Expert Opinion Article

The Impact of Artificial intelligence on Emotional, Spiritual and Mental wellbeing: Enhancing or Diminishing Quality of Life

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Abstract

Artificial intelligence (AI) has slowly taken over various aspects of an individual's life. It has a profound influence on emotional, spiritual and mental wellbeing impacting the quality of life of an individual. Artificial intelligence's ability to automate routine tasks can ease our life. Artificial intelligence driven applications can help in mental health diagnostics and treatment also. There are certain applications which not only help in ease of doing a particular task, they also help in healing and meditation which improves emotional and spiritual well-being. But there are some drawbacks which can have a negative impact on our mental health and certain insecurities such as overdependence, missing human connection. This study explores these contrasting effects highlighting the need for mindful implementation to maximize AI's benefits while safeguarding emotional, spiritual and mental wellbeing of young adults. The objective of this study is to examine the impact of artificial intelligence on emotional, spiritual and mental wellbeing and also to examine if it is enhancing or diminishing the quality of life. This study employs a qualitative approach by conducting structured interviews (fixed answers) using a pen-and-paper method with purposive sampling, additionally it reviews existing literature to understand it better. Sample was collected from 250 young adults (19 -35 years of age) residing in Delhi NCR region. The result of the study indicates mixed responses. Some felt that it will improve their mental, emotional and spiritual well-being but on other hand some believed it will create dependence and hamper emotional, spiritual and mental wellbeing. But most of them had an opinion that it may improve the quality of life with minor modifications. The study concluded that monitored usage of artificial intelligence will have better influence on emotional, spiritual and mental wellbeing and it will also enhance quality of life to some extent.

Keywords: Artificial intelligence (AI), Emotional wellbeing, Mental wellbeing, Spiritual well-being, Quality of life

Introduction

Artificial intelligence (AI) has slowly taken over various aspects of an individual's life. It has a profound influence on emotional, spiritual and mental wellbeing impacting the quality of life of an individual. Artificial intelligence's ability to automate routine tasks can ease our life. Artificial intelligence driven applications can help in mental health diagnostics and treatment also. There are certain applications which help in healing and meditation leading to improvement in emotional and spiritual well-being. But there are some drawbacks which can have a negative impact on our mental health and certain insecurities such as overdependence, missing human connection can have negative impact on overall Quality of life.

Artificial intelligence

Artificial intelligence is computer-based activity to model human intellectual capabilities and bring robotic responsibilities. The integration of AI technology with the field of psychology has brought some advancements such as App based interventions, therapy solutions, awareness about mental health, web-based tools for mental health diagnosis and psychological assistance or treatment. These applications, which use AI technologies such as natural language processing and machine learning, provide cognitive-behavioural therapy and mental health assistance (Oladimeji et al., 2023)

In recent years artificial intelligence has grown widely and developed a lot bringing new advancement in every aspect. It has made enormous developments in the mental health sector also ranging from chat boot system to various applications, there is a lot AI has done to provide psychological assistance. Giving the personalized touch to your requirement AI enhances mental health and quality of life. Innovative AI technologies can examine behavioural aspects and data and find out the trends to diagnose and understand mental health disorders early (Gupta et al., 2023) AI can be a source of fascinating extensions, assistance and hope for future improvement for some but a threat to some for violating the boundary, overdependence and human autonomy. (Kozak & Fel, 2024)

Emotional well-being

Emotional well-being is a mental health state encompassing positive emotions such as happiness, resilience, joy, pleasure and satisfaction indicating positive and vibrant life. The digital era has given a new angle to everything with the introduction of AI into emotional well-being. It has brought a lot of

changes in everyone's life. AI has given a space to express and share their emotions and get the help of interventions to manage care making it more accessible and decreasing stigma attached to it. (Singha, 2024).

Spiritual well-being

Spiritual well-being is defined as sense of purpose and meaning in life, it also includes moral and ethical guidelines and religious beliefs of an individual. spiritual practices can range from yoga, mindfulness, and religious prayer. Spiritual well-being is very closely related to the other dimensions of wellbeing and can affect them. Spiritual well-being can be an important aspect of an individual's life improving quality of life. (Stride. (n.d.) Mindfulness is the practice of being fully present and aware in the moment and also acknowledging and accepting one's thoughts, feelings, and bodily sensations without judgment. Spirituality is described as the concept which relates to the human experience and the essence of existence and emphasizes its significance in understanding human nature (Hernández, 2021). Mindfulness has become an important way to connect to oneself and helps one to connect with their values and beliefs. Mindfulness helps in increasing spiritual well-being in individuals. AI has helped many individuals in performing mindfulness in their daily routine. (Singha, 2024)

Mental wellbeing

Mental wellbeing is a state of wellbeing in which individuals realize their own abilities and can cope with the normal stresses of life, can work productively and are able to make a contribution to their community. It is not just limited to mental health issues (WHO)

Mental health is one of the major concerns in public health, these issues are the leading cause of overall wellbeing burden (Bhatt 2024). Mental health care is an integral part of individual's wellness. Everyone should be aware and educated with mental health care is the need of the hour. AI technology has improved detection, diagnosis, treatment, and public health education. It has helped in breaking the stigma associated with mental health making mental healthcare more acceptable and accessible to the individuals. (Oladimeji et al., 2023)

