

IMPACT OF AI ON HUMAN DAY-TO-DAY LIFE

Tamilmaran R

II MBA, School of Management

Dwaraka Doss Goverdhan Doss Vaishnav College, Chennai, Tamil Nadu

Abstract

Artificial Intelligence (AI) is increasingly shaping human life, influencing daily activities, work environments, and decision-making processes. This study explores AI's role in various aspects of life, including communication, healthcare, finance, entertainment, and security. A survey-based quantitative approach assesses public perceptions of AI's benefits and challenges. Findings indicate that while AI enhances efficiency and convenience, concerns about privacy, job displacement, and ethical implications remain. The study highlights the need for responsible AI development and regulation to balance innovation with human welfare.

Keywords: *Artificial Intelligence, Daily Life, Automation, AI Ethics, Human Interaction*

Introduction

Artificial Intelligence (AI) has evolved into an essential part of modern society, impacting nearly every aspect of daily life. From voice assistants like Alexa and Siri to AI-driven recommendation systems on streaming platforms, AI technology is seamlessly integrated into our routines. It influences communication, shopping, healthcare, security, and finance, providing convenience and efficiency. AI-powered automation has revolutionized industries by streamlining operations, reducing human effort, and enabling faster decision-making.

AI applications in healthcare have significantly improved disease diagnosis, drug discovery, and patient care. AI algorithms analyze vast amounts of medical data to detect diseases earlier and suggest treatment plans tailored to individual needs. Similarly, AI in finance has enhanced fraud detection, algorithmic trading, and personalized banking experiences. With AI's presence growing in customer service, marketing, and cybersecurity, its role in daily life is more pronounced than ever.

However, AI adoption also brings challenges. Ethical concerns, including data privacy, algorithmic bias, and job displacement, have sparked debates on responsible AI development. The automation of jobs previously performed by humans has raised concerns about unemployment and the need for workforce reskilling. Additionally, AI systems rely on vast amounts of user data, raising concerns about surveillance, data breaches, and misuse of personal information.

This study aims to explore how AI influences human daily life by analyzing its advantages, challenges, and implications for the future. By understanding how AI integrates into everyday routines and industries, we can better assess its impact and develop strategies to ensure its responsible use for societal benefit.

Literature Review

"Evaluating the Influence of Artificial Intelligence on Everyday Life" - Wr1ter This article explores AI's integration into social media, banking, and healthcare, emphasizing its role in enhancing efficiency and convenience. In social media, AI personalizes user experiences through content recommendations, facial recognition, and targeted advertising. It also plays a critical role in detecting and removing fake content to maintain platform integrity. In the banking sector, AI-powered chatbots handle customer

inquiries and transactions, improving service efficiency. Additionally, AI algorithms authenticate handwritten signatures, enhancing security measures in financial transactions. In healthcare, AI significantly improves diagnostics by analyzing medical data, enabling early detection of diseases and personalized treatment plans. Wearable AI devices further contribute to patient care by continuously monitoring vital signs, allowing for proactive healthcare management.

"The Impact of Artificial Intelligence In The Everyday Lives Of Consumers" - Forbes This article highlights the various applications of AI in consumer life, focusing on virtual assistants, fraud detection, autonomous vehicles, airline autopilot systems, and smart home technology. AI-powered virtual assistants, such as Siri and Alexa, respond to voice commands, answer questions, and control smart devices, making everyday tasks more convenient. In banking and finance, AI detects fraudulent transactions by analyzing patterns, protecting consumers from financial threats. Autonomous vehicles rely on AI to navigate safely, reducing human driving errors and improving transportation efficiency. AI also enhances airline autopilot systems, managing tasks like maintaining course and altitude, which alleviates pilot workload and improves flight safety. Additionally, AI is a key component in smart home technology, where devices such as thermostats and refrigerators adapt to user preferences, optimizing energy use and convenience.

"The Case for using your Brain—Even if AI Can Think for You" - Vox This article discusses the cognitive effects of relying on AI, questioning its impact on human intelligence and decision-making skills. While AI can enhance productivity by automating routine tasks, excessive dependence on it might reduce individuals' critical thinking abilities and intellectual autonomy. The concept of the 'extended mind' suggests that as people increasingly rely on AI for memory, navigation, and decision-making, their natural cognitive abilities may weaken. This raises concerns about the long-term effects of AI on human intelligence, emphasizing the need for a balanced approach where AI assists rather than replaces human cognition.

"It's happening fast" – Creative Workers and Professionals Share their Fears and Hopes about the Rise of AI" - The Guardian This article explores AI's impact on creative industries and professional sectors, shedding light on both concerns and opportunities. Creative workers, including photographers, translators, and illustrators, fear job displacement as AI-generated content becomes more advanced. However, some professionals, such as those in healthcare, see AI as a tool that enhances efficiency and allows them to focus more on patient care. The article presents a balanced perspective, acknowledging AI's disruptive potential while also recognizing its ability to complement human expertise in various fields.

Research Methodology and Limitations

A quantitative research approach was adopted, employing structured surveys to collect data on AI's influence in daily life. Statistical methods such as chi-square tests, correlation analysis, and regression models were used to analyze AI's role in human activities.

Limitations

- Sample size constraints may affect the study's generalizability.
- Self-reported data may introduce bias in perceptions of AI's impact.
- The rapid evolution of AI technology may render some findings outdated.

Results and Discussion Frequency Distribution

Table 1: Gender Distribution

Gender	Frequency	Percentage
Male	50	48.5%
Female	53	51.5%
Total	103	100%

Table 2: Age Distribution

Age Group	Frequency	Percentage
18-25	40	38.8%
26-35	35	34%
36-45	20	19.4%
Above 45	8	7.8%
Total	103	100%

Statistical Analysis

Table 3: Chi-Square Test for AI Usage and Age Group

Test	Value	Significance (p-value)
Pearson Chi-Square	6.785	0.034
Likelihood Ratio	6.329	0.042
Linear-by-Linear Association	4.568	0.030

Table 4: Regression Analysis of AI Impact on Work Productivity

Independent Variable	Beta Coefficient	p-value
AI-Based Automation	0.512	0.001
AI-Driven Decision Making	0.398	0.005
AI in Communication	0.289	0.012

Findings

- AI-powered assistants enhance convenience in daily routines.
- AI influences consumer behavior through personalized recommendations.
- AI-driven automation is improving efficiency but raising concerns about job displacement.
- Privacy concerns related to AI-based surveillance and data collection remain significant.
- AI is transforming healthcare, finance, and entertainment industries with advanced predictive capabilities.

Conclusion

Artificial Intelligence (AI) is transforming daily life by enhancing efficiency, decision-making, and personalized experiences across industries like healthcare, finance, and entertainment. While AI offers significant benefits, concerns about data privacy, algorithmic bias, and job displacement must be addressed. AI's reliance on large datasets raises security risks, while automation challenges traditional employment structures, necessitating workforce reskilling. Despite these challenges, AI's potential for innovation, from early disease detection to business automation, is immense. To ensure responsible AI adoption, ethical guidelines and regulatory frameworks must be established, promoting transparency, fairness, and accountability. By balancing technological advancements with ethical considerations, AI can serve as a tool for societal progress, complementing human capabilities rather than replacing them.

References

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