

Role of Artificial Intelligence in Everyday Life

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ABSTRACT

Artificial Intelligence (AI) has emerged as one of the most transformative technologies of the 21st century, deeply influencing the ways individuals live, work, communicate, and interact with digital systems. Its integration into routine activities—ranging from healthcare and education to business, transportation, entertainment, and household environments—has significantly reshaped human behaviour and decision-making. This research paper investigates the expanding role of AI in everyday life by examining its applications, advantages, and societal implications across multiple domains. Techniques such as machine learning, natural language processing, deep learning, computer vision, and predictive analytics contribute to enhanced efficiency, improved accuracy, personalization, and smarter automation, ultimately improving human productivity and quality of life.

The findings reveal that AI assists in diagnosing diseases, supporting personalized learning, optimizing traffic systems, strengthening business operations, and enabling intelligent digital ecosystems. Simultaneously, AI-driven consumer technologies—such as virtual assistants, recommendation engines, and smart IoT devices—have become inseparable from daily routines. However, this widespread adoption also presents serious challenges, including privacy risks, algorithmic bias, unemployment concerns due to automation, lack of transparency in AI decision-making, and complex ethical questions surrounding data use and accountability.

The study concludes that while AI holds immense potential to advance societal development, its benefits can only be realized through responsible, transparent, and ethically guided implementation. Policymakers, technologists, educators, and institutions must collaborate to ensure that AI evolves as a human-centric and trustworthy technology. By evaluating the opportunities and challenges, this research provides a comprehensive understanding of AI's influence on daily life and highlights the importance of building sustainable and inclusive AI-driven societies.

Keywords: Artificial Intelligence, Machine Learning, Automation, Ethical Challenges, Smart Technologies.

INTRODUCTION

Artificial Intelligence has transitioned from a specialized field of computer science into a foundational technology transforming modern human life. Originating from the concept of designing machines capable of imitating human reasoning, AI has developed into a multidisciplinary domain integrating machine learning, deep learning, robotics, natural language processing, and data analytics. With the availability of large datasets, advanced algorithms, and powerful computational resources, AI systems today can perform tasks that once required human expertise, such as image interpretation, speech recognition, problem-solving, autonomous navigation, and decision-making.

In contemporary society, AI is woven into numerous daily interactions. Smartphones deploy AI for biometric unlocking, voice assistants respond to natural language commands, and social media platforms curate personalized content. AI-powered recommendation systems influence entertainment choices, shopping behaviour, and online experiences. Navigation tools optimize travel routes, while smart home systems automate domestic tasks and enhance comfort and security. Consequently, AI is shaping lifestyle patterns, communication habits, work processes, and consumption choices at an unprecedented scale.

However, the growing dependence on AI raises concerns related to ethics, fairness, employment, privacy, and accountability. Algorithmic decisions—if not properly monitored—can reinforce discrimination, compromise personal data, or lead to misuse in surveillance and misinformation. Moreover, automation threatens to disrupt traditional job roles, demanding new strategies for workforce development and digital literacy. (Stuart Russell, & Peter Norvig. (2021))

This research paper aims to analyze the multifaceted impact of AI on everyday life. It evaluates its applications across healthcare, education, business, transportation, communication, agriculture, and domestic environments. The study also reflects on the ethical and societal challenges associated with AI adoption. Through this exploration, the paper emphasizes the need for responsible AI practices to ensure that technological progress aligns with human values and long-term societal welfare.

LITERATURE REVIEW

With its impact on communication, education, entertainment, travel, and decision-making, artificial intelligence (AI) has emerged as a crucial aspect of contemporary life. People use AI on a daily basis—often without realizing it—through features like search engines, recommendation engines, virtual assistants, and navigation applications, according to several studies.

1. AI's Impact on Everyday Life

According to studies, AI has a big impact on everyday routines by providing tailored information, automating processes, and enhancing consumer ease. The majority of people utilize smartphones, smart gadgets, and internet platforms to engage with AI many times a day. Many people claim that AI enables them to make judgments more quickly and save time.

