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AI: What's our responsibility?

Pope Leo highlights that*, "From the beginning, humans have been tempted to seize the fruit of knowledge without undertaking the toil of engagement, research, and personal responsibility." Does the emergence of artificial intelligence undermine the value of struggle, trial, and error in society? Or does AI simply change the nature of engagement, research, and personal responsibility within the human species? How do we continue to value organic intelligence and the triumph of the human spirit when artificial sources are mastering the mimicry of humanity's greatest feats?*"

As Artificial Intelligence (AI) and Machine Learning (ML) are becoming more and more relevant today, it's important to consider the benefits and risks of AI when assessing whether it can help, and not harm the development of individuals and society as a whole. Technological advancement seems to know no end, and new generations of people are growing up surrounded by it. Therefore, despite its usefulness, the biggest responsibility we have is to ensure that AI doesn't replace the true learning experience or harm people's ability to learn.

The biggest advantage of AI is that it increases human productivity and saves time by taking care of repetitive tasks. On the World Economic Forum, Sapthagiri Chapalapalli, CEO of Tata Consulting, published an opinion "How Human-Centric AI Can Shape the Future of Work", where he encourages to use AI as a tool that would help human productivity and creativity. He writes, "It can assist with routine tasks such as scheduling or data entry, and augment our abilities to identify surface insights – enabling faster, more informed decisions. This partnership means we can transform roles and responsibilities to allow humans to focus on their strengths of empathy, creativity, critical thinking and innovation" (Chapalapalli). By saving time with AI,

humans can focus on their strengths and become better decision makers, and they can use the saved time to do something more beneficial.

There's a benefit to AI in the ability to help a person to solve a complex problem more quickly by providing them with information. For example, if a researcher is trying to develop a cure for cancer, they can use AI to analyze past results of experiments and organize that data in a way that would allow them to make conclusions and decide how they could change the methods to find an answer faster. AI is already being implemented in medicine in ways like this.

On the other hand, AI can't replace the necessary process of learning through struggle and through mistakes. Organic intelligence is developed through one's own efforts. A brain learns when it struggles and reaches the answer by itself. Through these experiences, young students develop critical thinking, the ability to analyze patterns, and true understanding, which are all essential for successful decision-making. If one allows AI to take over all the repetitive and easy tasks without truly understanding how to do them, they wouldn't be able to make more complex decisions, or recognize when AI is wrong.

Additionally, AI usage, when learning new information or performing a task, may reduce brain activity. There was a recent research study led by Dr. Nataliya Kosmyna of MIT, which showed that relying solely on AI for tasks like writing reduces brain activity and memory. In the study, there were three groups of participants: the first group had to rely on their brain to write an essay, the second used a search engine, and the third – (Large Language Model) ChatGPT. The groups' brain activity was recorded with electroencephalography (EEG) to assess cognitive activity and load. The results of the project read, "Brain connectivity systematically scaled down with the amount of external support: the Brain-only group exhibited the strongest, widest-ranging networks, Search Engine group showed intermediate engagement, and LLM assistance elicited the weakest overall coupling. The reported ownership of LLM group's essays in the interviews was low. The Search Engine group had strong ownership, but lesser than the Brain-only group. The LLM group also fell behind in their ability to quote from the essays they

wrote just minutes prior" (Kosmyna). The way the brain activity was reflected on the EEG suggests that if a student starts relying on AI to complete most of assignments for their studies specifically, they won't be able to retain most of the new information or even develop the needed skills to succeed afterwards. Additionally, AI's usage in this way could cause harm to a developing brain and prevent a student from learning how to think critically, which can make a student dependent on it.

AI technology can improve human productivity and make life easier for working people, developers, and researchers. With AI completing often time-consuming tasks for them, humans can focus on solving more complex problems and find solutions more efficiently. However, AI shouldn't be used for educational purposes. It's important to limit the use of AI by children and young students (in learning institutions). Organic learning is crucial for brain and knowledge development whereas the use of AI models, like ChatGPT, can reduce brain activity and prevent students from being able to learn in the long run.

Works Cited

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