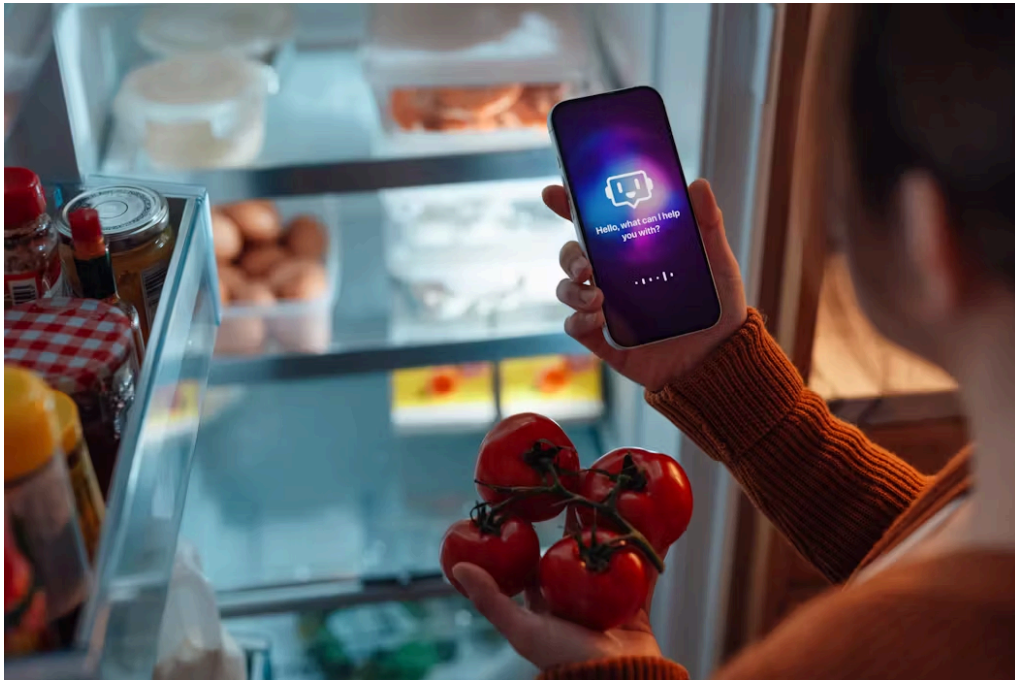# AI chatbots are becoming everyday tools for mundane tasks, use data shows

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The average person is more likely to use AI to come up with a meal plan than program a new app.

Oscar Wong/Moment via Getty Images

Artificial intelligence is fast becoming part of the furniture. A decade after IBM's Watson triumphed on "Jeopardy!," generative AI models are in kitchens and home offices. People often talk about AI in science fiction terms, yet the most consequential change in 2025 may be its banal ubiquity.

To appreciate how ordinary AI use has become, it helps to remember that this trend didn't start with generative chatbots. A 2017 Knowledge at Wharton newsletter documented how deep learning algorithms were already powering chatbots on social media and photo apps' facial recognition functions. Digital assistants such as Siri and Alexa were performing everyday tasks, and AI-powered image generators could create images that fooled 40% of viewers.

When ChatGPT became publicly available on Nov. 30, 2022, the shift felt sudden, but it was built on years of incremental integration. AI's presence is now so mundane that people consult chatbots for recipes, use them as study partners and rely on them for administrative chores. As a writer and professor who studies ways that generative AI can be an everyday collaborator, I find that recent usage reports show how AI has been woven into everyday life. (Full disclosure: I am a member of OpenAI's Educator Council, an uncompensated group of higher education faculty who provide feedback to OpenAI on educational use cases.)

Who's using ChatGPT and why?

Economists at OpenAI and Harvard analyzed 1.5 million ChatGPT conversations from November 2022 through July 2025. Their findings show that adoption has broadened beyond early users: It's being used all over the world, among all types of people. Adoption has grown fastest in low- and middle-income countries, and growth rates in the lowest-income countries are now more than four times those in the richest nations.

Most interactions revolve around mundane activities. Three-quarters of conversations involve practical guidance, information seeking and writing. These categories are for activities such as getting advice on how to cook an unusual type of food, where to find the nearest pharmacy, and getting feedback on email drafts. More than 70% of ChatGPT use is for nonwork tasks, demonstrating AI's role in people's personal lives. The economists found that 73% of messages were not related to work as of June 2025, up from 53% in June 2024.

Claude and the geography of adoption

Anthropic's economic index paints a similar picture of uneven AI adoption. Researchers at the company tracked users' conversations with the company's Claude AI chatbot relative to working-age population. The data shows sharp contrasts between nations. Singapore's per-capita use is 4.6 times higher than expected based on its population size, and Canada's is 2.9 times higher. India and Nigeria, meanwhile, use Claude at only a quarter of predicted levels.

In the United States, use reflects local economies, with activity tied to regional strengths: tech in California, finance in Florida and documentation in D.C. In lower-use countries, more than half of Claude's activity involves programming. In higher-use countries, people apply it across education, science and business. High-use countries favor humans working iteratively with AI, such as refining text, while low-use countries rely more on delegating full tasks, such as finding information.

It's important to note that OpenAI reports between 400 million and 700 million weekly active users in 2025, while third-party analytics estimate Claude at roughly 30 million monthly active users during a similar time period. For comparison, Gemini had approximately 350 million monthly active users and Microsoft reported in July 2025 more than 100 million monthly active users for its Copilot apps. Perplexity's CEO reported in an interview that the company's language AI has a "user base of over 30 million active users."

While these metrics are from a similar time period, mid-2025, it's important to note the differences in reporting and metrics, particularly weekly versus monthly active users. By any measure, though, ChatGPT's user base is by far the largest, making it a commonly used generative AI tool for everyday tasks.

Everyday tool

So, what do mundane uses of AI look like at home? Consider these scenarios:

- Meal planning and recipes: A parent asks ChatGPT for vegan meal ideas that use leftover kale and mushrooms, saving time and reducing waste.
- Personal finance: ChatGPT drafts a budget, suggests savings strategies or explains the fine print of a credit card offer, translating legalese into plain language.
- Writing support: Neurodivergent writers use ChatGPT to organize ideas and scaffold drafts. A writer with ADHD can upload notes and ask the model to group them into themes, then expand each into a paragraph while keeping the writer's tone and reasoning. This helps reduce cognitive overload and supports focus, while the writer retains their own voice.

These scenarios illustrate that AI can help with mundane decisions, act as a sounding board and support creativity. The help with mundane tasks can be a big lift: By handling routine planning and information retrieval, AI frees people to focus on empathy, judgment and reflection.

From extraordinary to ordinary tool

AI has transitioned from a futuristic curiosity to an everyday co-pilot, with voice assistants and generative models helping people write, cook and plan.

Inviting AI to our kitchen tables not as a mysterious oracle but as a helpful assistant means cultivating AI literacy and learning prompting techniques. It means recognizing AI's strengths, mitigating its risks and shaping a future where intelligence — human and artificial — works for everyone.

Jeanne Beatrix Law serves on the OpenAI Educator Council, an uncompensated group of higher education faculty who provide feedback to OpenAI on educational use cases and occasionally tests models for those use cases.