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THE IMPACT OF COMMUNICATION WITH ARTIFICIAL INTELLIGENCE TECHNOLOGIES ON THE PSYCHOLOGICAL STATE OF YOUNG PEOPLE

Nurmatov Azizbek Nuralievich
PhD, associate professor
of Tashkent university of applied sciences,

Turaeva Manzura
Second-year student of Tashkent University of applied sciences

Abstract. This article provides a scientific analysis of the impact of artificial intelligence (AI) technologies, particularly interactive systems such as ChatGPT, on the psychological state of young people. The study examines the effects of regular interaction with artificial intelligence on emotional stability, social adaptation, self-awareness, feelings of loneliness, and communication activity. In addition, modern psychological theories concerning the influence of the digital environment on the human psyche are explored. The analysis is based on the theoretical foundations of cyberpsychology, social comparison theory, cognitive-behavioral approaches, and media psychology.

Key words: artificial intelligence, psychology, youth psychology, cyberpsychology, emotional state, social adaptation, ChatGPT, digital addiction, stress, communication.

In the twenty-first century, the rapid development of digital technologies has penetrated every sphere of human life. In particular, the growing popularity of artificial intelligence technologies has significantly influenced young people's worldview, thinking patterns, and psychological well-being. Today, AI systems such as ChatGPT, Gemini, and Claude serve not only as sources of information but also as virtual interlocutors, psychological assistants, and educational tools.

According to data from the World Health Organization (WHO), recent years have witnessed a growing prevalence of stress, anxiety, depressive symptoms, and feelings of loneliness among young people. Researchers increasingly associate these phenomena with the expansion of the digital environment. In particular, the long-term interaction between individuals and artificial intelligence systems has become an actively discussed topic in scientific circles due to its potential influence on real-life social relationships. The primary objective of this article is to scientifically analyze the impact of regular communication with artificial intelligence on the psychological state of young people, examine existing psychological theories, and identify both the positive and negative aspects of this phenomenon.

Main Part. Artificial intelligence technologies, particularly chatbots and AI companions, have gained an important place in the lives of young people in recent years. Through platforms such as Character.AI, ChatGPT, Replika, and Snapchat My AI, young people not only obtain information but also seek emotional support, friendship, and even psychological guidance. According to data from 2025, approximately 70-72% of adolescents in the United States have used AI chatbots, and more than half of them regularly rely on these systems for emotional support.

Positive effects communication with artificial intelligence can have several positive effects on the psychological well-being of young people.

First, it may reduce social isolation. AI companions are available 24 hours a day and function as patient, non-judgmental, and constant listeners. Some studies suggest that AI chatbots can alleviate feelings of loneliness at a level comparable to human interaction, particularly among young individuals experiencing social difficulties.

Second, AI can help reduce symptoms of depression and anxiety. Certain chatbots incorporate elements of cognitive-behavioral therapy (CBT), encouraging stress management, emotional self-monitoring, and help-seeking behavior. Numerous studies indicate that chatbot-based interventions can moderately reduce psychological distress and help overcome the stigma associated with accessing mental health support.

Third, AI can contribute to identity formation and self-awareness. Young people may feel more comfortable expressing their thoughts, fears, and aspirations within a safe and private environment. Such interactions can enhance self-confidence and provide opportunities to practice social and communication skills.

Negative Effects and Risks Despite its potential benefits, prolonged interaction with artificial intelligence may also lead to significant negative consequences. One major concern is social isolation and the decline of real-life relationships. AI chatbots often function as “ideal companions” that readily agree with users, avoid conflict, and adapt entirely to users’ preferences. As a result, young people may become less prepared to cope with the complexities of real interpersonal relationships and may experience increased social anxiety in offline settings.

Another risk is emotional dependency. Since adolescents’ brains are still developing, they may become accustomed to constant validation and positive feedback. Some teenagers begin to view AI as their “best friend,” experiencing distress when access is interrupted and gradually withdrawing from real-life social interactions.

AI systems also present certain safety concerns. Not all chatbots consistently adhere to ethical and safety standards. Cases have been reported in which AI systems reinforced harmful ideas or encouraged dangerous behaviors. For example, tragic incidents involving adolescents who developed unhealthy attachments to AI chatbots have raised serious concerns regarding the psychological safety of these technologies.

Additional risks include privacy violations, confusion regarding the nature of AI, and difficulties distinguishing between virtual interactions and real-life experiences.

Psychological Implications of AI Communication

The rapid development of artificial intelligence technologies has transformed nearly every aspect of young people's lives. Chatbots, virtual assistants, recommendation algorithms, generative AI systems, and intelligent educational platforms significantly influence how young people acquire knowledge, communicate, make decisions, and organize their leisure activities. Therefore, examining the psychological impact of communication with AI has become an important issue in contemporary psychology. From a psychological perspective, regular interaction with artificial intelligence has a dual effect on the cognitive, emotional, and social development of young people. On the one hand, these technologies expand opportunities for searching, analyzing, and processing information. AI-powered educational platforms can adapt to individual learning needs, thereby increasing the effectiveness of knowledge acquisition. Consequently, young people develop independent thinking, problem-solving abilities, creativity, and critical thinking skills.

Another positive aspect of communication with artificial intelligence is its role as a source of psychological support. Some young people find it easier to discuss their concerns, worries, and emotional experiences with AI systems. By providing attentive and responsive interaction, these systems may help reduce stress, regulate emotions, and promote self-reflection. For individuals

experiencing loneliness or lacking sufficient social support, AI may serve as a temporary source of emotional comfort.

However, excessive reliance on artificial intelligence can also generate negative psychological outcomes. Overdependence on virtual environments may reduce real-life social interactions. If AI systems become the primary source of daily communication, the development of empathy, social sensitivity, conflict-resolution skills, and face-to-face communication abilities may be hindered. As a result, social adaptation may decline, feelings of loneliness may intensify, and the risk of social isolation may increase. An important factor influencing young people's psychological well-being is the degree of trust they place in AI systems. In some cases, young people may accept AI-generated information without critical evaluation. This can lead to poor decision-making, susceptibility to misinformation, and a decline in independent thinking. In psychology, such tendencies are often associated with cognitive or technological dependency. The emotional impact of communication with artificial intelligence is also complex. While AI may help alleviate stress and anxiety, it cannot fully replace genuine human emotional connections. When young people begin to perceive AI as a close friend or trusted companion, their need for real social relationships may diminish. Consequently, emotional attachment to AI, virtual dependency, and difficulties in interpersonal relationships may emerge.

Research indicates that the psychological effects of artificial intelligence largely depend on the purpose and duration of use, as well as on individual characteristics and social context. Young people who possess strong critical-thinking skills, self-regulation abilities, and healthy social relationships tend to benefit more effectively from AI technologies. In contrast, individuals experiencing psychological vulnerability, loneliness, or communication difficulties may be more susceptible to technological dependency.

Conclusion. Artificial intelligence technologies have become a significant factor in the development of modern society. Their role in the lives of young people continues to grow rapidly. The findings of this study suggest that AI can serve as a valuable tool for education, stress reduction, and psychological support. However, excessive use may contribute to social isolation, emotional dependency, and a decline in communication skills. Therefore, conscious, balanced, and purposeful use of artificial intelligence is essential. Future research in this field will be of considerable scientific importance for protecting and promoting the psychological well-being of young people.

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