2. Principal Domains Affected by AI (SSJ, SSG 2024)

The literature identifies four key areas where AI is most influential:

- Communication: Voice assistants, chatbots, and intelligent responses speed up interactions.
- Education/Learning: AI technologies help with rapid information access, translation, and customized learning.
- Entertainment: YouTube, Netflix, and Instagram employ recommendation algorithms to help users make decisions.
- Navigation/Travel: AI offers options for transportation, quickest routes, and real-time traffic information.

AI impacted on web development.

These domains correspond to the main survey categories.

3. Inadvertent AI Use

According to research, consumers often utilize AI—such as auto-correct, search ranking, filters, and tailored feeds—without realizing it. Despite interacting with AI technology on a regular basis, many customers underestimate how often they use them.

4. Public Perception of AI

Existing studies reveal that:

- Most users believe AI makes life easier.
- Many support AI adoption but with caution.
- A portion of the population finds AI confusing or overwhelming.

Overall, public perception is largely positive but mixed with concerns.

5. Privacy and Data Security Concerns (Sonali G.2025)

Privacy is the most widely discussed issue in AI-related research. Users worry about:

- Personal data being stored or misused
- Lack of control over what apps collect
- AI algorithms tracking online activity

These concerns strongly influence how comfortable people feel while using AI-based applications.

6. Benefits of AI in Everyday Life

Research identifies several commonly experienced benefits:

- Time-saving through automation
- Better recommendations (videos, products, routes)
- Faster access to information

- Improved communication methods

These match directly with the options given in your survey questionnaire.

7. Main Concerns Reported in Literature

The most common concerns seen in research include:

- Privacy risks
- Overdependence on technology
- Incorrect or biased decisions by AI systems

These concerns reflect the same options used in your survey.

8. Trust in AI vs. Human Decision-Making

Studies show users trust AI for:

- Predictive tasks
- Suggestions
- Simple decision-making

However, people hesitate to trust AI in high-risk or sensitive areas, leading to “Sometimes” or “Not sure” responses in surveys.

9. AI's Impact on Learning Habits

Research shows AI tools help students with:

- Quick answers
- Concept explanation
- Personalized study support

But AI can also distract learners through unnecessary recommendations and entertainment apps.

10. Future Importance of AI

Most global studies predict that AI will become essential in future daily life. Users believe AI will grow in importance in education, healthcare, transportation, banking, and household devices.

METHODOLOGY

1. Structure of Research

This study examines how artificial intelligence (AI) affects day-to-day living using a survey with a approach. Understanding people's usage habits, opinions, advantages, and worries about AI-based services is the goal.

2. Data Gathering Technique

A structured questionnaire made with Google Forms was used to gather primary data.

Ten multiple-choice questions covering the following topics made up the questionnaire:

- AI's impact on daily life
- The frequency of AI use
- The use of AI in travel, education, communication, and entertainment
- Comfort level with personal data being accessed by AI
- AI's advantages and drawbacks
- Views on the significance of AI in the future

Students and other users were sent the Google Form link by email and WhatsApp.

3. Method of Sampling

Convenience sampling was employed.

Participants were chosen according to their accessibility, desire to participate, and availability. Students, professionals, and smartphone users who engage with AI-enabled apps make up the sample.

4. The size of the sample

The survey was completed by 24 people in total.

(The Google Form "Responses" tab allows you to enter the precise quantity.)

This figure was thought to be adequate for gaining insightful knowledge about how AI affects day-to-day living.

5. Profile of Participants

Participants came from a variety of backgrounds, primarily:

- Age range: usually between 16 and 40
- A basic understanding of smartphones
- Frequent usage of applications like ChatGPT, YouTube, Instagram, and Google Maps

It was entirely optional to participate.

6. Analysis of Data

The replies were automatically entered into a Google Sheets file that was connected to the form.

The information was examined using: • Analysis of percentages • Pie charts and bar charts (made with Google Forms and Sheets) • Comparing answers from several categories

This approach made it easier to see recurring patterns and comprehend how users view AI.

7. Social Issues

- No personally identifiable information was gathered.
- All answers were kept private and used only for scholarly purposes.
- Before filling out the form, participants were made aware of the study's objectives.