Quality of life

Quality of life is a multi-dimensional aspect which encompasses the subjective evaluation of both positive and negative effects on life. Quality of life is defined by various lenses which includes physical health, psychological state, level of independence, social relationships, personal beliefs, career life and relationship to everyday living. With introduction of AI technology, it has become very easy to arrange and organise day to day life and AI has also impacted overall wellbeing influencing the quality of life. AI is playing important role in enhancing quality of life. AI tools when used properly in coherent body image, can quantitate and impact quality of life without any bias, wrong interpretation and unnecessary conclusions. (Wac & Wulfovich, 2022)

Literature review

Abrams explored how AI has transformed psychology, from clinical practice to research and education. AI powered chatbots have improved access to the therapy and automation tools have helped in reducing administrative burdens. This has allowed psychologists to focus more on patient care, research and education. In research AI enabled the analysis of large datasets and has offered new insights into the field of psychology and human behaviour. In education AI has helped educators enhance teaching methods. Although there are some ethical concerns which remain a concern among users which includes data privacy, potential biases in AI models. The study highlighted the importance of maintaining human interaction in therapy, which plays a key role in ensuring that AI is integrated thoughtfully and ethically into the field. (Abrams, 2023)

Alkhouri explored the growing influence of AI in the psychology of religion and religious experiences. The study discussed how AI powered tools such as virtual religious communities and digital spiritual advisors are reshaping traditional practices and making religious engagement more accessible to everyone. The study has also raised important ethical concerns, which has put a question on whether AI driven experiences can truly replace the authenticity of human led spirituality or not. The study has also highlighted the importance of balancing technology's role in enhancing religious practices while maintaining emotional depth, personal reflection and community aspects that define faith. (Alkhouri, 2024)

Bhatt examined the effectiveness of AI in psychotherapy and highlighted its potential to address mental health issues exacerbated in the post pandemic period. AI-based methods, particularly chatbots, offer accessible, cost-effective and stigma-free mental health services. The study systematically examines 95 articles, selecting 13 that meet eligibility criteria. Results of the study indicated significant positive outcomes from using AI-based approaches in mental health treatment and suggested strong support for integrating AI technology with the traditional psychotherapy. (Bhatt, 2024)

Dalsaniya studied the AI's transformative role in health, wellness and spirituality. This paper indicates that the use of AI applications like virtual therapists and mental health chatbots are there to provide support for emotional well-being. All the wearable

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technologies and personalized fitness plans are there to enhance wellbeing and reach their health goals but caution about dependency was found as concern. The study also highlighted the advancements in diagnosis, healthcare management and personalized wellness. It also addressed the ethical concerns such as privacy, bias and the impact on human interactions and traditional values while using AI for mental wellbeing. (Dalsaniya, 2023)

Essoussi examined the role of AI and robotics in reshaping human life and highlighted both opportunities and challenges faced with AI. On one hand AI has contributed in making daily tasks easier with improved efficiency and has also contributed to human wellbeing, whereas on the other hand it has raised serious concerns especially regarding job loss, ethical dilemma and it also questions about what it means to be human. The study has also highlighted the legal aspects of AI and questioned whether machines should be granted rights to do anything and how it should be monitored or regulated in society with its growing influence. The outcome of the study was that AI has the potential to enhance our quality of life, but it also has associated risks that need to be carefully regulated to get its benefits as a whole. (Essoussi, 2019)

Graham et al investigated AI's potential in mental healthcare through 28 studies using data like EHRs, mood scales, brain imaging, and social media to predict and classify mental illnesses. AI could redefine diagnosis, enable early interventions and personalize treatments. However, caution is needed to avoid over-interpreting preliminary results, and more research is necessary to bridge research and clinical practice. (Graham et al., 2019)

Gupta et al examined the impact of artificial intelligence (AI) on human mental and emotional well-being and emphasized the interconnectedness of mental wellbeing and emotional well-being. AI technologies, especially in sports education, can improve mental health by early diagnosis of disorders and reducing anxiety. The result has shown privacy concerns and the need for human connections has posed a challenge. The study also highlighted the importance of ethical guidelines and future research on user experiences to foster the positive emotional outcomes through AI integration. (Gupta et al., 2023)

Hernández explored the intersection of artificial intelligence (AI) and spirituality. The study highlighted the need for harmonious integration of technology and humanities and it argued that AI can mitigate the ambiguities inherent in spiritual and intellectual concepts, thus advancing knowledge in these areas. The article discusses the challenges of defining key terms like 'mind,' 'intelligence,' and 'spirit' and proposed that AI's information processing capabilities can enhance our understanding of these complex notions, fostering a synergistic relationship between technical advancements and the study of intangibles. (Hernàndez, 2021)

Jannai et al explored how Artificial Intelligence contributes to quality of life. It was a systematic review which analysed 68 studies from 2000 to 2002, focussing on AI tools, Machine learning (ML), Natural language processing (NLP) and Deep learning (DL) in measuring and improving quality of life. The study highlighted AI's role in processing large datasets, identifying wellbeing indicators, and supporting sustainable development. It also suggested the areas for further research on integrating AI and quality of life to know more. (Jannani et al., 2024)

Jin et al explored the role of AI on mental health and also explored how AI is impacting the field of mental health today and in future. The study indicates on the recent developments in digital psychiatry or mental health and emphasized on how AI is transforming mental health care. Especially through computational psychiatry which uses data to understand and treat the mental health conditions while considering its benefits and challenges across the way. It also highlighted the concern regarding ethical considerations and AI's increasing role in the mental health field. (Jin et al., 2023)

