



# Becoming lazy: A review on AI'S influence of human efforts and behavior

P. Lillykrishna<sup>1</sup>, V. Lavanya<sup>2</sup>

<sup>1</sup>M.C.A, CMR University, Bengaluru, Pulluru.lillykrishna@cmr.edu.in

<sup>2</sup>Assistant Professor, CMR University , Bengaluru, lavanya.v@cmr.edu.in

## Abstract

Artificial intelligence (AI) is becoming an essential part of our everyday lives, helping people complete tasks faster and more efficiently. While these advancements offer great benefits, this also raise concerns about how much humans are starting to depend on AI. This review shows the impact of AI-how it is changing human behavior, especially in terms reduces the need for physical, Cognitive effort and decision-making. From smart assistants and autonomous systems to AI-driven recommendations, technology is reshaping how people work, learn and live. This study explores whether AI is simply making life easier or gradually encouraging a more passive lifestyle. It also investigates how this shift may affect mental focus, work habits, and social skills. Finally, the paper discusses how humans can maintain a balance-using AI for growth while staying actively engaged in learning and creativity.

## Keywords

Artificial intelligence (AI), Human Behavior, Automation and Laziness, Cognitive Effort, Digital Lifestyle, Investigates

## 1. Introduction

Artificial intelligence (AI) has one of the most transformative technologies of the 21<sup>st</sup> century, deeply embedded in our daily lives. From smartphone assistants to complex decision-making systems, AI is designed to simplify tasks, enhance accuracy, and save time. Its application span a wide range of domains including education, healthcare, finance, manufacturing, and entertainment. As AI system continue to evolve, they are increasingly capable of performing functions that once required human thought, physical labor, and continuous engagement. While AI's ability to automate tasks offers undeniable benefits, it also introduces a growing concern. Now society is experiencing a shift not only work is done, but in how people behave, learn, and think. This review paper seeks to explore the dual nature of AI's impact-how it empowers individuals and organizations while potentially diminishing human effort and engagement. It investigates whether AI is helping humans evolve towards smarter, more strategic roles, or fostering a culture of passive reliance. By examining academic literature, real-world applications, and emerging behavioral trends, the study aims to provide insights into the balance between technological progress and the preservation of active human participation in daily life.

## 2. Overview of Artificial Intelligent

It refers to the development of computer systems that can perform tasks typically requiring human intelligence. These tasks include learning, reasoning, and visual perception. AI is broadly classified into two types: NARROW AI (virtual assistants), and GENERAL AI (human replicate). The foundation of AI lies in technologies such as machine learning (ML), deep learning, natural language processing (NLP), and computer vision. These tools allow AI systems to improve performance over time through experience and large volumes of data. For instance, recommendation algorithms used by platforms (like YouTube) learn user behavior to suggest personalized content. The rapid usage of AI into various industries is reshaping how humans interact with the world. AI-driven chatbots are replacing human customer service agents, smart home device can manage lighting, security and room temperature, and education platforms now adapt content based on individual learning style. This transition brings us to the central question of the paper: Is AI helping humans grow smarter, or is it gradually making us less active participants in our own lives?

## 3. Impact of AI on Daily Human Activities

In everyday life, often in ways people do not consciously notice-how AI has gradually woven itself, from setting morning alarms using smart assistants (Alexa or Siri) to receiving personalized content on social media. One of the most visible area of impact is communication and information access. AI-driven chatbots, translation tools, and virtual assistants have made communication faster and more efficient. Tasks that once required active effort (like typing emails, searching for information, or booking appointments) are now handled through simple voice commands or automated system.

In **Education**, AI-powered platforms recommend customized on individual performance. However, this connivence may sometimes students' problem-solving skills and deep engagement, especially when overused as shortcuts.

In **household and personal routines**, AI-enabled smart home systems automate lighting, temperature, security, and even grocery shopping reminders. These tools contribute to ease and energy efficiency but can also reduce personal responsibility and awareness over time.

AI has also had a significant impact on **health and fitness**. Wearable devices with AI-driven analytics track activity, sleep, and vital signs, offering real-time suggestions. While this promotes better health habits, it can sometimes replace personal judgment with data dependency.

## 4. Positive Implications of Artificial Intelligence

Artificial Intelligence has revolutionized modern society by offering powerful tools to simplify complex problems, improve productivity, and enhance quality of life.

- **Automation of Repetitive Tasks:** AI handles routine jobs like data entry, scheduling, and customer service.
- **Advancements in Healthcare:** AI aids in early diagnosis, medical imaging, and robotic surgeries, improves accuracy and treatment speed.
- **Smart Homes and Daily Convenience:** AI controls lighting, appliances, security, and temperature.

- **Faster Decision-Making:** AI analyzes big data in seconds for better business and policy decisions.
- **Enhanced Accessibility:** Speech-to-text, real-time translation, and voice commands helping people with disabilities or language barriers access technology.

## 5. Negative Implications of Artificial Intelligence (AI)

AI presents a range of negative consequences that deserve careful attention. These drawbacks are especially relevant when examining how AI affects human behavior, work patterns, and mental engagement.

