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AI at work: Are women falling behind?

6. March 2026 | Jutta Winters

Artificial intelligence is changing the world of work right now – and those who use it often have clear advantages in the job. However, recent data show that women resort to AI significantly less often than men. IAB vice director Melanie Arntz explains in this video the consequences this could have for career opportunities, income and the future of work.

Aktivieren Sie JavaScript um das Video zu sehen.
https://youtube.com/shorts/v4R8b0_ZcA4?si=5NSjOtsumj_xx7iJ

About the person

Since January 2025, Prof Dr Melanie Arntz is vice director of the IAB and professor of labour market and occupational research at the Friedrich-Alexander-University Erlangen-Nuremberg.

Melanie Arntz is a member of the regional and urban economics committee of the Verein für Socialpolitik and co-editor of the Journal for Labour Market Research. She has extensive experience in policy advice, including as a member of the Working World Council of the Federal Ministry of Labor and Social Affairs (BMAS) and on the scientific advisory board of the BMAS on securing skilled workers.

Her research focuses on structural changes in the labour market, particularly in the wake of technological progress. She deals with the question of how new technologies such as artificial intelligence change employment, wages and inequality in the labour market, what new requirements come with them and how occupations, jobs and companies develop due to new technologies. She is also interested in how different regional labour markets evolve during structural change and what effect this has on companies and workers alike.

Further reading

For more information please go to “Graphik aktuell: Abgehängt? Frauen nutzen KI beruflich viel seltener als Männer” (in German).

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