Gorichanaz found the use of smartphone apps for spiritual well-being. The study has conducted a survey of smartphone applications which are available and support spiritual well-being and how they are related to six aspects of spiritual well-being. It identified six dimensions as: belief in an organizing force, connectedness, faith, compassion, life's meaning and meaning of death. It examines how apps address each dimension and looks at interaction styles like timers, notifications, card decks and journals that are commonly used. The study has suggested areas for further app development in spiritual well-being. (Gorichanaz, 2022)

Kozak & Fel explored the relationship between religiosity and emotional responses to artificial intelligence (AI) among university students. The result of the study stated that religiosity has significantly affected emotions such as fear and anger towards AI, and it also explored that religious students exhibit more intense reaction as compared to the non-religious students. The research has highlighted the importance of considering religious factors in AI design to enhance the acceptance of society and also ensures the ethical considerations in AI solutions that respect the diverse belief systems. (Kozak & Fel, 2022)

Konigsburg explored how modern warfare used AI and military drones to enhance strategy and reduces casualties. It also introduces stress and trauma for the drone pilots. AI and spiritual health highlighted the complex interplay between the technology and mental health in the context of military forces. It

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indicated that personnel using remotely piloted aircrafts exhibited PTSD symptoms which impacted their spiritual health and well-being. Use of AI and healthy spiritual practices helped them maintain their wellbeing. (Konigsburg,2022)

Naor et al highlighted the importance of improving wellbeing with the Mobile Artificial Intelligence–Powered Acceptance Commitment Therapy Tool. The study highlighted the effectiveness of AI powered tools and is designed to deliver Acceptance Commitment Therapy. A pragmatic retrospective analysis was conducted which involved 2,909 users, tracking their well-being using the World Health Organization-Five Well-Being Index. The results indicated increased engagement, measured by the number of daily messages sent, and it was found positively correlated to improve the wellbeing. The study also highlighted the potential of mobile-based Acceptance Commitment Therapy interventions to enhance individuals' daily life. (Naor et al., 2022)

Oladimeji et al explored the integration of artificial intelligence (AI) in psychology and highlighted its potential to enhance mental health care through improved detection, diagnosis, treatment, and public health education, despite the concerns regarding data privacy, national guidelines and the lack of human empathy, AI's role in psychology is rapidly expanding, demonstrating significant promise in advancing mental health practices. (Oladimeji et al., 2023)

Olawade et al found the importance of enhancing mental health with artificial intelligence and analysed the trends and future prospects. A narrative review approach was applied to review 124 research papers to comprehensively investigate the utilization of AI in mental healthcare. The results indicate AI's potential to make mental health support more accessible and efficient and emphasized on investigating and establishing clear regulatory frameworks, validating AI models transparently, and addressing ethical challenges to ensure responsible implementation of AI in mental healthcare. (Olawade et al.,2024)

Park et al explored the role of digital method for spiritual and mental wellbeing for the new generation (Gen Z). The study indicated the need of digital tools and applications and how they help in enhancing wellbeing of Gen Z in today's era. It also highlights digital methods for addressing the changes in mental health and spiritual practices among the Gen Z. (Park et al.,2024)

A study highlights the importance of mindfulness and emotional wellbeing, nurturing awareness and compassion. It states how AI can enhance emotional well-being by promoting awareness and balance through mindful interventions. The study also discussed the potential of AI tools to foster compassion and regulation which ultimately contributes to a more balanced and empathetic digital society. (Singha,2024)

Sturgill et al found that a novel artificial intelligence-powered emotional intelligence and mindfulness app highlighted the increasing prevalence of mental health disorders and the barriers for accessing traditional mental health services. A systematic review of 95 studies, narrowed down to 13 was conducted, which indicates that AI-based methods, especially catboats for e-therapy show significant positive outcomes in treating mental health issues and enhancing quality of life. The study advocates for the integration of AI with traditional psychotherapy to enhance mental health support and improve quality of life (Sturgil et al., 2021)

Thakkar et al explore the role of artificial intelligence in mental wellbeing and emphasized its potential in mental health care. The study discusses AI's application across various mental health conditions and disorders which includes neurodegenerative and even mood disorders. It also indicated the role of AI in assistance, diagnosis and intervention. It highlighted the need for culturally aware AI systems, flexible algorithms and addresses potential biases and ethical concerns in use of AI in mental health treatment. (Thakkar et al., 2024)

Verma et al examined the impact of AI on human behaviour and wellbeing. This study discussed how AI is often considered as a key driver of the fourth industrial revolution. AI has transformed industries, social interactions and self-perception. It has enhanced efficiency, problem-solving and medical innovations but AI has also raised certain concerns about job displacement, ethical implications and diminishing human connection. The study has put stress on the importance of ethical AI development, advocating for guidelines which ensures that AI serves humanity responsibly while preserving core human values. (Verma et al., 2023)

Waghmare et al explored the role of AI in psychology and its potential for improving mental health diagnosis, treatment, cognitive assessment and behaviour prediction. The study highlighted the challenges like biasness, interpretability and ethical concerns regarding use of AI in psychology. It has emphasized the need for clear goals, ethical guidelines, robust data governance and transparency to ensure responsible use of AI. It also stated that AI can significantly advance psychological research and practice if these issues are managed by monitoring and ethical guidelines. (Waghmare et al., 2023)

Walsh et al discussed challenges in implementing AI in behavioural healthcare and stigma associated with behavioural and mental health. It also focused on how AI can help in stigma leading to under-reported symptoms, health disparities causing algorithmic bias, and the lack of reliable biomarkers affecting model development.The study highlighted the need

