

# Impact of AI on Social life

**Sandip K. Jagadale ,Sandesh Waghmare, Tejas Bhalerao, Tanmoy Nandi**

*Department of Applied Science and Humanities, Pimpri Chinchwad College of Engineering Pune*

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**Abstract** - This research paper shows the impact of AI on social life. Mainly focusing on communication, face to face interactions, daily activities, relationships. Data was collecting by making google form and circulating among the peoples and getting around 150 to 160 responses from the peoples. Also, we analyze the social media, other AI functions. We found that AI has improved the faster communication, it helps to know any information quickly and better decision-making skill this study also highlights some negative effect AI has decreased thinking ability, less face-to-face interaction with peoples and increased the dependency on technology and main thing is that the privacy. Reduce use of AI on useless things. Overall, our research concludes that AI support rather than the harms human in social structure.

**Key Words :** Artificial intelligence, social life ,Digital Communication , Human interaction , Technology and society , Privacy , Health care , Crime Detection.

## 1. INTRODUCTION

In our society, AI is increasingly influencing how people interact, communicate and work. The various effects of AI on social life are studied in this paper with specific focus given to communication styles, human interaction, mental health, benefits, harms etc. The study shows how AI tolls increase accessibility convenience and personal wellbeing. Example of these is virtual assistance- Chat GPT, Perplexity, Gemini, etc. recommendation engines- Netflix, YouTube, Spotify and many more. But it also focuses on issues it creates like decreases person to person communication, algorithm bias, privacy risks and loss of human connection. Therefore, this study looks at advantages and disadvantages of AI using recent research and real-world research. The results show that AI has potential enhance social life, quality of life, ethics etc. but deployment of these tools should be done precaution. This paper aims to analyze the multifaceted effects of AI on communication, relationships, social ethics, and community structures. It also seeks to identify ways to balance technological efficiency with human values, ensuring that AI continues to enhance rather than replace genuine social interaction.

## 2. Body of Paper

### I. Literature Review

Several study of research paper states that, the impact of AI on social life includes both positive and negative effects. On the positive side AI helps peoples to work more effectively by completing task faster and with few mistakes. AI also support society in many useful ways. It helps in crime detection by analyzing data quickly. It improves health care system with better diagnosis tools. It makes education easier by using smart learn apps. In daily life AI assistant and other AI devices are also use to communication, navigation and other activities.

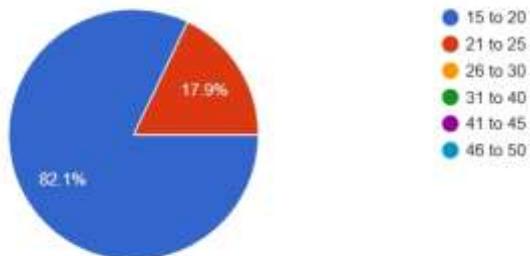
However, on other side AI also have negative impact on social life. It can reduce direct face to face interaction because of that peoples start depending more on digital tools instead of talking with other persons. AI also was less job of technical field, this can Increase the unemployment and make gap between poor and rich people. Privacy is the major problem in AI because of that many peoples can't believe on AI because AI stores the personal data. AI makes people lazy.

### II. Methodology

This study adopts a survey-based approach to analyze the impact of AI on social life. Around 150 responses were collected through Google Forms to examine people's perceptions and experiences. The survey included questions on the use of AI tools such as chat bots, virtual assistants, and social media platforms. The focus areas were artificial intelligence, social life, digital communication, human interaction, technology and society, privacy, healthcare, and crime detection. Data were analyzed to identify trends in AI usage and its perceived positive and negative impacts. Responses were quantified into percentages and presented using pie charts and flow diagrams, providing both qualitative and quantitative insights into the social implications of AI.

## • List of Question

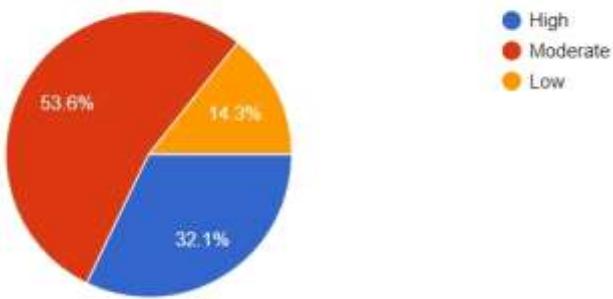
1) Age range



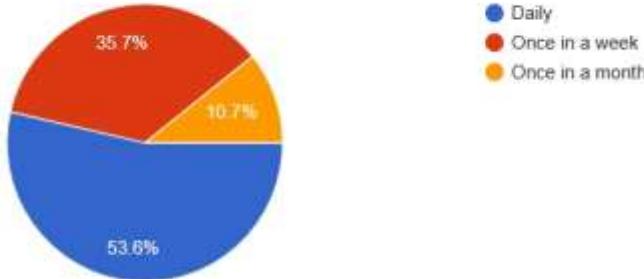
2) Occupation



3) Tech Proficiency Level



4) Frequency of AI tools usage



5) Which AI tools do you currently use ? (तुम्ही सध्या कोणते AI टूल्स वापरता?)

