



# ARTIFICIAL INTELLIGENCE AND ITS IMPACT ON HUMAN MENTAL PROCESSES

**Mohinur Alisherova**

**Rasuljanova Sarvara**

Student of the 43<sup>rd</sup> school

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## **Keywords:**

In today's world, artificial intelligence has become one of the most discussed topics these days. AI indicates technologies that are able to think, learn and make decisions such as humans, but it has pros and cons.

First of all, AI simplified our daily life and more comfortable. To illustrate, our phones utilize AI to recognize our face and voice. Besides, when we feel bored, we can watch videos or films and listen to music. In hospitals, AI aids doctors to detect diseases faster and more accurately. In education, students can utilize AI tools to learn new languages, solve problems, and improve their skills. These examples demonstrate that AI saves time and increases efficiency.

On the other hand, Artificial Intelligence has some drawbacks. One major problem is unemployment. As technology becomes more advanced, machines are able to do many jobs that people usually do in factories, offices and such as. This can cause many people to lose their jobs. Besides, many people become lazy because they are addicted to technologies. Thus, governments should make clear laws and control the growth of artificial intelligence.

From my perspective, AI is neither completely good nor completely bad. It depends on how humans utilize it. If we use AI responsibly, it can aid and solve global problems, health issues, and poverty, but if we utilize it carelessly, it may create serious social issues.

To sum up, artificial intelligence is changing our future. It gives us many options, but it also needs careful and responsible use. Adults shouldn't be afraid of AI. Instead, we should learn how it works and utilize it in a good way.

**Is AI yet another product of humans' genius or the start of an end?** Objectively speaking, it could be both. It all depends solely on the way it is used. Just like a medicine, it could bring in use if used in the right doses, but could have a negative effect if it's overused.

When the first breakthroughs were done with AI, most of the human population was amazed by the countless opportunities AI could offer. But in retrospect, it seems to me that people got out of hand while testing out those opportunities, and not all of the opportunities turned out positively affect people. In the testing of all the features AI had to offer, disturbing memes generated by AI started flooding the internet. All of the short formatted videos across different internet platforms, generated using AI, have been, so as to say, poisoning people's brains. Admittedly, at first, it seemed like a short-lived joke of the younger generation, the generation alpha to be more specific, that was supposed to be like a phase that passed after a bit of time. Even if that phase did pass to some extent, all it cost for individuals, the attention span loss, the low media literacy, and many more, was far too big.

In the big year of 2026, AI overconsumerism has been staining our society in a not so good way, and I think that we have to acknowledge it. All of the flashy posters and ads about new AI models sing it praises, but in my opinion, it is our, humans', responsibility to stop hiding all of the damage AI can do and reveal it to people using AI to be in the clear.

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