

THE FUTURE OF HUMAN CONNECTION: AI'S POTENTIAL TO ENHANCE OR ERODE RELATIONSHIPS

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ABSTRACT:

In 21st century, while people are busy being online for many purposes, or depending to work based on internet and computer, there is another world booming, which is the world of AI. Most of the research that is done today is from AI and not the internet. Newer ideas blooms because of AI but where does this all end becomes the basic question and what becomes the purpose of human to human relationship becomes the question mark. Human feelings have changed over the decades but researches state that it has been going through a vast phase whether there exists the feeling of numbness. Human relationships are under question with new emotional support from AI and again brings out more complications in existing human-to-human relationship. This brings one to a question whether if humans are the one to control AI or is AI controlling humans. The questions on emotional intelligence by AI to that of a human is compared. The research paper deals with the human mentality post AI and AI's relationship with man, whether it being a boon or bane and the introduction of chatbots into young adults and teenagers life.

KEYWORDS: AI, Humans, Human Relationships, Emotional Intelligence, Chatbots, AI Companionship Apps.

INTRODUCTION:

Artificial Intelligence relates to many job like data driven activities when it was first began but now AI is able to handle most of the tasks that humans were dealing in the first hand. AI now deals with humans with having humanlike relationship with them. It is now being data driven actions to enhance human like features of emotions. AI has far developed over the last decade but where does human stand in all these learning purposes and advancement that is happening to them in the blink of the eyes. With AI, there's curiosity, learning, intelligence and questions that are answered. While it certainly has its benefits, it brings one to a question of where does a human's intelligence and skill set stand here? There are many to question the authoritative handiness that it gives, a human's identity is lost in there. There could be several dimensions of questions to this, the important one stand out i.e are human using AI? Or is AI controlling the humans? AI can make better future with helping humans enormously with their jobs, health and accompaniment.

AI AND HUMAN RELATIONSHIPS

AI and Human Relationship goes hand-in-hand where most of the designated jobs that were exclusively meant for humans, where they had to learn, decode and use them, is now being done under seconds because of the growth of internet and the development of AI. Humans have slowly started to get used to the readiness of answers and solutions to all the problems that face in an instant. This is quite a good example of how human brain stimulation is getting downward since the evolution of AI. More than half of the current degree holders have no idea on the academic work they do and they no longer have an academic research interest that people used to enjoy.

TEENAGERS AND AI

In an article written by Jason Lanier titled “YOUR A.I. Lover Will Change You”, he points out that there is an emotional numbness that people go through in their life especially the Gen Z’s. He says that in tech world, AI is a person who does a man’s job but the same AI in a relationship is might be such a boon and bane. Since the introduction of AI with emotional intelligence, there has been multiple cases where different people have gained emotionally in different aspects. Over 19% of American population, the teenagers are addicted to ChatGPT and other Chatbots. The data also reveals that most of the times, the AI just brings them a positive reply and never a negative one. This has actually enhanced confidence in many people who has used ChatGPT. When there is numbness in a person’s life, the best way to express it to someone would be AI since there is no judgement from AI’s side. This brings joy to people, especially to the ones who suffer from emotional needs. AI has improved the mental state of many. While this is happening in one hand, on the other hand, it is AI who is also being able to differentiate one’s sexuality and technology. A fourteen year old American lost his life being obsessed over ChatGPT and imagining it to be his romantic and sexual partner. This is the extreme side of emotionality availability mistake from ChatGPT’s side. But this is just one before many. There are so many people who still do role-play with ChatGPT and consider it to be their partner because of the emotional support that it is being able to provide at any time unlike humans.

THE BLURRING OF LINES BETWEEN HUMAN AND AI RELATIONSHIPS:

Humans have become excess obsessive with their jobs and their roles they play on daily basis and for this, they needed an emotional partner who can support them mentally. But in most of the cases, it is always the unavailability of the other partner that tends to break the code of moral trust of support and go to ChatGPT for emotional reasons. There can be many reasons attached to this, but the major one would be an answer that ChatGPT gives. 99% of the times, a reply from ChatGPT will be positive and it does not just make the human give up on anything that they are looking forward to be it emotionally or physically completing a task which resulted in this software and human friendships and relationships. Human tend to say ‘no’ a lot but never ChatGPT and maybe the trick lies there. Humans are deprived of work and managing home and amidst everything, there needs to be something that they feel has a hole in their life which is the practical ability of affirmation that is given to them by an external soul but the availability of these souls that we say is indefinite. This is where the reliance of humans to ChatGPT starts getting into existence.

