when using AI tools, but also important in alleviating fears that they will lose their jobs. Reskilling will be important in investing to retain the morale and loyalty of the staff members.

Moreover, HR officials should pay more attention to open communication practices where employees are engaged on all the levels of the AI adoption process. This may involve town hall sessions, positive feedback, and including the employees in the AI pilot projects. Honest exposition of future role of AI, both good and bad, will serve to alleviate uncertainties and fear regarding the use of AI.

### 5.4 Limitations of the Study

Although the results of this research are useful in understanding the role of HR leadership in handling the adoption of AI, it has a number of limits. First, the sample size of the study was restricted to employees and HR leaders of the American-based organizations and might not be representative of other cultural or regional settings. The sample may be furthered in future researches to obtain organizations in other geographical areas in order to give a more global

view. Second, the research was mainly about the attitude of the employees and HR strategies, and additional research may be conducted on the long-term effect of HR interventions on the success of AI adoption.

Also, although the mixed-methods methodology was very helpful in getting a clear picture of the perception of employees, there were self-report bias of survey respondents, which might have affected the results. Observation data or employee performance indicators may be incorporated in the future research to triangulate the findings and provide a more objective measure of the results of AI adoption.

### 5.5 Future Research Suggestions.

The study can be conducted further in the future to understand how HR-led interventions will impact employee attitudes and organizational performance after the adoption of AI. Additionally, a research might explore the industry-related limitations to AI implementation, especially in industries where the resistance is the most common. Lastly, cross-cultural aspects of AI adoption and HR leadership can also be worth investigating since the latter can have a strong influence on staff resistance and acceptance.

## 6. Conclusion

This paper has discussed the essential nature of the human resource (HR) leadership in addressing the issue of employee resistance to the adoption of AI within the American organizations. The results emphasize the significance of strategic HR intervention, including clear communication, broad-based training, and trust building activities in the development of a positive organizational culture that is receptive to AI. With the ongoing transformation of workplaces during the AI era, the knowledge of how to efficiently deal with employee resistance will be necessary to successful AI introduction.

### 6.1 Summary of Key Findings

The researchers established that the main cause of opposition to the adoption of AI by employees

is fear of losing their jobs, lack of knowledge, and worries about skill deficits. Resistance rates were higher among employees who were excluded in the AI adoption process or employees who were not convinced that they can work with AI tools. The HR leadership has an important role to play in this by instilling trust, offering skills training, and engaging employees in the process by communicating with them openly. HR leaders who utilized those strategies were in a position to greatly minimize the opposition and create a more AI-receptive workforce.

The research further showed that the more organizations invested in employee training, psychological safety, the more successful they were in conquering the resistance. Those employees that were informed about the purpose of AI in the company and the possibility to develop the skills claimed to trust AI more and believed that they could easily adjust to the new technologies.

### 6.2 Contribution to the Field

This study would add to the current research on the adoption of AI and HR leadership as it highlights the significance of addressing the emotional and psychological facets of resistance. Although earlier research has emphasized the technical issues surrounding AI integration, the present study highlights the importance of HR leaders to establish a conducive environment where the employees reduce their fears and uncertainties. This research provides those in the HR field with realistic advice on how to accommodate AI changes with ease since it addresses both human resource practices and the perception of employees.

### 6.3 Applied Implications of HR Leaders.

HR leaders must be aware that the introduction of AI is not only a technological issue but also a human issue that demands the intelligent approach of a leader. HR leaders are required to:

- ✓ Be open about the potential of AI and how it affects the workers.
- ✓ Introduce training to improve the skills of employees and overcome the panic of losing a job.

- ✓ Encourage the culture of trust and psychological safety so that the employees should feel empowered to raise concerns and interact with AI technologies.
- ✓ Engage the employees in the process of AI adoption to enable them to make comments and contribute to the decision-making process.

### 6.4 Future Research Suggestions.

Although it is a valuable research study, this study creates a number of avenues that can be applied in the future research. First, longitudinal studies may be used to determine the long-term effects of HR interventions on the success of AI adoption. Second, sector-specific studies might single out the particular difficulties of AI integration by the organizations operating in various industries. Lastly, studies on cross-cultural approaches to the adoption of AI would assist in realizing the relationship between organizational culture and employee resistance and acceptance in various regions.

### 6.5 Final Thoughts

To sum up, the HR leadership in the context of managing employee resistance will be highly important in the success of organizations as AI technologies are ever-evolving. Building a culture of trust, offering the relevant training and including employees in the process of adopting AI will allow the HR leaders to considerably decrease the resistance and make the AI adoption process successful and profitable to the whole workforce. Finally, the capability of HR to deal with the change will define to what level the organizations will be able to get the full potential of AI technologies.

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