6) Has the AI changed the frequency of your face to face interaction ? (तुमच्या समोरासमोरच्या संवादाची वारंवारता AI ने बदलली आहे का?)

7) How do you use AI in social context? (सामाजिक संदर्भात तुम्ही AI कसे वापरता?)

8) Do you believe AI companions can fulfil? emotional needs? (तुम्हाला वाटते का की AI मानवाच्या भावनिक गरजा पूर्ण करू शकतात?)

9) Are you trust on AI website, chat bot (तुम्हाला AI वेबसाइट चॅटबॉट्स इत्यादीवर विश्वास आहे का?)

10) Has AI made you more or less creative in social situations? (सामाजिक परिस्थितीत AI ने तुम्हाला कमी- अधिक प्रमाणात सर्जनशील बनवले आहे का?)

11) Share specific experience where AI positively or negatively affected your social life

12) As per your point of view AI plays an important role in social life or not ?

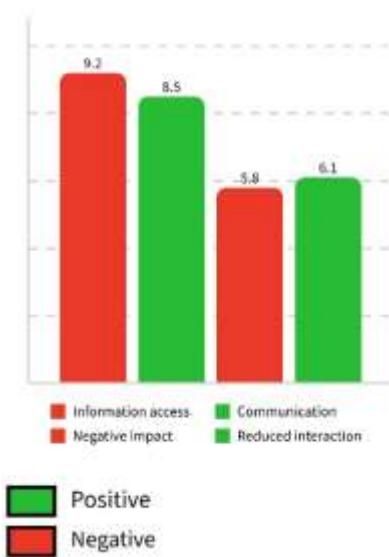
## III.

### Analysis and Discussion

The analysis of the survey clearly shows that AI has a mixed impact on social life, bringing several benefits along with some noticeable challenges. Many participants shared that AI tools have made their daily communication faster and more efficient. With the help of chat bots, messaging assistants, and smart applications, students and other users can get answers instantly, complete assignments more quickly, and stay updated with the latest information. This easy access to knowledge encourages better learning habits and helps people feel more confident while handling academic tasks or social conversations. AI-based platforms like Chat GPT, Gemini, and Copilot were especially appreciated because they simplify problem-solving, provide explanations, and guide students in completing their work. These advantages match findings from other studies, which also say that AI reduces mistakes, saves time, and allows people to stay connected digitally regardless of distance. However, the results also highlight important negative effects. A significant number of respondents mentioned that because AI makes communication so easy, they now spend less time interacting with people face-to-face. Instead of meeting friends or classmates in person, many rely more on digital tools for conversation. This shift has slowly reduced real-life social bonding and made some individuals feel more isolated or emotionally disconnected. Students also reported that overusing AI sometimes reduces their creativity because they begin depending on AI.

generated ideas instead of thinking on their own. Another major concern expressed by many participants was privacy. People are worried that AI websites or chat bots may store their personal data or track their online activities, which makes them hesitate to fully trust AI tools. Even though young users enjoy the convenience and support that AI provides, they are also aware that too much reliance on technology can negatively affect emotional well-being and weaken important human relationships. Participants agreed that AI should be used as a supportive tool, not as

## AI impact on social life



a replacement for real conversations or personal decision-making. They also emphasized the need to maintain a balance between digital interactions and traditional face-to-face communication. Overall, the study suggests that AI has great potential to improve social life, but it must be used responsibly. With proper awareness, ethical practices, and healthy usage habits, AI can enhance learning and communication while still allowing individuals to maintain strong human connections and emotional balance

- **Concept Map** – AI's Influence on Social Life.

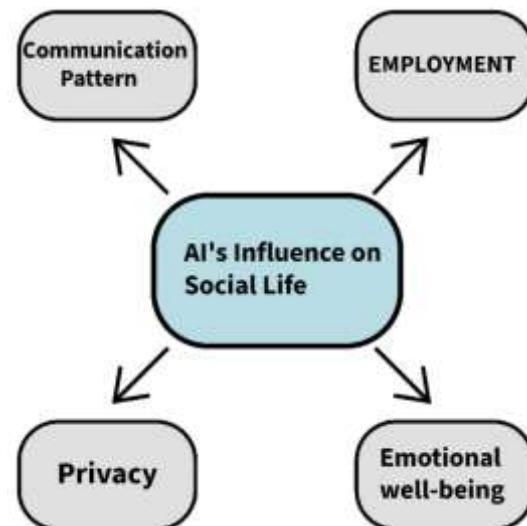


Table -1: AI's Influence on Social Life.

