Impact of Artificial Intelligence on Human Thinking

Somesh Sharma, Piyush Jaiswal, H.R.Kulkarni,Amit More*

G. H. Raisoni College of Arts, Commerce and Science, Wagholi, Pune, Maharashtra. India

*-Author For Correspondence. Email: amit2000bm@gmail.com

Abstract

This research paper explores how Artificial Intelligence (AI) influences human thinking patterns, creativity, and decision-making. With the rise of tools like ChatGPT, students and creative individuals increasingly rely on AI for answers, ideas, and content creation. This study analyzes both the benefits and drawbacks of AI's impact on cognitive processes, aiming to understand whether AI strengthens or weakens original thought and problem- solving abilities.

Keywords: - Artificial Intelligence, Human Thinking, Cognitive Processes, Creativity, Decision Making, AI Dependency

Background and Motivation of the Study

AI has recently become a great part of everyday lives. One finds it in interactions with humans in almost everything from education to creativity. While it is a source of comfort and instant information, it brings concern about how much one now depends on machines to think and learn. I chose this topic because I personally experienced what it feels like to become dependent on AI. I had developed a habit of using ChatGPT for almost everything even the smallest tasks. Over time, I realized that I had stopped thinking on my own and was relying too much on AI for answers. That made me wonder if this is happening to me, it must be happening to many other students as well. This thought inspired me to explore how AI is affecting the human mind and whether it is slowly changing the way we think, learn, and solve problems. This study, therefore, aims to reflect the mindset of modern students and young learners who are growing up with AI as a constant companion. By examining both its benefits and drawbacks, this research hopes to create awareness about maintaining a healthy balance between using AI tools and preserving independent, creative thinking.

Statement of the Problem

Artificial Intelligence has become a common tool for students and professionals. From writing assignments to solving doubts, AI provides quick answers to almost everything. However, this constant reliance on AI is slowly changing how humans think and learn. The problem lies not in AI itself, but in how humans are using it. This study seeks to identify how deeply AI has influenced human thinking patterns and whether it reduces our ability to think critically and originally.

Objectives of the Study

1. To analyze how frequently people use AI tools and for what purposes.

2. To evaluate how AI usage affects independent and creative thinking among students.

3. To study whether AI helps in improving learning or causes over-dependence.

4. To identify how AI influences the balance between human intelligence and machine assistance.

5. To suggest ways for responsible and balanced use of AI that enhances, rather than replaces, human thinking.

Scope of the Study

His research major in students and creative individuals who often use such tools in day-to-day work or study, with focus on how AI affects their creativity, problem solving, and decision-making abilities: the core areas of human thinking. Thus, the study focuses experience of students in the field of creative education since they form a part of the most active applications of AI tools like ChatGPT, Copilot, and image generators. They are the seeds of a generation yet in most of their lives, whether career wise or socially, growing up, having an AI as learning assistance and creative partner. The scope of the study is limited to understanding how AI influences mental processes and the studies on it would not be inclusive of technical or programming aspects. This research is aimed at exploring behaviors, mindsets, and thought patterns and establishing whether or not AI has been an enhancer or inhibitor to the originality and independent thinking being nurtured in today's learners and creators.

Research Methodology

The research follows a quantitative approach based on secondary data collected from authentic surveys (2023–2025). It includes studies conducted among students in creative and educational fields to understand how often they use AI and how it impacts creativity and problem-solving.

Data Analysis and Interpretation

Findings dated 2023–2025, reflect a limited time frame for this research when secondary data was collected from authentic surveys and studies conducted on the impact of AI on students and creative thinkers' thinking patterns, creativity, and problem-solving. According to an MDPI study in 2024 titled 'Collaborative Working and Critical Thinking: Adoption of Generative Artificial Intelligence Tools in Higher Education,' nearly 64% of students said AI tools helped them to enhance their critical thinking and collaboration skills, while some felt that it made them more dependent on automated suggestions in making decisions (MDPI, 2024).Another recent study, 'Use of Generative Artificial Intelligence to Develop Student Research, Critical Thinking, and Problem- Solving Skills' (MDPI, 2025), found that AI moderately used by the students strengthened those learning habits, compared to those who were using AI excessively who showed signs of reduced originality (MDPI, 2025).In 2025, the Economic Times found that 85% of the surveyed students and educators believed that growth in AI was overwhelming, while 90% felt it had been beneficial for education. Likewise, a regional study in Maharashtra found that about 40% of the students actively use generative AI tools like ChatGPT, and 66.83% believe that such tools will play an important role in higher education in the coming years (Economic Times, 2025; JISEM Journal, 2025).The analysis of these reports shows that there is a sub-divided perception among the students. While many believe AI enhances creativity, productivity, and problem-solving, an equally concerned group has expressed fears of AI dependency and loss of originality. This finding is heavily corroborated by the research aims: to identify AI benefits and risks in shaping human thinking and creativity.

Findings and Conclusion

The findings of this research reveal a clear divide in how Artificial Intelligence (AI) influences human thinking and creativity. While a significant portion of students acknowledge that AI tools help them enhance productivity, organization, and problem-solving efficiency, an equally large group expresses concern about the increasing dependency on these tools and the gradual decline in originality and independent thought. Secondary data from authentic surveys conducted between 2023 and 2025 supports these observations. Studies by MDPI (2024, 2025) highlight that moderate use of AI tools can strengthen learning habits, encourage critical thinking, and improve collaboration among students. However, excessive reliance often leads to passive learning and reduced creative engagement.The Economic Times (2025) and JISEM Journal (2025) surveys further confirm that AI has become an inseparable part of modern education. Around 85% to 90% of respondents viewed AI positively for improving learning efficiency, while a considerable number admitted to depending on it even for simple academic or creative tasks. This dependency reflects an ongoing shift—from humans using AI as a support system to treating it as a primary source of thought and creativity.Overall, the study concludes that AI is neither entirely harmful nor entirely beneficial. Its impact depends largely on how consciously it is used. When treated as a partner in learning and creation, AI can enhance imagination, problem-solving, and intellectual

growth. But when used as a replacement for thinking, it risks weakening curiosity, analysis, and originality the very essence of human intelligence. Hence, the research emphasizes the need for balanced and mindful AI usage, especially among students and creative individuals. The goal should not be to avoid AI but to learn how to think with it, not through it preserving human creativity while embracing technological progress.

References

1. MDPI. (2024). Collaborative Working and Critical Thinking: Adoption of Generative AI Tools in Higher Education. https://www.mdpi.com/2071-1050/16/13/53672. MDPI. (2025).

2. Use of Generative Artificial Intelligence to Develop Student Research, Critical Thinking, and Problem-Solving Skills. https://doi.org/10.3390/higheredu40300343.

3. Economic Times. (2025). 85% of Indian Students and Educators Believe Availability and Volume of AI is Overwhelming: Survey. https://education.economictimes.indiatimes.com/news/industry/85-indian-students-educators-believe-availability-and-volume-of-ai-overwhelming-survey/1203451934. JISEM Journal. (2025).

4. Perception and Usage of Generative AI Tools Among Students in Maharashtra, India. https://jisem-journal.com/index.php/journal/article/download/9830/4535/164235.

5. Policy Research Journal. (2025). Exploring the Influence of AI-Generated Content on Critical Thinking Skills. https://policyrj.com/index.php/1/article/view/690

G. H. Raisoni College of Arts, Commerce and Science, Wagholi, Pune, Maharashtra-412207, India.

JETIRHG06092 | Journal of Emerging Technologies and Innovative Research (JETIR) www.jetir.org | 676