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Artificial Intelligence In Daily Life And Its Impact On Youth

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Abstract

Artificial Intelligence (AI) has rapidly become a core element of modern human existence. It influences how people communicate, learn, shop, travel, make financial decisions, and even manage health and emotions. Youth represent the most technologically engaged segment of the population, using AI-enabled tools for learning, self-expression, entertainment, social networking, and career planning. This research article examines how AI has become a fundamental part of daily life and analyzes its dual impact on young people—both positive and negative. Using a qualitative content analysis approach based on documented insights and interpretations, the study highlights benefits such as enhanced access to education, creativity, innovation, and self-improvement. However, it also recognizes emerging concerns, including addiction, data exploitation, unethical use of AI-generated content, misinformation, and psychological stress. The paper concludes that the future success of youth in an AI-driven world depends on responsible use, strong digital literacy, ethical awareness, and effective governance frameworks to ensure AI serves society's growth without harming human well-being.

1. Introduction

Artificial Intelligence has transitioned from a specialized field of computer science to a global technological phenomenon. It now drives modern banking systems, smart healthcare machines, autonomous vehicles, entertainment platforms, educational applications, digital assistants, and cyber security tools. Youth interact with AI continuously through everyday digital habits—unlocking phones, using social media, voice search, online learning, gaming, and instant messaging.

This generation has grown up with AI shaping decision-making, communication styles, and mental processing patterns. The influence is so deep that many young users depend on AI decisions without being aware that an algorithm is guiding their choices. Therefore, understanding AI's psychological, educational, social, and economic effects becomes necessary for ensuring a safe and progressive future.

The objective of this paper is to analyze AI's involvement in everyday life, focusing primarily on youth development and the risks and opportunities associated with technological dependency.

2. Methodology

This research is based on a **qualitative content analysis** approach:

- ✓ Review and interpretation of the uploaded source document, which details varieties of AI applications in daily life and their effects on youth.
- ✓ Conceptual examination of AI technology's social and cognitive impact.
- ✓ Theoretical analysis of challenges and opportunities emerging in an AI-driven society.

No statistical survey or experiments were conducted. Instead, existing documented insights were analyzed to evaluate behavioral, ethical, educational, and emotional outcomes of AI interactions.

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3. Results

3.1 Understanding AI and Its Technological Basis

AI is defined as the simulation of human intelligence in machines capable of performing complex tasks like learning, reasoning, detecting patterns, and adapting to new situations. Technologies like Machine Learning, Deep Learning, Natural Language Processing, Computer Vision, and Robotics make AI highly efficient in performing tasks ranging from face recognition to autonomous driving.

AI's adaptability gives it an edge over traditional computing approaches, making it increasingly influential in youth lives.

3.2 Daily Life Applications of AI for Youth

3.2.1 Smartphones: AI as a Daily Digital Companion

For most young people, smartphones are the first and last device they interact with each day. AI improves the user experience through intelligent features such as voice recognition, predictive search, and auto-adjustment of phone settings based on personal preferences. Youth frequently use voice assistants like Google Assistant or Siri to set alarms, check facts, and complete homework tasks quickly, often skipping the manual research process. Smartphones also track user habits, including screen time, sleep cycles, travel history, and frequently visited websites, allowing AI to build psychological profiles and offer hyper-personalized content. AI-powered health apps, messaging suggestions, and productivity tools save time but increase the risk of dependency. Thus, smartphones serve as a powerful learning and management tool while simultaneously reducing self-reliance in everyday activities.

3.2.2 Social Media: Behavioral and Cultural Transformation Through AI

AI algorithms on social media platforms are designed to increase engagement by predicting what type of content will capture attention. Youth are shown endless streams of short videos, memes, and posts precisely tailored to their interests and emotions. While this personalized environment provides entertainment and inspiration, it can also manipulate mood and behavior. Features like AR facial filters and beauty enhancement tools promote unrealistic beauty standards, increasing pressure on appearance and lifestyle presentation. AI also tracks emotional responses through clicks, comments, and viewing duration, reinforcing addictive behaviors. Positive impacts include easier communication with friends and exposure to global knowledge trends. However, extreme consumption of AI-personalized content contributes to reduced attention span, identity confusion, and social comparison anxiety among youth.

