



ARTIFICIAL INTELLIGENCE AND HUMAN LIFE: PROGRESS OR THREAT?

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Artificial intelligence has become an active component of nearly every sphere of today's multifaceted life. Its applications range from recommendation algorithms that shape work efficiency to autonomous systems capable of processing vast amounts of data and managing complex operational processes. By assuming certain human tasks, AI functions as an essential information infrastructure within the social environment, creating favorable conditions and expanding practical opportunities.

According to research conducted by the Microsoft AI Economy Institute, by 2025 approximately 16.3% of the global population regularly uses generative AI technologies, which indicates that nearly one in six individuals worldwide is an AI user[1:14]. This figure reflects not only the growing relevance of digital technologies but also the early stage of their broader development. Nevertheless, even at this initial phase, artificial intelligence has already demonstrated remarkably significant progress.

However, it is important to recognize that technological advancement is inherently dual in nature. As Stephen Hawking famously noted, the creation of artificial intelligence may prove to be either highly beneficial or deeply harmful for humanity, though its ultimate impact remains uncertain [2:4]. This perspective highlights the fact that AI cannot yet claim absolute perfection and may generate concerns alongside its benefits, particularly in relation to digitalization and real-world implementation. Such challenges include shifts in the global labor market, threats to data privacy, and the potential erosion of independent critical thinking, as well as increased dependency and social rigidity.

More precisely, if artificial intelligence and its societal significance are properly interpreted from the outset and guided by appropriate ethical and regulatory principles, this technology can evolve into one of humanity's most valuable assistants and an integral element of a promising future. After all, just as a knife can serve as an indispensable tool in the kitchen or a dangerous weapon in the wrong hands, the true impact of artificial intelligence ultimately depends on how it is used.

Now, let us explore the essence of artificial intelligence and its significance in today's world. Artificial intelligence is a digitized algorithm designed to perform various operations and consists of software systems; moreover, it is capable of imitating human intelligence and, in many cases, produces results that are faster and more accurate than those of humans. This idea is confirmed by the event in 1997, when IBM's Deep Blue supercomputer defeated the World Chess Champion Garry Kasparov.

In general, the term "Artificial Intelligence" was first introduced by John McCarthy at the Dartmouth Conference in 1956. Initially a purely theoretical concept, this field gradually began to take root. Although the failures that emerged in the last quarter of the twentieth century temporarily dampened the enthusiasm of researchers, today it has gained wide application not



only in academic settings but also in everyday life, particularly in the fields of medicine, economics, and transportation. Moreover, the level of trust in and demand for this algorithmic technology has increased to such an extent that in 2024 alone, global private investments directed toward artificial intelligence in the United States reached a total of 109.1 billion US dollars [3:102].

The present potential and significance of this digital system are only the beginning; however, even from the very initial steps of the journey, it is taking impressive strides.

The following section will focus on the positive and negative aspects of this digital intelligence. Artificial intelligence's lack of emotional intelligence is often interpreted as a positive feature. In other words, the absence of emotional empathy enables AI to resolve stressful situations quickly and easily, approach problems objectively rather than subjectively, rely primarily on facts, complete tasks faster than humans, and handle long-term complex issues within a short time and concise format with distinctive efficiency.

In this regard, Bill Gates emphasized that days in which "working hard is no longer necessary" may be approaching, stating that "as AI develops, people may work less, and even a three-day workweek could become possible" during his conversation with Trevor Noah on the podcast "What Now?" [4].

Frankly speaking, the opening of such doors to the future brings both excitement and concern to people at the same time. In particular, its main worrying aspects are considered to include widespread problems caused by inappropriate use, the growth of laziness and distorted thinking among individuals, the increase in unemployment (for example, the reduction of fields such as telemarketing and translation), the rise of technological dependence, and even situations in which it may operate contrary to instructions and provide incorrect or dangerous analyses.

Artificial intelligence imitating humans or outperforming them in certain areas does not mean it possesses greater experience or capabilities than people. AI still has its shortcomings, and even inappropriate approaches in the medical field are negatively affecting many lives. For instance, due to its incorrect medical analyses and recommendations, a healthy patient was incorrectly called for a diabetes screening, and even false information about heart disease was included [5].

This situation demonstrates that such a digitized system can pose risks in the medical field and, moreover, cannot fully replace the role of humans under any circumstances.

The significance of the digitized system highlighted above plays a major role in both today's and the future's environment. However, just as every field has its highs and lows, this artificial intelligence, despite its numerous advantages, also carries many shortcomings and concerning consequences, with its impact largely depending on how it is applied. Moreover, this article demonstrated through evidence that maintaining a balance of ethical and responsible approaches, ensuring human oversight and adequate user knowledge, safeguarding security and privacy, and controlling technological reliance are essential preventive measures. Therefore, taking into account the potential risks, this emerging revolution - which has already become an integral part of our lives - places a range of demands before humanity, and the transparent implementation of these requirements and conditions ensures a safer and more secure future.



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