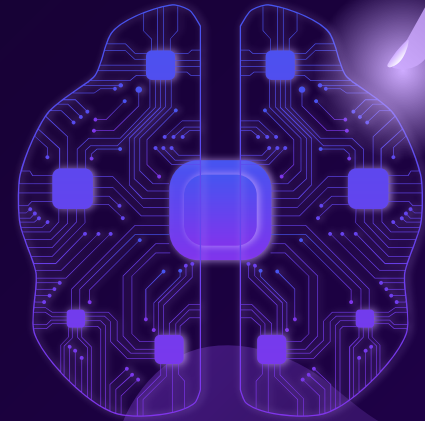


# AI and the mind

Exploring behaviour and IA



# Demographic

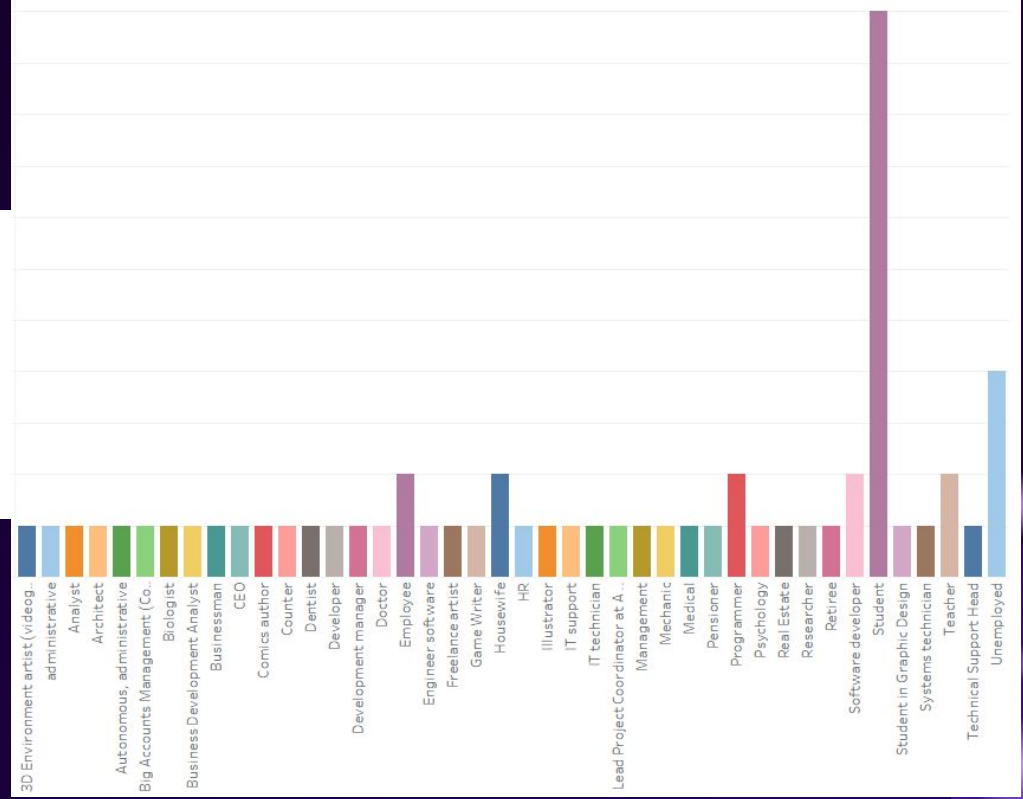
We received survey responses from people around the world, covering a wide range of ages, educational backgrounds, and professions. The survey was divided into two main parts.

The first section focused on gathering personal and contextual information about each participant's daily life and environment.

The second part explored their perception and use of AI.



Its recomendable for people to use A..	Education Level				
	Other	Bachelor's Degree	High School	Master's Degree	PhD or higher
Agree	1	3	2	1	
Neutral	2	10	3	4	1
Disagree	2	7	1	2	1
Strongly Disagree	1	13		6	



# Hypothesis

- People who use AI have a more lazy brain feeling → Failed
- People who use AI tools more frequently are more likely to feel more confident in solving problems on their own without AI assistance. → Failed
- Frequent users of AI tools are more likely to report being less stress → True with confidence of 98%

# Ryff scale of psychological well-being

Dimension	Description
1. Self-Acceptance	Evaluating how one feels about oneself.
2. Positive Relations	Ability to maintain close interpersonal relationships.
3. Autonomy	Being independent and capable of resisting social pressures.
4. Environmental Mastery	Ability to manage life and the world around us.
5. Purpose in Life	Having goals and a sense of direction.
6. Personal Growth	Sense of ongoing development and openness to new experiences.

Question	Psychological Well-Being Dimension	Justification
How often do you use AI tools?	Autonomy / Environmental Mastery	Frequency of use reflects decision-making autonomy and the ability to manage available resources.
What do you primarily use AI tools for?	Purpose in Life / Personal Growth	The reason for use reflects goals, motivation, and personal development.
Do you feel more productive when using AI tools?	Environmental Mastery	Feeling productive suggests a sense of control and effectiveness in managing one's environment.
Do you believe overuse of AI can negatively affect mental health or problem-solving skills?	Personal Growth / Autonomy	Questioning overuse implies self-reflection and awareness of one's personal development.
Do you know someone that uses AI as a conversational partner?	Positive Relations with Others	Relates to how others use technology for interpersonal connection.
I feel more confident in solving problems on my own without AI assistance.	Autonomy / Environmental Mastery	Evaluates independence and confidence in one's own abilities.
Using AI makes me feel mentally lazy.	Personal Growth / Autonomy	Suggests a perception of stagnation or technological dependence.
Relying on AI helps reduce my stress.	Self-Acceptance / Environmental Mastery	Stress reduction reflects emotional management and functional control over one's surroundings.
AI tools make me second-guess my own knowledge or decisions.	Autonomy / Self-Acceptance	Reflects internal questioning and one's relationship with personal judgment.
It is recommendable for people to use AI as a conversational partner.	Positive Relations with Others / Autonomy	Reflects opinion on AI in relational contexts and the freedom to choose how it's used.

# Liketr Notation

Scale  
Point

Label

1	Strongly Disagree
2	Disagree
3	Neutral
4	Agree
5	Strongly Agree

# Ryff Scale Questions

Gender	Ryff Scale Questions				
	Self-Acceptance	Positive Relations with Others	Autonomy	Environmental Mastery	Personal Growth
Female	3.172043	2.612903	3.419355	3.344086	2.333333
Male	2.703704	2.388889	2.950617	3.259259	2.012346
Trans	2.333333	1.75	3.666667	1.333333	2.666667



Ryff Scale Questions					
	Positive Relations with Others	Self-Acceptance	Autonomy	Environmental Mastery	Personal Growth
-18	3	2.75	2.666667	3.666667	1.666667
18-24	3.088889	2.433333	3.444444	3.155556	2.377778
25-34	2.902778	2.583333	3.25	3.291667	2.222222
35-44	2.809524	2.642857	3	4	2.047619
45-54	2.833333	2.416667	3	2.5	2.222222
55-64	3	2.166667	3	3	1.888889
65 +	2.777778	1.833333	3.333333	2.888889	2.111111

# Conclusion

This study suggests that frequent use of AI tools may be quietly influencing how people feel about their own judgment and emotional independence. By focusing on well-being rather than just productivity, this approach offers a different way to think about AI's role in everyday life. It's a small but important step toward understanding how we can use these tools without losing touch with our own instincts and confidence.