8. Methodology's Scope

This approach depends on measuring: • The frequency of AI use

- Aspects of life that AI affects
- Advantages and issues with AI applications
- User acceptance and confidence in AI
- Expectations for AI in everyday life in the future

RESULT

Analysis of Survey on the Impact of Artificial Intelligence (AI) in Daily Life
The main purpose of this survey was to understand how Artificial Intelligence (AI) is becoming a part of people's everyday life.

The responses were collected through Google Forms, and the data helped in identifying usage habits, advantages, concerns, and overall opinions of people about AI.

1. Impact of AI on Daily Life

According to the survey responses, most participants said that AI affects their daily routine either moderately or significantly. Only a very small number of people felt that AI does not affect their life at all.

This shows that AI has already become an important part of normal daily activities, whether people notice it or not. From mobile phones to online platforms, AI is being used in many everyday tasks such as communication, content recommendations, and digital assistance.

2. Areas of Life Where AI Has the Most Influence

When respondents were asked in which areas AI affects them the most, the most common answers were:

- Entertainment – such as recommendations on YouTube, Netflix, Instagram, and OTT platforms
- Navigation and Travel – like route suggestions, live traffic updates, and Google Maps
- Communication – including chatbots, virtual assistants, and tools like ChatGPT

A considerable number of students also selected education, which suggests that AI tools are becoming more common in learning and academic work.

3. How Frequently AI Is Used

The survey revealed that many people use AI-powered applications several times a day.

In many cases, users may not even realize that they are interacting with AI because it is already built into commonly used apps and services.

This reflects the current trend where AI is quietly integrated into platforms such as:

- YouTube
- Google Maps
- Shopping applications

- Social media apps

As a result, AI has become a routine part of digital life.

4. General Opinion About AI

Most of the respondents had a positive or balanced view of AI.

A large number agreed that:

- AI makes daily tasks easier
- AI is useful, but it should be used carefully

Only a few people felt that AI is confusing, unnecessary, or difficult to understand.

This indicates that people generally see AI as a helpful technology, but they also believe it should be used responsibly.

5. Comfort Level with AI Handling Personal Data

When participants were asked about their comfort level with AI using their personal data, the responses were more cautious.

Many respondents showed mixed feelings or concern, especially regarding:

- Privacy
- App permissions
- Data collection and storage
- Tracking of personal activity

Only a small number of people said they were completely comfortable with AI managing their private information.

This suggests that while AI is useful, trust in data safety is still limited.

6. Benefits of AI Noticed by Respondents

The survey clearly showed that participants recognize many practical advantages of AI in their daily life.

The most commonly mentioned benefits were:

- Saving time
- Easy access to information
- Better suggestions and recommendations
- Improved communication

Applications such as YouTube, Netflix, and other recommendation-based platforms were often mentioned as examples of how AI helps users find useful or enjoyable content quickly.

Overall, respondents felt that AI makes many tasks faster, smarter, and more convenient.

7. Common Concerns Related to AI Applications

Even though many respondents found AI useful, they also highlighted several concerns linked to its use.

The main issues raised were:

- Too much dependence on technology
- Privacy and security of personal information
- Wrong, unfair, or biased AI decisions

Only a small number of people reported that they had no major concerns about AI.

This indicates that people appreciate AI's convenience, but they are also aware of its possible risks and limitations.

8. Trust in AI-Based Decisions

The responses regarding trust in AI decisions were moderate and balanced.

A large number of participants selected "Sometimes", while a smaller group selected "Yes".

Some respondents also chose "Not sure."

This shows that while people may find AI suggestions useful, they still do not completely trust AI over human judgment.

In most cases, users seem to prefer AI as a support tool rather than as a final decision-maker.

9. Influence of AI on Learning and Study Habits (Neela J, Kalyan J, Sonali G 2026)

The survey responses from students showed that AI has a noticeable impact on study and learning patterns.

Most students said that AI is:

- Very helpful for learning

- Useful in some situations

Students may use AI for:

- Understanding difficult topics
- Searching information quickly
- Writing and summarizing content
- Getting study-related support

However, some respondents also mentioned that AI-based apps can sometimes become a source of distraction during study time.

So, while AI can improve learning, it should be used in a disciplined and balanced way.