3.2.3 Education: AI-Driven Learning Efficiency

AI has brought revolutionary changes to academic experiences. Students who struggle in classroom environments benefit from virtual tutors that provide step-by-step explanations anytime and anywhere. AI evaluates a

student's performance analytics to generate personalized learning paths, helping slow learners improve and allowing talented learners to excel rapidly. Gamified learning apps make difficult subjects more fun, increasing motivation and knowledge retention. AI-supported examinations ensure fairness by analyzing patterns of student behavior to detect cheating or identify conceptual weaknesses. For students with disabilities, real-time translation, speech-to-text conversion, and visual recognition tools allow equal opportunities for participation. These advancements contribute to **inclusive and equitable** access to education, reducing geographic, financial, and physical barriers.

3.2.4 Healthcare: Youth Empowerment in Health Monitoring

AI in healthcare promotes preventive care by alerting youth about changes in vital signs, nutritional deficiencies, or mental stress patterns through wearable devices and apps. Young individuals increasingly rely on AI tools to track exercise goals, sleep schedules, and dietary habits, developing healthier lifestyles. Hospitals use AI-powered systems for advanced scanning and diagnosis, reducing human errors and delivering quicker reports. Virtual health assistants provide emotional counseling and immediate responses to health queries, which can encourage early intervention in mental health issues like anxiety and depression. However, young users may misinterpret automated predictions and feel unnecessary worry when apps suggest severe conditions without medical evaluation. Despite this, AI ensures better access to healthcare guidance and empowers youth to take greater responsibility for personal well-being.

3.2.5 Transportation: Smart Navigation and Safety Advancement

Youth heavily depend on intelligent navigation apps such as Google Maps for real-time traffic updates, accident alerts, and alternative routes. These systems reduce travel time and help avoid stress caused by unfamiliar routes. AI functions integrated into vehicles, like lane-keeping assist, collision warnings, and auto-braking, contribute to reducing youth-related road accidents and enhancing safety for inexperienced drivers.

Ride-sharing apps like Ola and Uber optimize routes and pricing through AI algorithms, ensuring faster, more affordable transportation. Additionally, future autonomous vehicles are being designed for efficient logistics and less carbon emissions, signaling environmentally friendly mobility trends for future youth lifestyles.

3.2.6 Banking and Finance: AI-Secured Smart Transactions

Youth actively use AI-enhanced mobile banking apps and digital wallets for UPI transactions, online shopping, and subscription payments. AI fraud detection tools alert users immediately when suspicious behavior occurs in their accounts, protecting them from scams. Automated customer service chatbots provide instant responses to

financial queries, making young users more confident in managing personal finances. AI also enables micro-investment platforms where youth can invest small amounts and learn financial management early. Despite benefits, increased digital payment dependency may lead to impulsive purchases and reduced awareness about privacy risks when connecting multiple apps to banking accounts.

3.2.7 Entertainment and Gaming: Immersive Experiences Powered by AI

AI shapes recreational choices by analyzing viewer preferences and customizing recommendations on platforms like Netflix, Prime Video, and YouTube. Youth spend hours on these platforms consuming AI-curated content, which boosts creativity but also promotes binge-watching. In gaming, AI-controlled opponents react intelligently to player strategies, making games more immersive and challenging. AR and VR technologies allow youth to explore virtual worlds by simulating realistic environments — improving imagination, teamwork, and problem-solving skills. However, gaming addiction remains a serious concern, especially when youth prioritize virtual achievements over real-life responsibilities.

