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Use of Artificial Intelligence in my Daily Life

Artificial Intelligence (AI) has seamlessly integrated into everyday life, enhancing efficiency and convenience across multiple domains. From coding assistance to fitness guidance, AI-powered tools like ChatGPT provide invaluable support for generating code snippets, planning diet and exercise routines, and self-testing knowledge. Voice assistants, such as Siri and Google Assistant, contribute to hands-free operation, improving accessibility and productivity. Additionally, AI-driven recommendation systems personalize content across social media platforms, enhancing user engagement.

I've recently started using ChatGPT for building applications. While it's not quite good at building an entire application from start to finish, it's pretty good at providing snippets of code that would otherwise be tedious to write or find on stack overflow. For example, if I want to build a user management feature for my application which includes things like login, account activation or resetting passwords, ChatGPT would not give me the code for the entire feature, or the code might be a bit outdated. However, I can use what ChatGPT gives me as a starting point and a way to help build the skeleton of the feature. I also use ChatGPT to help with my diet and exercise routines. Of course, I don't fully trust ChatGPT with this, but I've come to accept what it gives me in terms of diet because my own research and personal experience and must admit the exercise routines are quite useful and accurate. I also use ChatGPT to quiz myself on topics I'm trying to learn. It gives me wrong answers sometimes but when I feed it information and ask it to quiz based on the information, it's very good. In short ChatGPT offers many advantages which include being a quick access tool for coding and research, testing and improving your understanding of topics as well as lifestyle planning. However, it may generate incorrect or misleading information, it lacks the real time updates of search engines and responses depends on how well constructed the user prompt is. ChatGPT can become significantly better if it provides update-to-date responses, incorporate a fact checking system to ensure accuracy as well as Improve contextual awareness for more relevant and precise answers.

Another form of AI tools I've come to appreciate are voice assistants. I enjoy the hands-free operation it gives me, especially while I'm driving. I can use the voice assistant on my phone like Siri or Google Assistant to make a phone call or get me directions while I'm

driving. It also increases my productivity by helping me make notes as well as set reminders. Voice assistants have become quite popular with the rise of Amazon's Alexa as well as the fact that it greatly aids in accessibility. However, it tends to make mistakes when using voice commands because of accents so you must be very clear in your commands for it to work appropriately. Another issue with voice assistants is, it's always listening so there's privacy concerns, because it can be assumed it's collecting data with each command as well as when it hasn't been given a command.

Another way I use AI is through social media. Thanks to recommendation systems I get content tailored to my liking based on my previous interactions with other content. Whether it be on Instagram, YouTube or Facebook. I'm constantly shown content and the more I interact with the content the more tailor made my feed becomes. I'm also constantly shown ads of items I might like on Amazon while browsing through any social media app. We live in a world where it seems like digital content is near infinite and thanks to reinforcement learning I'm able to get a more personalized user experience, which increases my engagement with the platforms I'm using. It does however create a bubble for the content that you are exposed to, thus limiting your exposure to other content. One way to fix the content bubble is to allow user-controlled customization as well as introducing more diverse recommendations every now and then into a users' feed.

AI has transformed the way we interact with technology, streamlining tasks and personalizing experiences in various aspects of daily life. While tools like ChatGPT, voice assistants, and recommendation systems offer significant advantages, they also pose challenges such as misinformation, data privacy risks, and content filtering biases. To improve AI applications, enhancements in real-time updates, fact-checking mechanisms, and better contextual awareness are necessary. Additionally, more user-controlled customization and diverse recommendations can mitigate content isolation. As AI continues to evolve, refining its accuracy, transparency, and adaptability will further enhance its utility and reliability in daily life.