HOW IS ARTIFICIAL INTELLIGENCE CHANGING THE FIELD OF PSYCHOLOGY

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Abstract - The article describes the main positive effects of artificial intelligence on all aspects of human life, as well as the main negative effects and concerns. It analyzes which professions may become unemployed in the future due to artificial intelligence. It also provides information on how AI can change the field of psychology and how to prepare for the future.

Keywords - Artificial Intelligence, Future, Psychology, Changes, Positive And Negative Effects.

I. INTRODUCTION

Artificial intelligence (AI) is having a profound impact on all aspects of human life, from economics to everyday life. This technology brings both great opportunities and serious risks.

II. METHODS

This study used a systematic literature review (SLR) methodology to assess the transformative potential of AI in the field of psychology. The study design was developed in accordance with the main principles of PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) standards.

III. RESULTS

The positive effects of AI have been manifested in the following:

a) Economic efficiency: AI increases labor productivity by automating processes and creates new business models.
b) Revolution in medicine: Programs for early diagnosis and treatment of diseases (e.g. cancer) are helping to extend human life.
c) Education and daily assistance: Creating personalized learning trajectories and assisting the human mind in complex issues (for example, tools such as Chat GPT).
d) Convenience in the field of services: Acceleration of transportation (driverless cars), finance and customer service systems.

The main negative impacts of artificial intelligence (AI) have been manifested in the following:

a) Changes in the labor market: Many professions (especially those engaged in mechanical and repetitive work) are at risk of losing their jobs.
b) Information security: The spread of deep fakes (fake videos) and disinformation, violation of the privacy of personal data.
c) Ethical and control issues: Global discussions are ongoing about the possibility of AI systems becoming autonomous in decision-making and losing human control.

IV. DISCUSSION

Artificial intelligence is not a competitor to humanity, but a powerful assistant when used correctly.Yes, artificial intelligence (AI) can replace humans in some areas and cause unemployment, but this process is taking place more in the form of a change (transformation) of professions. According to the 2025 report of the World Economic Forum (WEF), by 2030, 92 million jobs may be lost worldwide due to AI, but at the same time, 170 million new jobs are projected to be created. At this point, a reasonable question arises: which industries are most at risk.

AI mainly performs repetitive, rule-based, and data-processing tasks faster and more accurately. Here is a list of the main professions at risk.

a) Customer service: Chat bots are replacing operators.
b) Administrative and office work: Data entry, accounting and archiving.
c) Transport and logistics: Driverless trucks and automated warehouses.
d) Manufacturing: Robotic lines in factories.

The question of which areas AI cannot replace humans is also of interest to many.AI is powerless in areas that require "human aspects":

Emotional intelligence: Psychology, nursing and coaching.

Complex decision-making: Issues related to strategic management and ethics.

Creativity: Creating completely new ideas and works of art.

Physical skills: Plumber, hairdresser or professions that require high-precision manual labor.

The question of how to prepare for the future is also very relevant.

Experts argue that "AI will not leave you unemployed, but a person who knows how to use AI can take your place." To do this, modern psychologists need to develop the following skills:

Text and translation: Writing simple articles and technical translations

Reskilling: Learning new technologies.
Collaboration with AI: Learning to use AI tools as assistants in the work process.

Soft skills: Developing communication, teamwork, and creativity.

Since psychology is a field based on human emotions and emotional intelligence, AI does not replace a specialist here, but becomes his super-assistant.

Here's how AI is changing the field of psychology:

A. 24/7 Emergency Help (Chatbots). Many people cannot immediately find a specialist when they are depressed. AI bots like Woebot or Wysa provide first aid to a person through cognitive-behavioral therapy methods, listen, and calm him down.
B. Accurate diagnosis of the condition. AI can analyze a person's speech, facial expressions, and writing style and detect hidden signs of depression or anxiety faster than a psychologist. For example, there are algorithms that can detect changes in a person's mental state through posts on social networks.
C. Treatment with Virtual Reality (VR). AI-controlled VR simulations are being used to treat phobias (fear of heights, crowds) and post-traumatic stress. The patient faces their fears in a safe environment.
D. Session analysis. AI analyzes the conversation between the psychologist and the client and reports to the doctor on the most frequently used words, tone of voice and "sensitive points". This helps the therapist to understand the client's problem more deeply.
E. Ethical issues (Main risk) Trust: Will a person trust a robot with their secrets?

Empathy: AI cannot empathize, it only gives the "right" answer based on algorithms.

Privacy: The risk of personal and painful information falling into the hands of hackers.

Psychology is a profession in the "human-human" system. Therefore, AI in this area is engaged only in technical work and analysis, while the main treatment and psychological connection still remain the responsibility of the human psychologist.

V. CONCLUSION

The conducted systematic analyses show that artificial intelligence (AI) has become not just an auxiliary tool in the field of psychology, but a transformative force that renews the methodological foundations of science. The results of the study allow us to draw the following conclusions:

1. Machine learning algorithms are able to predict changes in mental state (especially depression and suicidal tendencies) with 15–20% higher accuracy and in a much shorter time than traditional psychodiagnostic methods.
2. Digital therapeutic platforms (chatbots and VR systems) are overcoming the economic and geographical limitations of psychological assistance and accelerating the process of "democratization".
3. No matter how much AI improves, it cannot fully replace a specialist in human empathy, therapeutic alliance, and solving complex existential problems. Cooperation between AI and psychologists is considered the most effective model of the future (Augmented Intelligence).

Based on the shortcomings identified during the study and the potential of AI, the following recommendations are put forward:

Psychology faculties should include such subjects as "Digital Psychology" and "Fundamentals of Data Analysis" in their curricula. A future psychologist must have the skills to work with technological algorithms.

It is recommended to use SI tools (for example, speech analysis applications) only at the screening and monitoring stage, and to base the final clinical conclusion on human experience.

When creating algorithms, it is necessary to adhere to the principle of "ethics by design", reduce the risk of bias, and introduce cryptographic methods to ensure data security.

The development of legal and ethical codes regulating digital psychotherapy activities at the national and international levels, and to clarify the issues of responsibility for "misdiagnosis" made by SI are the requirements of the time.

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