



TECHNOLOGY FEATURE Technology Report

How Artificial Intelligence is Crushing Beginners' Confidence

Artificial Intelligence can solve problems in seconds, but for beginners, that speed can feel discouraging. This article explores how AI is quietly affecting confidence, learning, and mental health.

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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.

"When beginners compare themselves to AI, they are comparing years of machine training to their first step."

Technology Overview

ChatGpt and other **Chat Bots** for chats known as our conversation partners. They are the most famous AI tools. A person can use them for any kind of problem like writing an 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

The Joy of Learning Basics

We all heard that first step is the difficult one. People think beginning is hard. But that is not the case. There is so much **happiness hidden in the start**. The curiosity of learning new things, meeting new people, solving problems, be in the place you looked from far, and so much more. I remember the time or I think every programmer remembers the first time they run their **“Hello world” program**. But now after AI there is also sadness, and in next topic we will see why.

Why Beginners are Losing Confidence

Now gaining confidence by learning more, beginners look at AI, because everybody has access to, they compare themselves with machines which is made on much data and took years. They look towards the **perfection**. When they see themselves struggling and solving a problem in 5 hours which takes AI 5 seconds, a problem which they can solve in an instant with machine. Do you really think they would have **motivation for the next time**? It's happening in every field, because AI is perfect in the low level of every work. And of course it's not stopping. We can use AI for our benefit but a beginner doesn't understand this. They feel like they have to be better than AI immediately or their **work has no value**. Students try to cross the AI by using AI to do their work. In this way they don't learn anything and when they move to the next step they realize they don't have any skills **which results in stress** and losing confidence. We can see from many researches and survey that so many students and even employed people are **changing their fields**. They are scared, their confidence is broken. They have to understand that machines are not humans and we still **need human brain**.

Effects on Mental Health

Most of us think that AI has a positive effect on our mental health. And it is true for many people. But people forget to see that **not everyone is the same**. They think it's good to have AI because it's always there for you, but there is one more side I want people to see. AI is not just affecting our career. It also has a deep effect on our mental health. Now beginners are in **constant pressure**. They see their **mistakes as failures** instead of steps to success. Which leads to constant anxiety, but they should feel free to experiment, feel free to grow. But most of them had to **face the anxiety** which makes simple learning like a high stress exam.

Many beginners use AI to finish their work. Which others think is good because it saves time and energy. But for beginners it's different. Even after the project is finished they feel like they were not the ones who did it. Which creates **imposter syndrome** where a person feels like a fraud, because they think they haven't struggled through the problem themselves. When there is no struggle, **awards mostly feel empty**, even getting marks and finishing before deadline, there would be still **no sense of achievement in body**.

I don't think many people think from this point of view but AI is creating **loneliness** in people. At the start when people need help in any way they go to AI and find the solution. They get used to it. Which negatively **affects their communication skills**. They start avoiding others for help as much as they can. But machine can solve problem but it cannot understand us like we do. So when things get serious and they need help from seniors, from other humans, when they realize they can't rely on machines anymore, their mind forgets how to ask for help, how to communicate, so they end up alone or you can say in a place where they have **nobody to reach**.



Why We Still Need Human Brains

AI just look at the past and predict the future, in other words it's only to recombine what we already did. But we humans are more than that.

AI cannot be creative like us. It would never feel original. We make things which are inspired by what we see like sunset or something we saw or street, sometimes we make things remembering our conversation with a friend. Because our **creativity comes from experience's**, from life we live, not from databases.

We have to admit AI know **"how"** of a work we tell it to do. It knows very well what to do. Write now advanced AI maybe know more than humans. But it doesn't understand the connect because it cannot see **"Why"**. AI cannot see the **bigger picture** like us. We can say it does not know the heart of a project. In work places it can't have a connection with clients the way we do.

AI cannot run without humans. It is like a car which needs a driver. It's just cannot run on its own. Yes of course it can learn on its own because of the algorithm. But there is a limit after humans will have to upgrade it, to make it better, AI don't have future without use. It's us human who have **common sense** not AI. It cannot solve a totally new problem, because it's just **rely on data**.

And if we look little bit out of the work field. There are people who are using it for human connection. As a friends or even as a therapist, I mentioned before I feels great at the start that AI can simulate empathy but it would not truly understand human emotions.

What's Next?

Using AI as a Tool, Not a Replacement

So what should be our step, **boycott the AI**? Nope, that is not the solution, we can't stop using AI, we would not be able to do work like the ones who are using it correctly. We should use AI but as a tool, not replacement. Beginner person should use it but **as a tutor** who teaches you. So you learn, you can gain knowledge, you can build confidence. Because if we give whole control to machine how we would achieve any of this. We should use AI to understand the **complex problems**, finding a bug in our code.

There is also **human first rule** for beginners. Instead of going straight to AI, first give at least 30 minutes to it, understand the problem, see what can be done, learn something from it, in this way even if someone would be able to solve it, they would not leave with nothing. In the next year's successful people are going to be the ones who knows when to **turn AI off/on**.

About the Author

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