



The Psychological Impacts of Artificial Intelligence on Young People

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Abstract : The use of Artificial Intelligence (AI) in everyday life has changed many parts of human interaction, especially for young people. As AI systems continue to improve, they bring both good and bad effects on youth's mental and emotional well-being. This research paper looks at the mental effects of AI on teenagers and young adults, focusing on their mental health, social habits, and thinking skills. It uses existing studies and ideas from psychology to examine how AI affects youth's self-image, social connections, and learning. Finally, it gives suggestions on how to handle the effects of AI on young people in a world that is becoming more digital.

Introduction:

Artificial Intelligence (AI) has become a common part of daily life, from virtual helpers like Siri and Alexa to personalized suggestions on social media. While AI makes things easier and provides quick access to information, it also brings challenges, especially for younger generations who are still growing mentally and emotionally. AI's impact on youth can be deep, shaping their thinking, emotional control, and relationships. As AI becomes a bigger part of life, understanding its mental effects on young people is important to reduce risks and increase benefits.

Section 1: The Role of AI in Youth's Thinking Skills

AI technologies are changing education with tools like personalized learning platforms, interactive teaching assistants, and virtual tutors. These systems can adjust to the unique needs and preferences of students, potentially boosting interest and memory. However, studies suggest that relying too much on AI for learning might have unexpected effects on thinking.

❗ **Too Much Information:** Constant exposure to AI-powered content can overload youth with information, causing too much information. The fast pace of AI-based tools can lower attention spans and makes it harder for youth to think deeply, analyze critically, and solve problems.

❗ **Weakened Memory:** AI's ability to give instant answers might stop youth from remembering information and improving their critical thinking. Instead of actively recalling knowledge, students may become inactive users of information, weakening their memory skills.

❗ **Lowered Creativity:** AI tools often work based on fixed rules, which may limit young people's creativity by offering only certain solutions. This could reduce their ability to think outside the box and come up with original ideas, important for solving problems and academic success.

Section 2: Emotional and Mental Effects of AI on Youth

The strong presence of AI in daily life has noticeable effects on the emotional well-being of young people. From the use of AI in social media to video games, AI is a big part of emotional experiences.

❗ **Social Media and Self-Image:** AI-based systems on social media create content based on user activity. While these platforms allow for self-expression, they also expose youth to constant

comparisons with others, which can harm their self-esteem and body image. These systems often promote unrealistic standards of beauty and success, which may worsen feelings of not being good enough, especially during adolescence, a time when self-image is still growing.

• **AI in Mental Health Tools:** Some AI-based mental health tools provide youth with personalized advice, stress-relief tips, or mood tracking. While these tools may offer useful support, there are concerns about their trustworthiness. Misdiagnoses or overly simple suggestions could leave mental health issues unresolved, especially without help from experts.

• **Fear of Job Loss:** As AI continues to change the job market, many young people worry about their future. The fear that AI might take over jobs is a big source of anxiety, making them question whether they can find meaningful work in an AI-driven world.

• **Emotional Effects:** Using AI-based tools too much can make young people less sensitive to emotions. For example, AI in video games often creates strong emotional settings, such as excitement or fear. Over time, this constant exposure can make it harder to manage emotions in real life.

Section 3: Social Effects of AI on Youth

• **Less Face-to-Face Interaction:** The more young people use AI, such as virtual assistants or social media, the less they may talk to people face-to-face. Over time, this can hurt the development of important social skills like empathy and conflict resolution, which are needed for building strong relationships.

• **Loneliness:** There is growing concern that young people may turn to AI for companionship. AI chatbots or virtual friends can offer instant responses but don't provide the deep emotional bonds or growth that come from human relationships. This could lead to increased loneliness.

• **Peer Pressure:** AI systems in social media can increase peer pressure and social comparisons. These systems often show content that gets the most attention, which can promote sensational or unrealistic lifestyles. Young people may feel pressured to follow trends or risky behaviors to gain validation through likes, comments, and shares.

Conclusion:

Artificial Intelligence is increasingly being implanted in the lives of children, providing advantages such as individualized learning and effortless access to information. Its increasing presence also has immense disadvantages. AI has the potential to influence the way children think, potentially weaken their memory, creativity, and critical thinking abilities. It can impact their emotional well-being by affecting self-esteem, increasing anxiety, and blurring the distinction between real and virtual feelings. Socially, excessive dependence on AI can decrease face-to-face communication, lead to loneliness, and elevate peer pressure. As AI expands, parents, teachers, and society need to lead children in using it judiciously, optimizing its advantages while safeguarding their mental, emotional, and social health.

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