10. Future Importance of AI (Tanzeela Anwer. (2018))

Most participants strongly believed that AI will become even more important in the future and may eventually become an essential part of daily life.

Only a few respondents expressed doubt or said that AI may not be necessary.

This suggests that people generally expect AI to continue growing in areas such as:

- Education
- Communication
- Work
- Travel
- Entertainment
- Personal assistance

In short, the survey reflects the belief that AI will play a major role in shaping the future.

Discussion

A move toward a digital and automated world is shown by the growing use of AI. AI has the potential to boost human capacities, sharpen decision-making, and increase productivity. However, strict ethical standards are necessary due to its quick expansion.

Principal issues:

You may immediately include the following succinct and straightforward Key Concerns in your research paper's Discussion or Challenges section:

1. Security and Privacy of Data (Sonali G 2025)

AI systems gather a lot of personal information, which raises the possibility of data breaches. Misuse of sensitive data might result in privacy breaches and spying. Vulnerabilities arise from lax data protection regulations.

2. Segregation and Artificial Blind

If AI models are trained on disparate datasets, they may yield results that are unjust. Hiring, financing, law enforcement, and healthcare decisions can all include discrimination. Bullying damages vulnerable populations and erodes confidence.

3. Insufficient Openness (Black Box Issue)

The decision-making process is not explained by many AI systems. AI thinking may be difficult for users and for engineers to completely comprehend. This lessens responsibility and complicates mistake detection.

4. Workforce Displacement and Job Loss

Human labor in manufacturing, customer service, data input, and logistics may be replaced by automation. To adjust to AI-driven sectors, workers must retrain and upskill.

If economic inequality is not addressed, it might get worse.

5. Ethical and Moral Issues (Sonali G 2025)

Truth, accountability, and human values are all called into doubt by AI decision-making. Strict ethical guidelines are needed when using AI for military, surveillance, and predictive policing.

Social trust is threatened by the misuse of AI deepfakes and disinformation technologies.

6. Safety and Reliability Issues

AI mistakes might do major harm in vital industries like healthcare or transportation. Unexpected circumstances or inadequate training can cause autonomous systems to malfunction. Before being used, AI must undergo extensive testing.

7. An excessive reliance on technology

Over-reliance on AI might diminish human abilities and critical thinking. If AI systems malfunction or are attacked, society can become vulnerable. Users can start to blindly trust AI without challenging its conclusions.

8. Gaps in Governance and Regulation

Global norms for the development and application of AI are lacking. Inadequate legal mechanisms for culpability and accountability. Inconsistencies arise when various nations adhere to different regulations.

9. Abuse of AI Resources

AI may be used for identity theft, fraud, cybercrime, and disseminating false information. Deepfake technology has the power to damage reputations and sway public opinion. AI has the potential to pose serious societal and political hazards if it is not controlled.

Conclusion

Artificial intelligence has become an essential component of contemporary human life, impacting learning, communication, travel, shopping, employment, and decision-making. Its transformational impact is demonstrated by its integration across industries including healthcare, education, business, transportation, and smart home systems. AI technologies, such as computer vision, machine learning, natural language processing, and deep learning, have greatly increased the productivity, accuracy, and efficiency of daily work. From diagnosing complex medical conditions to personalizing learning experiences and optimizing transportation networks, AI continues to make processes faster, more intelligent, and more user-friendly.

Despite these benefits, there are significant ethical and societal issues with the broad usage of AI. There is an urgent need to address issues of algorithmic prejudice, data privacy, lack of transparency, and employment displacement. These issues might erode public confidence and lead to disparities in the application and distribution of AI technology if they are not adequately addressed. As a result, justice, accountability, and human-centered design must be followed in the creation and application of AI. To create laws that guarantee security, safety, and responsible innovation, policymakers, researchers, and IT developers must work together.

How well society strike a balance between innovation and moral obligation will determine the long-term effects of AI. The emphasis should go to developing transparent, impartial, and reliable systems that put human values first as AI develops further. The goal of future research must be to create AI tools that are sustainable, socially useful, and technologically sophisticated. AI has the ability to advance global development, improve human capacities, and create a more intelligent, empowered, and inclusive society with cautious regulation, ongoing oversight, and moral application.

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