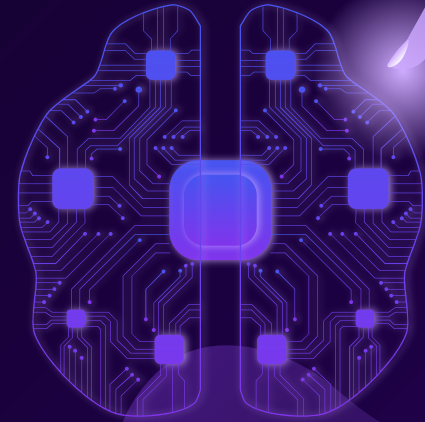


AI and the mind

Exploring behaviour and IA

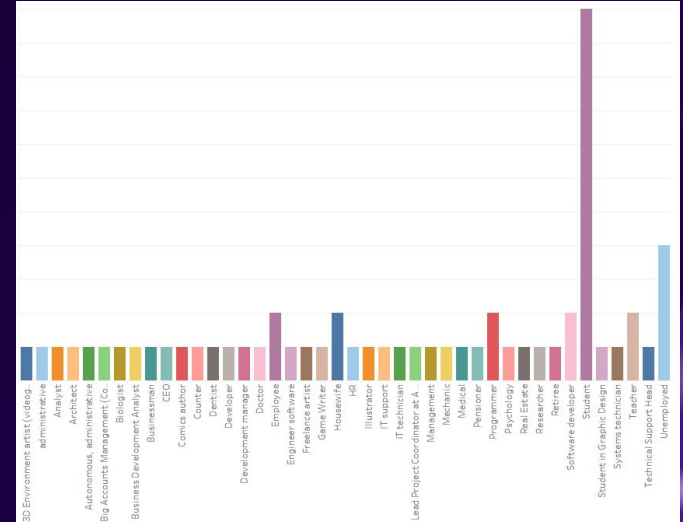


Demographic

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.

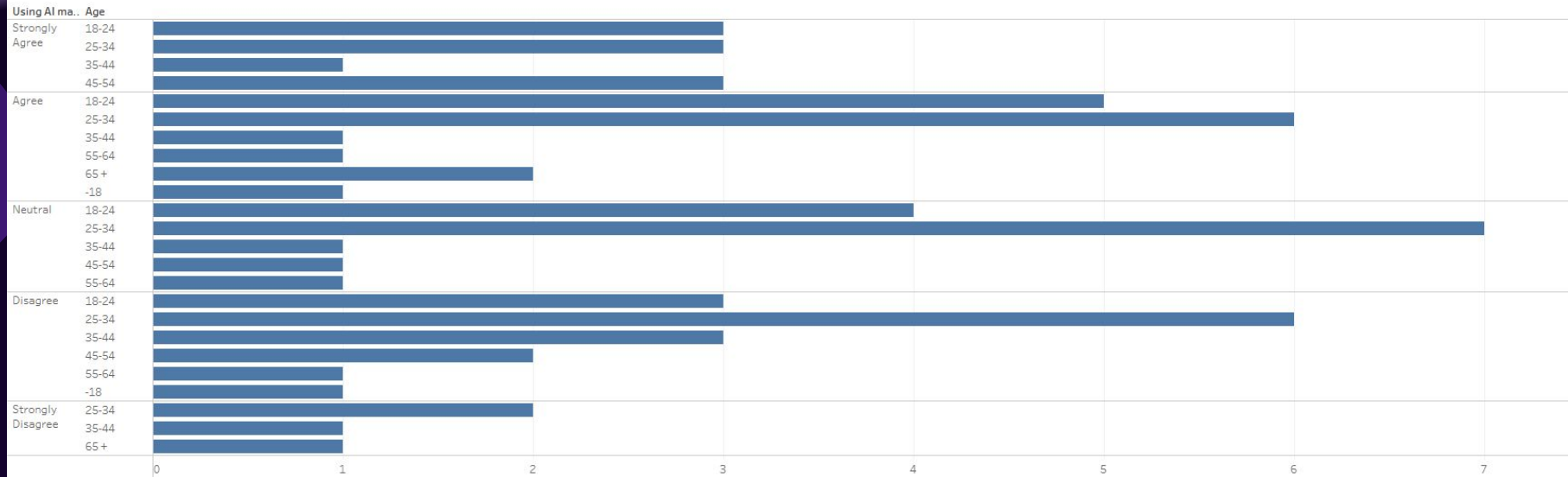
The first section focused on gathering personal and contextual information about each participant's daily life and environment.