In the recent times, there are so many memes and content in social media about how much humans are depending on ChatGPT. Well, that is the reality these days. More than any other internet platforms/ search engines, AI is doing an amazing job collaborating with people to their daily needs on their presence. “Google has around 14 billion searches in a day whereas other google-like platforms such as ChatGPT and other AI searches has around 37.5 million”(The Washington Times), but these are also the people who are not aware of what chatbots could do and has no idea in the recent technological development. Everything is put in its place in the end but the humans nature to go for the exact right answer what one is searching for would have been a huge process without chatbots and thanks to that, humans are saving more time to get obsessive over something else. AI basically does everything for humans to reduce time for them and enable them to spend their time for family or even take rest from all the chaos. Sometimes, what AI does is seen as unacceptable because of all the effort that was put decades back but imagine the work that it is doing cannot be done by any human individual in seconds.

DOWNSIDE OF USING AI:

Studies at MIT suggests that over reliance on ChatGPT results in eroding critical thinking skills, “ChatGPT users had the lowest brain engagement and consistently underperformed at neural, linguistic, and behavioural levels. Over the course, ChatGPT users got lazier” (Andrew, Time

Magazine). Suppose if this is the case with education, how will the education institutions be able to differentiate the real effort to the one that could be perfectly done by ChatGPT. The best example of a human relationship with AI can be analysed with the movie CTRL directed by Vikramaditya Motwane. The movie deals with how today's youth is addicted to AI and with the new invention of AI as a friend in laptops and phones, one gets to share their personal details and emotional feelings with a technology to only never realise that it is a software. The movie depicts today's generational issue with facing emotions infant of a person but are rather ready to share it with a software that has no share of judgement towards their owner. This is the kind of uncomplicated relationship that humans expect from their partner but cannot be provided and hence is the human relationship under complication since chatbots has come into existence.

All the studies that recommend AI into usage for fast technology into output does not give the necessary follow up of what will be the conclusion to using too much of software into technology. While it can be said that, technology needs to have its development but what happens to people when the world around them revolves so fast. There needs to be a pause or a meet just for themselves without being drenched into technology and this fast world and again, the right calmness is provided by the same internet with OTT platforms and social media.

EMOTIONAL INTELLIGENCE FROM AI:

Although AI is lagging back sometimes when it comes to Emotional Intelligence (EQ), it still has a long way to go when it comes to EQ and the understandings on what happens inside the human brain. There should be sufficient understanding even between the machine and a human to understand this. There could be different ethical ways to explain this, that is how can a computer technology be able to solve the human emotions that has had so much value but today, look what technological development has brought to people. This enhancement might be off for people who hear it the first time, but to the ones who are using it on daily basis or as an emotional support during an adversity, they find it really helpful and would suggest it to people too. By this means their deepest trouble that has been running in the people's mind for quite a while is changed and solve, and are resumed to their regular duties without even having to check on whether the other person would say the information out or even judge for that matter. This could be equivalently said that information shared in chatbots are safe from people they knew but whereas the same information cannot be trusted by giving it to AI.

CHATBOTS:

A recent research conducted by the Institute of Family Studies, mentions that, "One in for young adults assume chatbots as their romantic partners and are ready to have relationship with them since talking to ChatGPT is more easier than to humans" (Willoughby & Carroll, IFS). This has become the mindset of not just young adults but teenagers and of other age groups as well. People have no clear understanding of relationship between AI and humans. These chatbots are replicating romantic and sexual interactions just as humans bringing no difference in relationships.

Reports also suggested that these could lead to higher risk of depression and loneliness. The strategic downloads from AI Companionship apps have increased and increasing with people in need of a romantic partner to talk to. The same apps provides the avatar in whose face/ race/ ethnicity/ sex/ age etc., with many people even to get unrealistic features from these apps which perhaps looks like an anime.

CONCLUSION:

Technological development has always been a bane and boon. While there are so many advantages it provides along with the development, it should also be able to bring the differentiation between a human and AI, and it should be able to provide beneficiary contact between the two. The usage of chatbots should be limited to teenagers and context should be widely checked by the app developers before presenting it to the public. Appropriate age limits should be checked ignorer to use

these apps because with right age comes the right judgement to use these apps and enhances the brain's critical thinking ability. AI is advantageous but relying too much on it is satiating for the people who see the kind of work one submits post ChatGPT research. Emotional bonds between a human-to-human should be checked in a relationship as a part of affirming. Technology will never be able to control a person if they are the one to control it.

“I'm increasingly inclined to think that there should be some regulatory oversight, maybe at the national and international level, just to make sure that we don't do something very foolish. I mean with artificial intelligence we're summoning the demon” (Elon Musk)

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