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for explainable AI models to build user trust. (Walsh et al., 2020)

Williams & Lim explain how AI technology has transformed various aspects over the decades and how evolution of AI has changed everything including how people feel, think and behave. The study focused on the impact of AI on emotions, cognition and behaviours. It indicates that AI has played a key role in how people feel, think or behave by making everything at fingertips and giving space to express their self without fear (Williams & Lim, 2024)

Sturgill et al stated that Emotional intelligence and mindfulness can impact anxiety and depression in college students. The study examined the AI powered app Ajiyar for emotional intelligence and mindfulness training among the college students, the results of the study indicate significant reduction in anxiety and depression and it also indicated improvement in emotional intelligence. The study demonstrates effectiveness in enhancing wellbeing specially during difficult times like pandemic. (Sturgill et al.,2021)

Research methods

Aim:
The main purpose of this study is to explore the impact of Artificial intelligence on Emotional, Spiritual and Mental wellbeing and to understand how they are affecting the quality of life of young adults

Objectives:
To estimate the relationship between AI based application on emotional well-being
To estimate the relationship between AI based application on spiritual well-being
To estimate the relationship between AI based application on mental well-being
To evaluate the connection between AI based application on emotional, spiritual well-being and mental well-being and quality of life among young adults
To understand the effect of AI based application in enhancing or diminishing the study quality of life

Research Question:
How do AI-driven applications contribute to emotional spiritual and mental wellbeing of young adults and its involvement in enhancing or diminishing quality of life among the young adults?

Research Gap:
There were very few studies which highlighted the role of AI based application in spiritual well-being, emotional well-being and mental wellbeing and its role in enhancing or diminishing quality of life. And also, very few studies highlighting on importance of AI based on young adults' population.

Sample:
In this study qualitative approach was employed using structured interview with pen and paper method.
Purposive sampling techniques was used to collect data from 250 young adults, (19 -35 years of age) residing in Delhi NCR region

Sample selection criteria:
Inclusion criteria:
Individuals who are in the range of 19 to 35 years (young adults)
Individuals living in urban areas of Delhi and NCR
Individuals who were interested in participating
Exclusion criteria:
Individuals below 19 years and above 35 years
Individuals living in rural areas of Delhi NCR region
Individuals with chronic illnesses and physical disability or with moderate or profound disabilities or disorders

Variables:
Dependent variable: Artificial intelligence
Independent variable: Emotional Spiritual and mental wellbeing and quality of life

Procedure:
The ethical considerations were taken into account and informed consent was taken from the participants and following steps were taken to conduct the study. The structured interview questions where printed and given to assess the impact of artificial intelligence on emotional spiritual and mental wellbeing and its role in enhancing or diminishing quality of life

Selection of participants: A total of 200 young adult consisting of 100 males and 100 females were selected to participate in the study. Participants were selected on the basis of inclusion and exclusion criteria of the study and also their willingness to participate in the study

Method: For this qualitative study structured interview method was used as the primary data collection method. Interviews were conducted using pen paper method allowing participants to mark their response directly on the response sheet.

Conducting interviews: Interview were conducted in person and each interview lasted approximately between 25- 30min. The participants responded to series of structured questions and responses of the participants were directly recorded onto the response sheet.

Data analysis: The collected data from response sheet were analysed to find out the impact of artificial intelligence on emotional spiritual and mental wellbeing and how it works in relation to enhancing or diminishing quality of life among young adults.

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Result

This study explores the impact of Artificial Intelligence (AI) on emotional, spiritual and mental wellbeing. The primary objective of this is to understand how AI powered applications impact emotional, spiritual and mental wellbeing of young adults and to understand its influence on quality of life, whether it is enhancing or diminishing quality of life. To achieve this, structured interviews gather young adults' perspective, and survey results were analysed using Microsoft Excel. The findings of the study are represented in two parts:

A. Numerical Summary: The data is represented in a table summarizing participants responses to all interview questions providing a percentage breakdown of key trends.

B. Response Analysis: A question wise interpretation of participants opinion supported by pie charts. The responses are categorized into five key areas:

1) AI and Emotional Wellbeing: examining AI's role in emotional support

2) AI and Spiritual Wellbeing: examining AI's role in spiritual wellbeing

3) AI and Mental Wellbeing: examining AI's role in Mental wellbeing

4) AI and Quality of Life: Evaluating whether AI enhances or diminishes the Quality of Life.

5) AI's comprehensive view on mental health

A. Numerical Summary

Question	Response Options	Percentage (%)	Participants (n)
Q1: Do you believe AI-powered mental health apps can provide personalized therapy and support?	Yes	64%	160
	No	36%	90
Q2: Do you believe AI-powered tools can affect the quality of life?	Yes	84%	210
	No	16%	40
Q3: Can AI-powered tools improve diagnostic accuracy for mental health disorders?	Yes	30%	75
	No	10%	25
	Not Sure	60%	150
Q4: Can AI-driven companions (social robots) provide emotional support effectively?	Yes	50%	125
	No	50%	125
Q5: Can AI-driven spiritual guidance enhance well-being and personal growth?	Yes	50%	125
	No	50%	125
Q6: Do you trust AI systems to keep your information confidential?	Yes	32%	80
	No	68%	170
Q7: Are there concerns regarding AI diminishing traditional human connection?	Yes	84%	210
	No	16%	40
Q8: Can AI help reduce stigma associated with mental health in India?	Yes	88%	220
	No	12%	30
Q9: Can AI help spread awareness and make mental health support more accessible in India?	Yes	96%	240
	No	4%	10

