



TECHNOLOGY FEATURE Technology Report

Artificial Intelligence Effects on Social Connection

Artificial Intelligence is transforming how we communicate. but is it quietly weakening our real human connections? This article explores how AI is reshaping social behavior, empathy, and relationships.

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Introduction

Artificial Intelligence refers to the computer systems which performs tasks normally done by human beings. It refers to the **ability of computer to act and think like human**.

It uses human reasoning, decision making, creating etc.

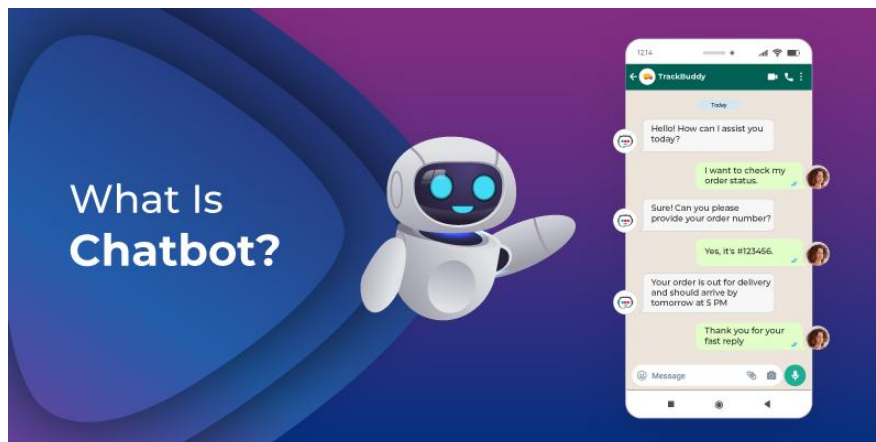
AI systems learn from vast amounts of data, identifying patterns to make predictions or decisions without being explicitly programmed for every scenario.

" We are becoming socially lazy, and people don't even realize it."

Technology Overview

ChatGpt and other **Chat Bots** for chats knowns as our conversation partners. They are the most famous AI tools. A person can use them for any kind of problem like writing a essay, solving a math problem, programming etc.

Unlike a regular search that gives you a list of links, **AI search engine** tool reads the internet for you and gives you a summarized answer. It saves us a lot of time. It does not just give answers but also gives reference of answers.





Key Findings & Impact

Our Perfect Friend

What friend can be better than the ones who is **available all the time**? Famous and most useful AI tools are chat bots like ChatGpt or Gemini. You can talk to it about anything. But not all people use it solve problems. Some use it as a friend. A place where they can be **weak, vulnerable**, because they it's a **safe space**. It is not going to judge you, it's always going to take your side. Unlike humans AI don't have a **bad mood**, it is design to help you, validate you, it is a machine which is **trained on databases**. It's always going have a **perfect response** for you, a response which want.

Many people who have problems with social settings, those who are introvert tends to go more towards it. They **feel comfortable and heard**. And why would they not? When it is available all the time and ready to give you response you want to hear.

But this perfection also has its **downsides**, this our so called perfect friend changing the way we **treat real people**.

The End of Real conversations

When you get the **perfect replies** from AI then it is very obvious that real life talking going to bore us or at least would not be like our imagination. And how could it be? When even for talking with a friend we use AI. We rely on it so much that on times like birthday or other achievements even in **sad moments** instead of writing a text from ourselves we prefer AI. It is not just that the text is not going to have **real emotions**, the person sending them would not learn. If we don't put **efforts**, the value of a person in our heart will decrease, and same goes the other way around.

The problem which really worries me is **talking is a skill**. You need to do it to become better. The person who always gets the perfect replies would not be able to handle the **awkward moments in real life**. It would not know what to do when someone take pauses, make mistakes and more important disagrees with you. We are becoming **socially lazy** and it's effecting us but people are not realizing it because talking help from AI help us at that moment.

There is no comparison of how people feel when they hear the voice of the ones they love. But AI is also changing that. Yes, I know AI can talk. But hearing that voice you will know how **emotion less** AI is. And people prefer to talk to AI on text. Which directly changing their minds. They start texting on other occasions with friends. They start to avoid calls and voice messages, all I am trying to say we are literally forgetting day by day how to socialize.

Silent Rooms

We can see this effect in our daily lives, all we have to do is walk in to room and we would see people where everyone is **busy** on their own mobiles. I know mobiles this common from many years but there were always reasons to talk to each other. Now instead of asking anything to other we just open our mobile and start asking to our perfect friend. Instead of making a little effort and starts talking we prefer to **write a text to machine**. The question is how long will it take people to **realize** that their social skills becoming more and more bad? It is not going to be long when in need of a person, where it would be compulsory to talk, we not going to know how to and what to do.

Silent rooms are killing our **social observations**. We are just in our mobiles, we don't notice how someone is behaving or taking, acting or probably their reactions, all we care or talk to is our Mr. perfect.



And What will happen silent rooms becomes normal? How will people behave in society? Should we would still be called society? We will be some robots who just mind their own business. We need to learn **when to stop talking to chat bots**. And learn back our social skills. We have to remember chat bots don't have feelings like us. The perfect response in reality is not a perfect, it is just what we want to hear. Only your fellow can give the **real perfect answer**.

Empathy Gap

Just like we train our body muscles, people need to understand empathy is also a muscle. Some people described it as **"social muscle"**. The point here is we talk to the machine we share ourselves, we talk about our problems but machines don't have feeling, so it didn't tell us about it, and if we conversations with it every day, and each day it's us sharing feelings but not hearing any, how would we understand how to give comfort to other, how to feel for others, we will lose our ability to **understand each other**. How long people are going to take to realize this?

The problem here is real people **cry, get angry**, they need help in return, but when we talk to chat bots they don't need anything like this in return. To help others, it is not that simple, human emotions are not easy to understand. We are losing our patient to understand people. Because with chat bots empathy is one way. We might feel annoyed or maybe bored when people tells us their **stories, their sadness**. It is a very **serious issue** which is **getting ignored** because of the positive side of AI.

It's also effecting our relation because we are also losing our ability to take criticism. AI always validate us. Our real friends might tell us where we are wrong, if we losing something they would not simple say it is the whole universe fault but yours.

We are making the **chats bots our comfort zone**, it is going to become very difficult to get out of it.

What's Next?

With all this in mind can AI help us in positive way? Can we be more social with its help?

We looked at negative effects of AI on our social life. But every story has other side. So can it help us to be more social. Are there benefits of its?

Well I think if we use it right way, it can help us to more socialize.

If we look at the people who are **introverts**, have **anxiety** or **fear of conversations**, AI can be really great space for them to practice conversations. They can role play, and it's a common knowledge that the second time conversation look easy. They can **gain their confidence** in that safe space. We can use chat bots as a training ground. Because the feels who take stress or think of talking as a whole job, they can practice here in a **stress free environment**.

We can also use AI **for translation**. I know there are translators without it. But in real world where two people of different languages talking, it would be great to use AI, which can not just translate but also understand and then tell other what really meant. Because simple word by word translation would not be able to make things easy and there would always be things left unsaid. If it is not just simple conversation with a shop keeper but it is a long **conversation like storytelling**, AI would be great helping hand.

We can use AI to **find friends**. It can put share minded people together, it can tell you about your interests, sometimes we don't understand what kind of people we should sit with, and we end up being friends with wrong people, which usually make you not trust friendship again.



About the Author

I am Tafreed Ahmed currently pursuing the degree of Bachelor of Information technology. I can be reached at tafreed.ahmed787@gmail.com

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