The second part explored their perception and use of AI.

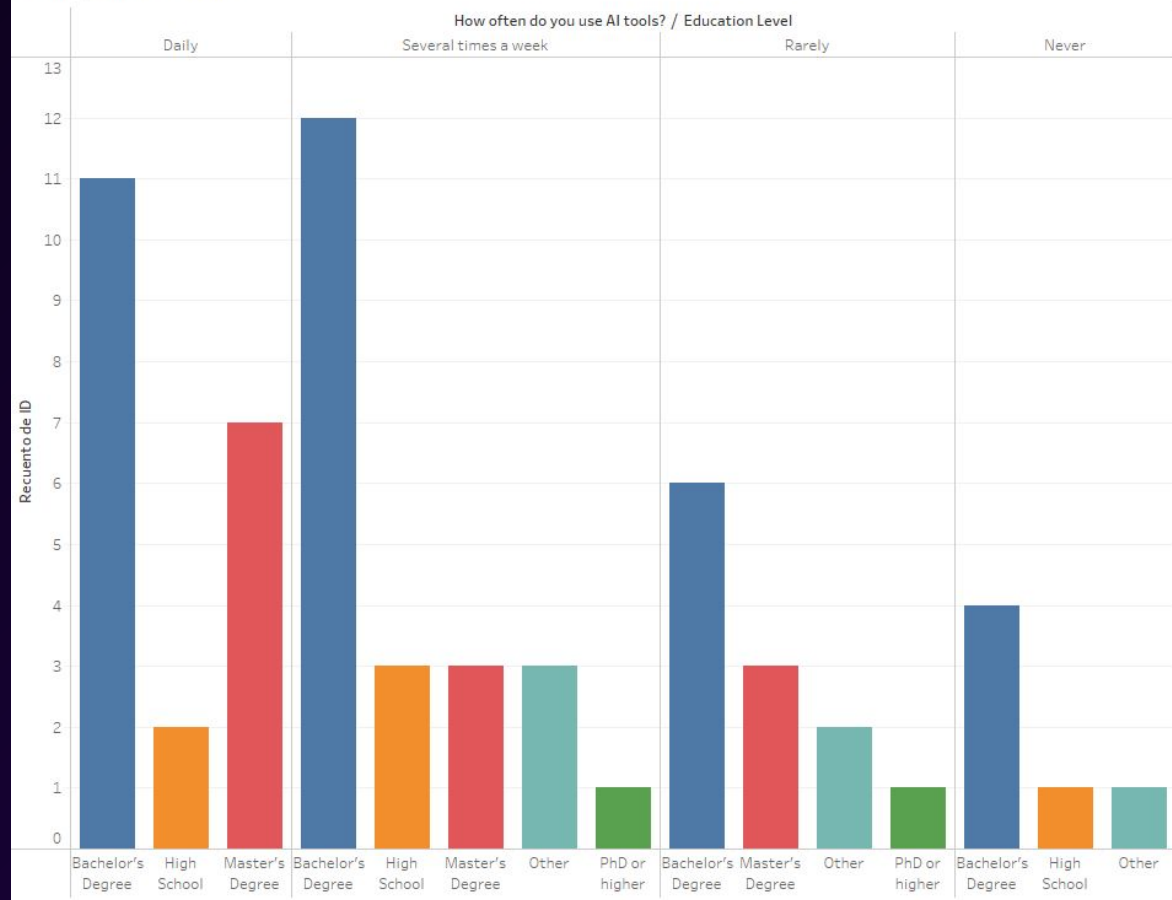


Its recomendable for people to use A..	Education Level				
	Other	Bachelor's Degree	High School	Master's Degree	PhD or higher
Agree	1	3	2	1	
Neutral	2	10	3	4	1
Disagree	2	7	1	2	1
Strongly Disagree	1	13		6	

LazyvsAge



UsedByEducational



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.

Liketr Notation

Scale
Point

Label

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

Ryff Scale Questions

		Positive Relations with Others	Self-Acceptance	Autonomy	Environmental Mastery	Personal Growth
Gender	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.