

Positive and Negative impact of AI on Human Psychology

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Abstract: *Rapid advancements in AI have changed many aspects of society and human life. AI is increasingly being used in various sectors, including businesses, healthcare, education, finance, transportation, and manufacturing. It's used for data analysis, predictive analytics, customer service automation, personalized marketing, medical diagnosis, patient monitoring, and process optimization but its implications on human psychology are still up for debate. This paper aims to explore the positive and negative impact of AI on human psychology. AI technologies offer numerous benefits, including personalized assistance, accessible mental health support, increased efficiency and productivity, tailored educational experiences, and social interaction. They enhance autonomy, provide mental health support, and automate repetitive tasks, reducing stress and promoting self-esteem. Additionally, AI-powered social platforms can reduce loneliness and isolation for those struggling with face-to-face communication. AI systems can cause privacy concerns, job displacement, biases, dependency, and information overload. They collect and analyze large amounts of personal data, leading to anxiety and mistrust. Automation can cause job loss, economic insecurity, and discrimination. Over reliance on AI can lead to a sense of dependency and helplessness, and information overload can negatively impact mental health.*

Keywords: artificial intelligence, human psychology, positive and negative psychological impact