| Question	Response	%	Count
Q10: Has AI improved your quality of life in managing daily tasks?	Yes	88%	220
	No	12%	30
Q11: How adequate are AI-driven mental health applications in providing support?	It did not help me	-	0
	Provided support to some extent	36%	90
	Provided great comfort and resolved my issue	-	0
	Not sure	4%	10
	Good but needs improvement	60%	150
Q12: How has dependency on AI affected you?	Made life planned and easy	4%	10
	Boosted career and well-being	20%	50
	Had no effect on life	4%	10
	Caused insecurities	10%	25
	Created more hustle and stress	62%	155
	Significantly harmed my career, personal life, and well-being	-	0
Q13: Has AI made you feel isolated or disconnected?	Yes, frequently feel isolated	2%	5
	No impact on my social connection	4%	10
	Sometimes feel disconnected, but it is manageable	6%	15
	Prefer personal interactions over AI	30%	75
	AI has given me free space to express myself	58%	145
Q14: Has AI affected your connection with yourself and God?	Yes, helped in self-connection and spirituality	70%	175
	Did not help in spiritual connection	2%	5
	Needs improvement	24%	60
	Lacked personal interaction, so not helpful	4%	10
Q15: Would AI-based applications be better with ethical guidelines?	Yes, definitely will be better	64%	160
	No, it is perfect as is	2%	5
	Some changes can make it more convenient	30%	75
	Regulations for monitored usage are required	2%	5
	Regulations for ethical guidelines are required	2%	5

Table 1: Survey Results on AI, emotional wellbeing, spiritual wellbeing, Mental wellbeing and Quality of life.

B. Response Analysis

1) The Relationship between AI based application and Emotional Wellbeing

The survey explored the impact of AI based application on Emotional Wellbeing of young adults which revealed a balanced perspective. The results of the survey indicated that the responses were evenly split, with 50% of participants believing that AI companions could effectively provide emotional support while the other 50% disagreed to it. The results indicate that while AI can provide certain emotional benefits, such as a safe space for expression and some level of emotional support, it cannot fully replace the depth and quality of human emotional interactions. With the help of AI people are able to express and manage their problems and emotions, giving better emotional well-being. The analysis of the questions shows the participants opinion :

Pie chart 4: Can AI – Driven companion (Artificial human companions) like social robots provide emotional support effectively?
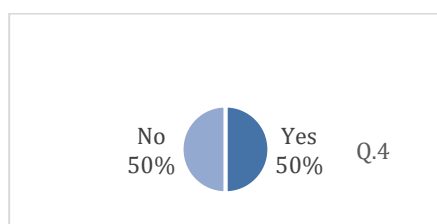
Analysis: The participants are evenly split displaying lack of consensus on the effectiveness of AI-driven companions in providing emotional support. This indicates diverse experiences and perceptions of AI's emotional capabilities.

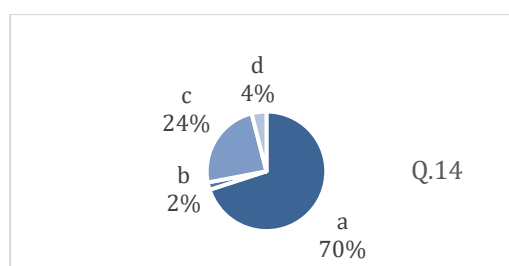**2) The relationship between AI technology and spiritual well-being**

The survey explored the impact of AI on spiritual well-being among young adults showed mixed response mostly believed AI can positively contribute to spiritual well-being, especially in helping individuals connect with themselves and their beliefs. However, participants had divide response i.e. 50% agreeing and 50% disagreeing on whether AI-driven application can provide spiritual guidance and improve overall well-being. But more than 70% of participants reported that AI has helped them with spiritual practices, connecting with themselves and their beliefs . AI can offer support while others believe it cannot fully replicate the richness of human-led spiritual practices. AI-based applications have the potential to support spiritual well-being, but they are viewed as complementary tools rather than replacements for traditional method. The analysis of the questions shows the participants opinion:

Pie chart 5: Can AI- Driven spiritual guidance and practices enhance Overall wellbeing and personal growth?
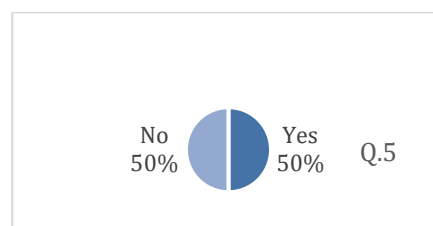
Analysis: The opinion is evenly split between the participants; they are evenly divided on the opinion of impact of AI on spiritual well-being, highlighting the varying levels of acceptance and effectiveness of AI in this domain

Pie chart 14: Has AI made any changes in your connection with yourself and your connection with God?

((a) Yes, AI has given me a chance to connect with myself and God through spiritual practice; (b) AI did not help me in connecting with myself and God through spiritual practices; (c) It requires a lot of improvements; it did not meet my expectations; (d) The personal interaction was missing and did not help me.)