- **Block Diagram** – AI Workflow and Social Influence Process.

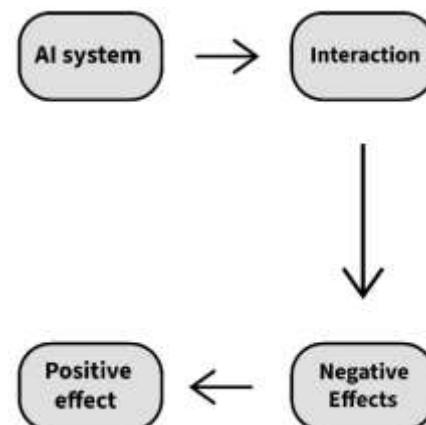


Table -2: AI Workflow and Social Influence

Process.

- **Block Diagram** – Positive and Negative Effects of AI on Social Life.

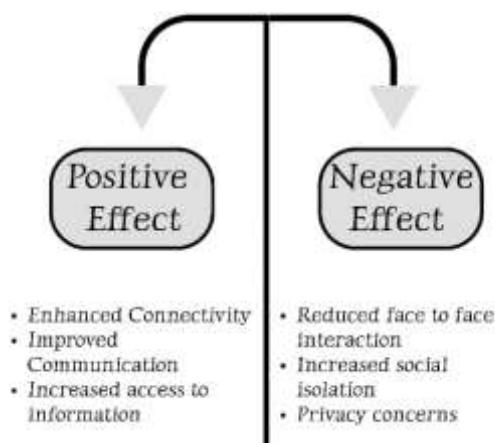


Table -3: Positive and Negative Effects of AI on Social Life

- Survey Summary of AI's Impact on Social Life

### Survey Summary of AI's impact on social life

Aspect	Positive impact(%)	Negative impact(%)
Communication Efficiency	85	15
Privacy concerns	60	40
Social Interaction	30	70

Table -4: Survey Summary of AI's Impact on Social Life

## IV. Summary Of Feedback result

### ➤ Demographic

- Age Range:**
  - A small portion ( $\approx 12\%$ ) are 26–35 years, and the rest are above 35.
- Occupation:**
  - Students dominate (59%), followed by college teachers (12%) and clerks/others (12%).
  - Very few respondents were unemployed or professionals outside education.

### ➤ AI Awareness and Usage

- Tech Proficiency:**
  - Around 65% rated themselves as highly proficient with AI technology.
  - Only a small number ( $\approx 10\%$ ) considered themselves beginners.
- Frequency of AI Tool Usage:**
  - 59% use AI tools daily,
  - 24% weekly, and
  - 17% occasionally.
- Most Common Tools Used:**

Chat GPT, Gemini, Copilot, and Perplexity AI were frequently mentioned

### ➤ Social & Behavioral Impact

- Face-to-Face Interaction:
- Majority stated that AI has reduced their direct personal interactions, as they rely more on technology for communication and information
- A few respondents said AI had no major effect on their social life

### ➤ Usage in Social Contexts:

- AI is mainly used for study, research, question-solving, and communication help.
- Several mentioned using AI for assignments, content creation, and connecting with teachers or peers.

### ➤ Emotional and psychological effect

- Some respondents noted increased dependency on AI tools.
- A few felt AI saves time and reduces stress, while others mentioned less emotional depth in human interactions.

### ➤ Overall feedback sentiment

Sentiment	Percentage	Description
Positive	65 %	AI improves learning, accessibility and convenience
Neutral	35 %	Helpful but needs responsible use
Negative	10 %	Reduce face to face communication and emotional connection

## 3. CONCLUSIONS

Artificial Intelligence significantly influences social life, offering both opportunities and challenges. While AI tools enhance communication, efficiency, and connectivity, they can also reduce genuine human interaction and raise privacy and ethical concerns. Survey findings highlight that a majority of users perceive positive effects in communication, but negative impacts remain significant in areas like social interaction and privacy. Responsible use of AI, guided by ethical principles and awareness of social consequences, is essential for maximizing benefits while minimizing harm. Policymakers, educators, and technology developers should collaborate to ensure that AI strengthens rather than diminishes human social structures.

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