



TECHNOLOGY FEATURE

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How AI is Transforming Women's Lives?

By opening up new avenues for education, employment, and healthcare, artificial intelligence is changing the lives of women and enabling them to realize their full potential through inclusive and ethical AI.

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Introduction

What do you think would happen should technology tear down barriers and offer women all over the world equal chances? **Artificial intelligence** is beginning to do so.

Artificial Intelligence (AI) is now an indispensable part of our life due to the innovations of the digital era. It can be applied in personalized education, entertainment, product recommendations, housekeeping, safety, health monitoring, and a myriad of other activities [1]. AI has opened up new possibilities of **empowering women** in the sphere of education, security, and money [2].

Taking the example of housewife, we cannot but think about the ways in which artificial intelligence could make the life of ordinary stay-at-home woman much better. Artificial intelligence (AI) applications, such as the ability to evaluate spending habits, offer women customized budgeting advice, and simplify

Although AI has the potential to empower women, several challenges exist that prevent women to exploit AI-related opportunities [3].

“AI is changing the work and posing a challenge to as well as opportunities to the working women as digital technologies continue to define the future of jobs.” [4]

Technology Overview

Artificial intelligence (AI) is the ability of machines, including computers, to imitate human intelligence [5]. Artificial intelligence applications and devices can view and identify objects. They can understand and respond to human speech. They are able to learn new things and knowledge. They can provide specialists and users with a holistic recommendation. They can do it independently, without the need to have human expertise or support [6].

AI tools that provide customizable ways to manage daily tasks include ChatGPT, Canva's Magic Write, and Notion AI. AI helps women in their roles at work, at home, and as mothers by handling everything



from school calendar organization to business report management. Planning weekly meals or budgets and coming up with ideas for a small business are now just a click away for the majority of women [7].

Mothers and working women can reclaim part of their time while still working thanks to AI-driven automation, which can help reduce burdens and boost productivity. The same applies to the female entrepreneurs since they can apply AI to grow business and save precious time [8].

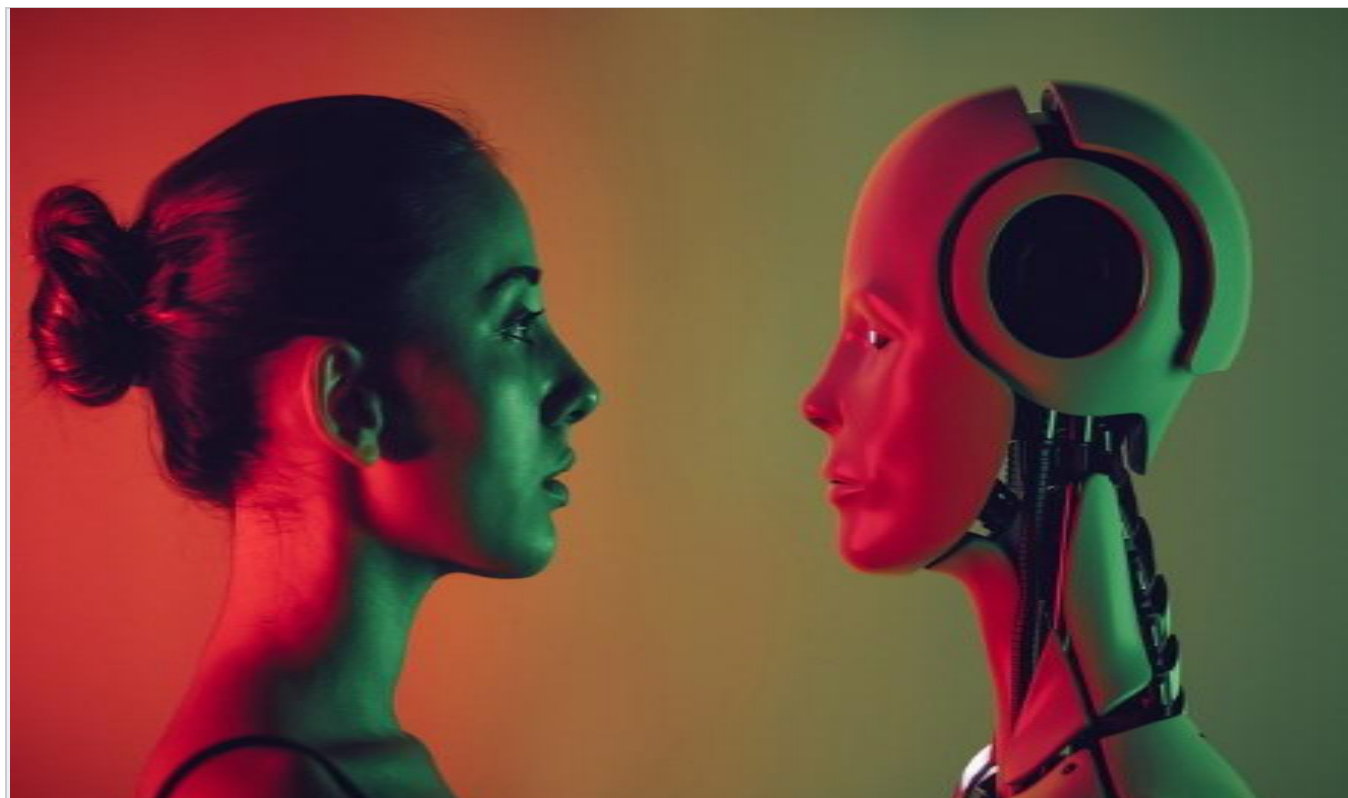


Figure 1: Women and AI shaping the future together.

Key Findings & Impact

Artificial intelligence is transforming not only technology in the modern digital world but also the way women live, work and lead.

- AI has the ability to transform education and skill development, giving women fair access to excellent educational options [9].
- AI can encourage flexible scheduling and remote work, providing women more opportunities to join and succeed in the field [9].
- Artificial intelligence (AI) is changing labor markets globally and presenting women with both opportunities and challenges in the workplace [10].
- By detecting breast cancer early and improving prenatal monitoring, AI systems offer individualized health insights and boost women's healthcare [11].



- AI is enhancing security and safety through location-tracking technologies, smart apps, and emergency notifications that are intended to safeguard women.

What's Next?

There are many areas where artificial intelligence helps women. AI can provide women with equal chances in the work environment during hiring as well as during their career [12].

When discussing AI as something beneficial to women, we should keep in mind that all things have two sides. When I have positive impacts, I equally possess negative impacts, which are more worthy to be discussed [13].

Nonetheless, Biases in AI models mirror the existing social injustices. In terms of illustration, AI systems in healthcare often use data based on male patients, potentially overlooking the individual health needs of women. Moreover, AI-based recruitment tools have demonstrated biases against women, which highlights the need to have inclusive and diverse datasets. In order to prevent such biases in future development, ethical, native AI models should be developed [14].

We will have a chance of a lifetime in **2026**. We also have the option as to who will feature in the next chapter and who will not, another turning point indeed. Now, let us make the right decisions about AI that in the next **250** years history will show that women and AI have been treated in the right way [15].

About the Author

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