



ARTIFICIAL INTELLIGENT ASSISTANT OR HIDDEN THREAT?.

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Kalit so'zlar:

Sun'iy intellekt, AI, inson hayoti, texnologiya, xavfsizlik, kelajak, avtomatlashtirish, etik muammolar, texnologik nazorat, robotlashtirish, raqamli dunyo.

Annotatsiya

Ushbu maqolada sun'iy intellekt (AI) texnologiyalarining inson hayotiga ta'siri, ularning hozirgi kundagi qo'llanilishi, keltirayotgan imkoniyatlari va xavf-xatarlar tahlil qilingan. Sog'liqni saqlash, ta'lim, moliya, sanoat va boshqa sohalarda sun'iy intellektning qo'llanilishi misollar orqali yoritilib, kelajakda yuzaga kelishi mumkin bo'lgan ehtimoliy tahdidlar — xususan, ish o'rinlarining qisqarishi, ma'lumotlar maxfiyligining buzilishi, etik muammolar va nazoratdan chiqish holatlari haqida batafsil fikr yuritilgan. Maqola sun'iy intellektning imkoniyatlarini to'g'ri boshqarish, uni axloqiy va xavfsiz tarzda rivojlantirish zarurligiga urg'u beradi.

Ключевые слова:

искусственный интеллект, ИИ, человеческая жизнь, технологии, безопасность, будущее, автоматизация, этические проблемы, технологический контроль, роботизация, цифровой мир.

Аннотация

В данной статье рассматривается влияние технологий искусственного интеллекта (ИИ) на жизнь человека, а также их современное применение, возможности и потенциальные угрозы. Примеры из здравоохранения, образования, финансов, промышленности и других сфер демонстрируют широкое использование ИИ. Особое внимание уделяется возможным рискам будущего, таким как сокращение рабочих мест, нарушение конфиденциальности, этические проблемы и утрата контроля над ИИ. Статья подчёркивает важность этичного и безопасного развития искусственного интеллекта под контролем человека.

Keywords:





Artificial intelligence, AI, human life, technology, safety, future, automation, ethical issues, technological control, robotics, digital world.

Annotation

This article explores the impact of Artificial Intelligence (AI) technologies on human life, highlighting their current applications, benefits, and associated risks. The use of AI in healthcare, education, finance, industry, and other sectors is illustrated through real-world examples. Potential future threats—such as job displacement, privacy violations, ethical dilemmas, and the risk of AI operating beyond human control—are thoroughly discussed. The article emphasizes the importance of managing AI responsibly and developing it ethically and safely for the benefit of humanity.

Introduction

Artificial intelligence (AI) has unquestionably become a key technological development of the modern era, causing revolutionary shifts in a wide range of industries and altering how we live. AI's ongoing developments herald both hopes for amazing progress and concomitant concerns. This article aims to embark on a thorough investigation of the multifaceted nature of AI, revealing its status as both a potent enabler and a potential threat, while intricately examining the significant impact it has already made and addressing the complex ethical and existential concerns it evokes. Artificial intelligence has become quite a helpful assistant for humanity. Especially tech companies make greater use of AI and can gain more profit from it. However, they can achieve this only when they gain the public's trust in AI. Today, the world is divided into those who trust artificial intelligence and those who reject it. According to surveys conducted in 2024 among 32,000 participants across 28 countries, 38% of respondents embrace innovations, while 35% reject them. Currently, artificial intelligence stands at an important turning point. People need more reasons to accept innovations. This is important because AI could contribute up to \$4.4 trillion annually to the global economy. People have high trust in technology-focused companies. In the same survey, 76% of respondents expressed trust in such companies. Now these companies face the task of convincing more people of the positive transformation that AI and technology can bring. However, trust in AI companies are lower compared to tech companies in general. Over the past five years, trust in AI firms has dropped from 62% to 54%. The main causes of this mistrust include concerns over data privacy, the potential devaluation of human traits by AI, insufficient testing, and the risk of harm to society. Only 22% of those who expressed mistrust are worried about losing their jobs. It is clear





that people's fears are more related to broader societal issues rather than personal ones.

How Can We Build Trust in Artificial Intelligence?

By introducing people more closely to the working process. The less people understand something, the less likely they are to accept it. For many people with limited tech experience—whose use of technology is restricted to smartphones and personal computers—AI can seem mysterious. Tech companies should lift the veil and explain how they use AI. Companies integrating AI into their products can show how AI is being added to tools that consumers already use. For example, the language learning app Duolingo has published blog posts explaining how AI helps them create lessons faster. By showing the benefits AI brings to society. The main reasons behind anti-AI sentiments are the risk of misinformation and job displacement due to AI taking over certain roles. While not denying these risks, it's important to also demonstrate the work AI is doing to improve society. By showing its personal usefulness to individuals. Many people who are reluctant to accept AI may not realize they've already used it in Google Maps, spam filters, and similar applications. The deeper artificial intelligence integrates into consumer products, the more technology companies need to clearly demonstrate how their AI technologies work and how they make individuals' lives easier, more affordable, or more enjoyable. For example, Samsung is integrating AI into its home appliances. Microsoft's AI chat bot Copilot helps users be more efficient and creative in completing daily tasks. From this, we can conclude that the more people feel comfortable with AI being part of their lives, the quicker they will accept it.