3.4 Negative Impacts of AI on Youth (Expanded Sections)

3.4.1 Decline in Cognitive and Analytical Skills

As AI assists in solving mathematical problems, writing assignments, and remembering schedules, youth gradually stop using their own cognitive abilities. Instead of learning deeply, many students now rely on instant AI-generated answers. This reduces capacity for:

- Critical thinking
- Creativity
- Focus and attention
- Memory development

Over time, the brain may become conditioned for shortcuts rather than effort-based learning, weakening problem-solving competence in real-life scenarios.

3.4.2 Digital Addiction and Isolation

Recommendation systems in apps are purposely designed to keep youth online longer. Notifications entice them to re-engage constantly, causing:

- Irregular sleep patterns
- Reduced outdoor activities
- Declining academic performance
- Lack of social bonding with family

Young individuals often replace emotional relationships with virtual approval, leading to loneliness and depression.

3.4.3 Data Privacy and Cybersecurity Threats

Youth freely upload personal details such as photographs, school information, and daily activities online without understanding long-term consequences. AI systems may track these and store them permanently. Risks include:

- Identity theft
- Cyberbullying

- Commercial exploitation
- Tracking of political or religious opinions

Once data leaks occur, reversing the damage becomes nearly impossible.

3.4.4 Exposure to Misinformation, Deepfakes, and AI-Biased Content

AI tools can create highly realistic fake videos (deepfakes), spread false news, and manipulate public views. Youth may unknowingly share harmful media, damaging reputations or increasing societal conflicts. Bias in AI recommendations may reinforce stereotypes and prevent neutral exposure to diverse perspectives, thus limiting intellectual freedom and social tolerance.

3.4.5 Job Displacement and Workforce Anxiety

AI automation threatens many traditional career paths. Youth are increasingly anxious about future employment as machines replace repetitive roles such as cashiering, data entry, and customer service support. This shift demands continuous upskilling to stay relevant in a competitive job market. Economic inequality may widen if only technically advanced youth secure high-income AI jobs while others struggle for basic employment.

3.4.6 Unrealistic Self-Image and Psychological Pressure

AI-filtered social media posts portray idealized lives — flawless skin, luxury environments, exaggerated achievements. Youth begin comparing their ordinary realities with these virtual illusions. Results include:

- Loss of confidence
- Body dysmorphia
- Social withdrawal
- Anxiety and depression

Constant exposure to artificial perfection leads to a distorted sense of identity and value, especially among teenagers still forming self-awareness.

4. Discussion

The findings reflect that AI's impact is interconnected with youth identity formation. Their personality, mental health, knowledge growth, and socio-cultural values can be amplified positively — or damaged — depending on application.

Key observations include:

Positive	Negative
More access to global knowledge	Less physical interaction
Enhanced creativity and talent	Emotional instability through comparison
Smarter learning & career growth	Academic dishonesty using AI tools
Improved healthcare access	Anxiety due to self-diagnosis
Stronger global networking	Cyber risks & privacy invasion

Thus **AI itself is not dangerous**. Misuse without awareness is.

For healthier digital futures:

- Schools must teach **AI ethics, cyber safety, digital literacy**.
- Parents must ensure device-use discipline.
- Youth should adopt mindful screen practices.

• Governments must regulate **data privacy and algorithm fairness**

Human values must always guide technology — never the other way around.

5. Conclusion

Artificial Intelligence is a powerful driver of transformation in youth lifestyles. It makes learning interactive, health smarter, creativity limitless, and careers futuristic. However, hidden dangers of addiction, cyber exploitation, declining critical thinking, and emotional disturbance cannot be ignored. The impact depends on how youth use AI — as a **supportive technology** or as a **mental replacement**.

The future success of youth in an AI-driven world requires a balanced relationship, where technology enhances humanity rather than replacing its essential qualities — empathy, reasoning, and moral judgment. To truly benefit from AI, youth must learn to **control technology before technology controls them**.

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