Analysis: Most of the participants believed that AI can be helpful in connecting with themselves and religious beliefs which has improved spiritual well-being in young adults. Indicating positive impact of AI on spiritual well-being

3) The Relationship between AI technology and Mental Wellbeing

The survey examined the impact of AI on mental well-being among young adult, revealing balanced opinions on its impact. The results have indicated that 64% participants believed that AI-powered mental health apps can provide personalized therapy and support. This highlights a general trust in AI's ability to cater to individual mental health needs. However, 60% of participants were unsure about AI's ability to improve diagnostic accuracy for mental health disorders and also suggested that there is a great potential of this in future The results demonstrate that AI-based applications are generally viewed as beneficial for mental well-being, with significant support for their ability to provide

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personalized mental health support and improve accessibility. While there is some uncertainty regarding AI's role in diagnostic accuracy, most participants are optimistic about its potential to reduce mental health stigma and enhance access to mental health services. Overall, AI is seen as a valuable tool for supporting mental well-being, particularly in terms of personalization and accessibility. The analysis of the questions shows the participants opinion:

Pie chart 1: Do you believe AI-powered mental health apps can provide personalized therapy and support?
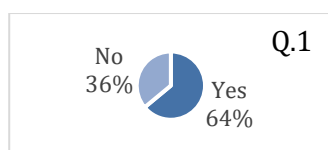
Analysis Significant population believed that AI powered mental health App can provide personalized therapy and support. Indicating trust in AI'S ability to individuals' mental health needs.

Pie chart 3: Can AI-powered tools improve diagnostic accuracy for mental health disorders?
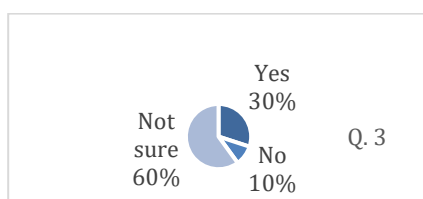
Analysis: The responses are divided with major portion of participants being unsure about it. It is indicating a need for more awareness, efficacy and awareness in this area.

Pie chart 11: How adequate do you find AI -Driven mental health applications in providing support?
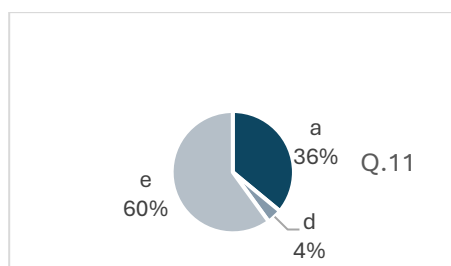
(a: It did not help me, b: It provided support to some extent, c: It provided great comfort and resolved my issue, d: I am not sure, e: It's good but needs some improvement)
Analysis: Most of the participants find AI -Driven mental health application somewhat helpful but feel that improvement is needed, indicating that if certain

improvements are brought, it can be a boom to the wellbeing of young adults

4) Understanding the effect of AI based application in enhancing or diminishing the Quality of Life
The survey investigated the impact of AI on quality of life among young and also analysed if AI enhances or diminishing the study quality of life. The results indicated that AI has mostly enhanced the quality of life. 84% of participants believed that AI-powered tools could positively affect their quality of life. Additionally, 88% of participants reported that AI has improved their ability to manage daily tasks and had helped in leading to a more organized and manageable life. However, 60% of participants expressed concern about over-dependence of AI, which could strain their life and create challenges.
AI has helped in maintaining life satisfaction, well-being and provide support in day to day living which has resulted in enhancing wellbeing. The analysis of the questions shows the participants opinion.
Pie chart 2: Do you believe AI-powered can affect the quality of life?
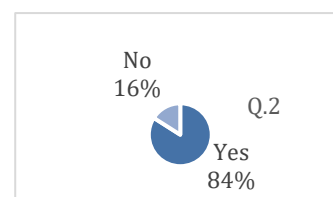
Analysis: Substantial amount of people believed that AI powered application can affect quality of life. It reflects general perception that AI has a notable impact on quality of life among young adults

Pie chart 10: Has your quality of life become better due to the assistance of AI in managing daily tasks?
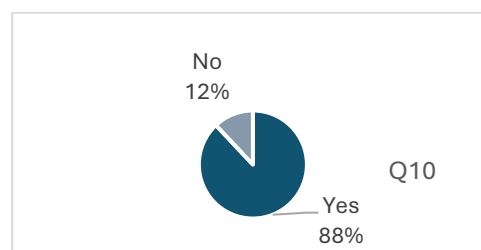
Analysis: An overwhelming number of participants feel that AI has improved their quality of life by helping manage daily task and indicating high satisfaction with AI's practical benefits. Indicating that AI has made life organised and easier.

5) AI's comprehensive view on mental health
Results presented comprehensive view of how young adults perceive the impact of AI on their emotional, spiritual, and mental well-being, as well as the

quality of life. The findings indicate mixed response some had some concerns regarding AI, some believed it has immensely helped on the other hand some had an opinion that AI can be very beneficial if they take care of privacy and ethical guidelines.

The major Concerns regarding usage of AI technology with mental health can be:

Privacy concerns:

There is still lack of confidence among people about sharing their information 68% of participants expressed concerns about AI and its ability to keep their information confidential. They don't have full faith that data will be kept private.

**Pie chart 6:** Do you trust AI systems to keep your information confidential?
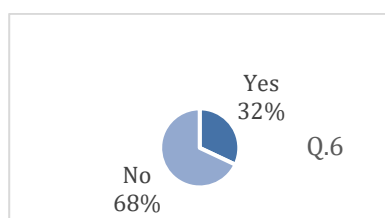
Analysis: Majority of the participants believed that AI lacks on trust and is not able to make them confident whether their data is secured or not, indicating significant privacy and security concerns among the users.