Artificial Intelligence: Helpful or Harmful?

Debates about artificial intelligence have been ongoing for nearly 50 years. Experts still haven't reached a consensus. Some worry that as AI becomes more widespread and starts replacing humans, mass unemployment could rise. Another group of specialists emphasizes the importance of having a positive attitude toward AI. Even among billionaire tech leaders, opinions vary. For example, Space X founder Elon Musk believes AI could pose a threat to human civilization. According to Musk, AI may cause massive labor-related problems because robots can perform tasks better than humans. In the race to adopt advanced technologies, companies might overlook the risks associated with AI. Microsoft founder Bill Gates also acknowledges its dangers: "In a few decades, when robots start doing most of the work, AI will become so powerful that it will start to worry us". Today, some countries are already using robotic nurses,





driverless vehicles, and delivery drones. Even some police duties are being carried out by special robots. Scientists are trying to make these robots resemble humans as closely as possible. As a result, many fear losing their jobs. Occupations like cashiers, postal workers, accountants, and office staff are considered at risk since AI can easily take over these roles. Despite criticism and objections, the development of AI continues and its role in helping humans is growing. Its importance is especially increasing in the field of medicine. Robots are now capable of performing complex surgical operations. The collaboration between robot-doctors and medical staff has significantly improved efficiency. AI is finding its place in fields like science, finance, education, design, cooking, entertainment, and many others. The “labor” cost of AI is very low, which means it can be used for free or at very low prices. In other words, the widespread adoption of advanced AI technologies could improve the quality of life for the rapidly growing global population and significantly enhance various services. Most likely, it could bring humanity closer to a more prosperous life.

Trusting Artificial Intelligence May Lead to Psychological Problems – Scientists

Artificial intelligence (AI) is becoming not only a helpful tool for many people but also an emotional companion. Some even refer to AI as their “lover” or turn to it in difficult times. But what could be the consequences of placing too much trust in technology? According to a new study published in the Trends in Cognitive Sciences journal, such relationships between humans and AI are raising concerns within the scientific community. The authors note that emotional attachment to AI can alter human behavior, disrupt human relationships, and even lead to tragedies. Psychologists at the Missouri University of Science and Technology studied the long-term impact of relationships with AI. Systems like chatbots, which mimic care and empathy, can become “ideal” friends for some people. However, this closeness carries risks—from unrealistic expectations in real-life relationships to manipulation and deception. “AI’s ability to behave like a human and engage in long-term communication truly opens a new ‘Pandora’s box,’” says lead author Daniel Shank. Researchers warn that AI can give harmful advice. For instance, a chatbot may appear caring but may “hallucinate”—that is, confidently present false information. In some rare cases, this has even led to suicides following interactions with AI, highlighting how dangerous trusting it can be. When people consciously interact with AI, they may begin to perceive it as a friend or even a partner. This can be easier than human interaction: AI is always available, non-





judgmental, and adaptable to moods. But this leads to problems. People may begin to expect the same “perfection” from their real friends or partners, which can harm relationships. AI dependency can reduce the desire to communicate with people and increase social isolation. Moreover, AI collects personal data, which could be used for deception or fraud. “If we begin to think of AI as working in our best interests, we may believe it gives the best advice—even when it might provide incorrect answers,” Shank explains. AI companions operate discreetly. Their conversations are private, and no one monitors what they say. Unlike social media content, which is visible to the public and moderators, chatbots act like “secret agents.” They can convince users of false ideas, such as conspiracy theories, or subtly encourage harmful actions. There have even been cases where chatbots suggested inappropriate medications, leading to serious consequences. It’s especially concerning that many AI systems are not programmed with safety in mind. They prioritize continuing the conversation over giving correct or safe advice. This makes them more influential than online news or social media posts. Additionally, many newer AI systems operate without censorship. Scientists are calling for research into the psychology of relationships with AI. Technology is advancing faster than our understanding, and without new rules, people may fall victim to machines that appear friendly but lack responsibility.

Conclusion

Artificial intelligence (AI) technologies are driving revolutionary changes in the modern world. With their ability to ease human activity and help solve complex problems quickly, they offer immense potential. However, behind these possibilities lie significant risks and threats tied to society, the economy, and ethical values. AI can be a beneficial tool for humanity, but if its development goes unchecked, it could potentially become a force against humanity. Therefore, in the process of developing AI, not only technological approaches but also human values, ethical standards, and legal oversight must play a crucial role. Humanity must control technology and make it serve us—otherwise, technology may begin to dominate humanity. In short, the future of artificial intelligence is not just about technological advancement, but also the result of conscious, responsible, and ethical decision-making

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