- **Increased Human Dependency:** AI reduces manual effort and personal responsibility. Basic skills like navigation, memory, and decision-making may decline.
- **Reduced Physical and Mental Activity:** Automation of everyday tasks encourages a passive lifestyle may affect problem-solving and creativity.
- **Privacy and Security Concerns:** AI systems collect and process personal data risk of misuse, data leaks, and surveillance increases.
- **Job Displacement:** AI replaces human roles in sectors like manufacturing, transport, and customer support this leads to unemployment and skill mismatch.
- **Bias in Decision-Making:** AI can reflect or amplify human biases present in training data it may lead to unfair outcomes in hiring, policing, or lending.

## 6. Case studies

To better understand how Artificial Intelligence is influencing human behavior, where AI is actively shaping lifestyles, routines, and decision-making.

### 6.1. ChatGPT and Generative AI Tools

ChatGPT are widely used for content creation, coding, problem-solving, and academic writing. While these tools help users save time, they may also reduce independent thinking, critical analysis, and originality-especially among students and professionals.

- Speeds up research and writing tasks.
- Risk of over-dependence and reduced self-effort.

### 6.2. Netflix and YouTube Recommendation Engines

AI algorithms track user behavior and viewing history to suggest personalized content. It leads to binge-watching and passive consumption of media, with limited self-curated exploration.

- Better content discovery.
- Encourages passive media consumption and digital addiction.

### 6.3. Smart Home Devices (e.g., Alexa, Siri, Google Nest)

AI-driven home automation systems can control lights, appliances, and temperature through voice or mobile commands. They reduce manual interaction and create a dependence on technology for basic routines.

- Boosts convenience and energy efficiency.
- Reduces daily physical involvement and self-monitoring.

#### 6.4. Tesla Autopilot and Self-Driving Cars

Tesla's AI-based self-driving feature reduces driver effort by automating steering, braking, and lane changes. While this reduces accidents and fatigue, it may also cause drivers to become less alert or disengaged.

- Improves safety and driving ease.
- Risk of reduced driver attention and over-trust in AI.

### 7. Discussion: Are We Becoming Lazy or Evolving Smart?

The increasing integration of Artificial Intelligence into daily life presents a unique paradox: while technology is helping humans work faster and more efficiently, it may also be contributing to reduced mental and physical effort. This raises a critical question: **Are we genuinely evolving to become smarter, or are we becoming dependent- and in some cases, lazy?**

On one hand, AI empowers individuals to focus on more strategic, high-level tasks by automating routine work. For example, AI tools assist doctors in diagnosis, support students with personalized learning, and help businesses make data-driven decisions. It frees up human time and energy to focus on problem-solving, complex reasoning, and emotional intelligence.

However, the overuse of AI in everyday activities-such as remembering tasks, writing content, or navigating places -may lead to **reduced mental engagement** and even **skill atrophy**. Tasks that once required effort and learning are now completed instantly, often with a single command. This behavioral shift may result in a form of passive dependence, where individuals lose the motivation and more.

Therefore, the debate is not simply about laziness vs. Intelligence-it is about **balance**. The ideal path forward lies in promoting **human-AI collaboration**, where machines assist humans, but don't replace our core responsibilities or thinking abilities. Education systems, workplaces, and governments must focus on digital literacy and mindful tech use to ensure people continue to grow, even in an AI-powered world.

### 8. Future Scope

Artificial Intelligence has undeniably changed the way humans live, learn, work, and interact. It has brought unparalleled convenience, efficiency, and precision to daily life. From automating basic tasks to enhancing decision-making in critical sectors like healthcare and education, AI continues to push the boundaries of what technology can do. However, this progress comes with a price-a growing concern over human dependency, reduced effort, and the erosion of essential skills such as memory, problem-solving, and critical thinking.

### 9. Conclusion

This review has highlighted both the positive and negative implications of AI, offering a balanced perspective on how it supports and challenges human behavior. While AI helps in evolving smarter systems, over reliance on it may risk fostering a culture of passivity or laziness.

Looking ahead, the **future of AI should focus on collaboration rather than replacement**. Developers, educators, and policymakers must work together to promote responsible AI use that enhances human capabilities without



diminishing them. Digital literacy, ethical AI policies, and continuous human involvement in decision-making processes will be essential.

By embracing AI as a partner-not a substitute-humanity can evolve into a smarter, more adaptive society without sacrificing creativity, motivation, or independence.

## Reference

1. Russell, S., & Norvig, P. (2021). Artificial Intelligence: A Modern Approach.
2. Brynjolfsson, E., & McAfee, A. (2014). The Second Machine Age.
3. Dastin, J. (2018). Amazon scrapped “AI recruiting tool”.
4. Davenport, T. H., & Ronanki, R. (2018). Artificial intelligence for the real world.
5. Future of Life Institute. (2023). Benefits & Risks of Artificial Intelligence.
6. Statista. (2024). AI Adoption in Households and Industries.