Traditional Human Connection:

Traditional Human Connection is another concern among participants (84%) who believed that AI could diminish traditional human connections, raising concerns about the impact of AI on social interactions and interpersonal relationships. They feel it still doesn't have that warmth and connection which is felt in traditional method. More than concern it's a benefit that AI and traditional methods together create a balanced result in improving mental psychological well-being.

Pie chart 7: Do you think there are concerns regarding AI diminishing traditional human connection?
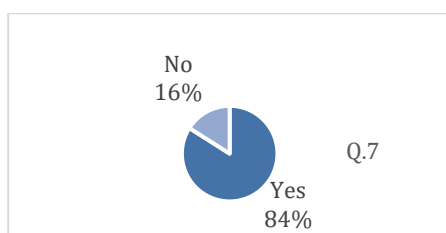
Analysis: Most of the participants believed that AI can diminish traditional human connection which is reflecting concerns about the AI is potentially

impacting interpersonal relationships and social interactions.

Pie chart 13: Has AI made you feel more isolated or disconnected from others?
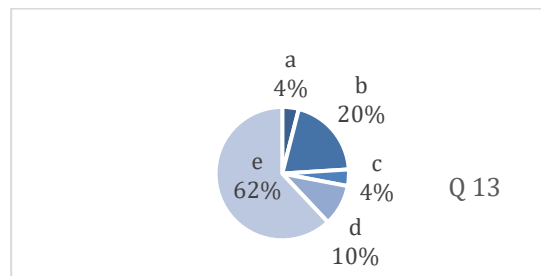
(a:Yes, AI has frequently made me feel isolated and disconnected; b: No, AI had no impact on my feelings of connection with others; c: Sometimes, AI makes me feel somewhat disconnected, but it is manageable; d: Personal interactions are better than AI interactions, they make me feel connected; e: AI has given me free space to express myself.)

Analysis: Participants had mixed opinion indicating that AI can provide a judgment-free space but also believed personal interactions are still valued more highly for personal connection and emotional support.

Monitoring the ethical guidelines:

Monitoring the ethical guidelines is one the major concern and needs to be worked so that we can use AI with its best potential without the fear of privacy invasion.65% of the participants agreed that AI would give better responses with strict guidelines and ethical concerns providing more privacy to the people. It is also supported by the study of role of AI in psychology and its potential for improving mental health diagnosis, treatment, cognitive assessment and behaviour prediction.

Pie chart 12: In what ways has your dependency on AI affected you?

(a:Dependency on AI has made my life planned and easy, b: Dependency on AI has given a boost to my career and well-being, c: Dependency on AI has had no effect on my life, d: Dependency on AI has caused insecurities in my life, e:Dependency on AI has somewhat strained my life and created more hustle, f: Dependency on AI has significantly harmed my career, personal life, and well-being)

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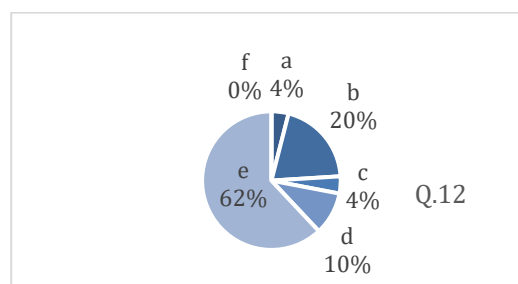
Analysis: Most of the participants reported positive impact of artificial intelligence but they also displayed fears regarding dependency causing distress in life but few believed it can give boost to wellbeing and make life organised.

Pie chart 15: Do you think if AI-based applications are properly monitored and ethical guidelines are strictly followed, it will give better responses?
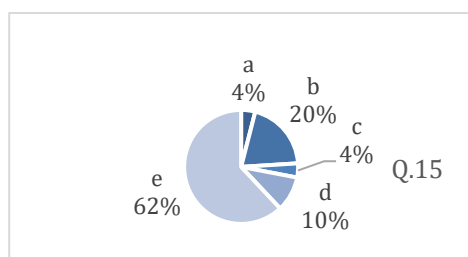

(a:Yes, definitely it will be much better; b: No, I think it is perfect; c: Maybe, some changes can make it more convenient; d: Regulations for monitored usage are required, but I am okay with ethical guidelines; e: Regulations for ethical guidelines are required, but I am okay with its usage.)

Analysis: Most of the participants believed that AI can be a boom in upcoming time only if they improve on implementation and consideration of ethical guidelines and monitoring the usage of AI technology. It can increase satisfaction and make life easier to live.

Reducing Stigma and Improving accessibility:
There are a lot of stigmas associated with mental health and it creates hesitation among people so AI helps in reducing these barriers and help in increasing the reach of mental health services. AI has also helped in increasing accessibility of mental health services to the people88%of the participants believed that AI could help reduce stigma surrounding mental health in India, and has also supported role of AI in promoting mental health awareness and advocacy. Additionally, 96% of participants felt that AI could make mental health support more accessible, indicating broad support.

Pie chart 8: Do you think AI can help reduce stigma associated with mental health in India?
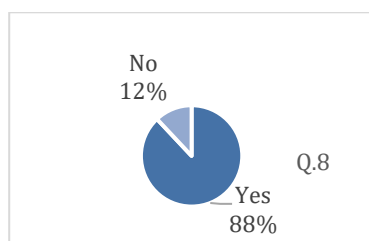
Analysis: An overwhelming majority believe AI can help reduce stigma and myths associated with mental health. Indicating optimism about AI's role in mental health advocacy and awareness among the population

Pie chart 9: Do you think AI can help spread awareness and make mental health support more accessible in India
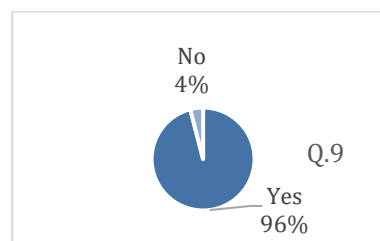
Analysis: A strong consensus supports the Idea that AI can enhance accessibility and awareness of mental health support, highlighting AI's potential to democratize mental health services.

The study's results present a comprehensive view of how young adults perceive the impact of AI on their emotional, spiritual, and mental well-being, as well as the quality of life. The findings indicate mixed responses, with some participants highlighting AI's potential benefits while others express concerns about dependency, privacy, and the erosion of traditional human connections. Overall, the study reveals that AI has held significant potential to enhance the emotional, mental and spiritual well-being among young adults. It has also highlighted the concerns about privacy, dependency and the erosion of traditional human connections, which is also supported by the literature. Therefore, usage of AI in psychology got mixed responses from the participants but it is also considered to be very helpful. AI can be very impactful and useful tool for improving mental health and mental health services.

Discussion
The result of the study provides a comprehensive look into the perception of young adults regarding the impact of AI on mental, emotional and spiritual well-being and its effect whether it is diminishing or elevating the quality of life. The response of the survey indicates mixed opinion about the AI technology in mental health. Mostly the concerns are regarding the issue of privacy and dependency on AI based technology. The results of the study are supported by previously published research and the discussion is structured into five key areas: AI and Emotional Wellbeing, AI and Spiritual Wellbeing, AI and Mental Wellbeing, AI and Quality of Life: evaluating whether AI enhances or diminishes quality of life and AI's comprehensive perspective on mental health**.**

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AI and Emotional wellbeing

When it comes to AI-driven companions and emotional support, The responses were evenly split, with 50% of participants believing that AI companions could effectively provide emotional support while the other 50% disagreed with it. This suggests that while AI can offer a space free of judgments but participants still find it lacking in emotional depth, which is consistent with mixed findings from the literature regarding AI's ability which has brought a lot of changes in everyone's life. AI has given a space to express and share their emotions and get the help of interventions to manage but it is not able to replace human emotional support (Singha,2024). AI cannot replace the traditional human interaction but it can bring some emotional relief. With the help of technology people are able to express and manage their problems and emotions, giving better emotional wellbeing as believed by most.

AI and spiritual wellbeing

Integrating AI with Spiritual well-being had a mixed response, participants had divided response i.e. 50% agreeing and 50% disagreeing on whether AI-driven application can provide spiritual guidance and improve overall well-being. But more than 70% of participants reported that AI has helped them connect with themselves and their spiritual beliefs. This suggests that AI can play a positive role as supported by the literature that spiritual well-being and AI has a significant role in the life of young adults. ((Naor et al., 2022), (Hernàndez, 2021), (Graham et al, 2019)). It is therefore observed that AI technology can improve spiritual well-being in young adults

AI and mental wellbeing

The results have indicated that a significant number of participants (64%) believed that AI-powered mental health apps can provide personalized therapy and support. This highlights a general trust in AI's ability to cater to individual mental health needs. However, 60% of the participants were unsure about AI's ability to improve diagnostic accuracy for mental health disorders and also suggested that there is a great potential of this in future. AI technology has helped in spreading awareness and accessibility about mental health in young adults. There it suggests that AI can help in breaking the stigma and myths associated with mental health in the Indian population. There are a lot of concerns and hesitations regarding the diagnosis and privacy but overall, it can be a great source to boost mental wellbeing in India that is supported by various studies ((Bhatt, 2024), (Oladimeji et al., 2023)).

AI and Quality of life

It was observed that AI is mostly enhancing the quality of life. 84% of participants believed that AI-powered tools could positively affect their quality of life. Additionally, 88% of participants reported that AI has improved their ability to manage daily tasks and had helped in leading to a more organized and manageable life. However, 60% of participants expressed concern about over-dependence of AI, which could strain their life and create challenges. But overall, AI has helped in increasing the QOL but only concern is overuse and dependency and its threat to increase insecurities regarding many things in young adults. Supported by literature that AI has potential to enhance our quality of life, but it also has associated risks which need to be carefully monitored and regulated to get its benefits as a whole. (Essoussi, 2019). AI tools, Machine learning (ML), Natural language processing (NLP) and Deep learning (DL) in measuring and improving Quality of life. (Jannani et al., 2024).

AI's comprehensive perspective on mental health:

Privacy concern has emerged as the most significant findings. 68% of participants expressed concerns about AI and its ability to keep their information confidential. This is supported by various studies highlighting privacy concerns (Gupta et al., 2023).

Traditional Human Connection is another concern among participants (84%) who believed that AI could diminish traditional human connections, raising concerns about the impact of AI on social interactions and interpersonal relationships. This is supported by ((Abrams, 2023) (Verma et al., 2023)) Monitoring the ethical guidelines is also one of the concerns among the participants. When asked about the AI's effectiveness with proper monitoring and ethical guidelines, 65% of participants agreed that AI would give better responses with strict guidelines and ethical concerns providing more privacy to the people. It is also supported by the study of role of AI in psychology and its potential for improving mental health diagnosis, treatment, cognitive assessment and behaviour prediction. (Waghmare et al., 2023)

AI's role in reducing stigma and improving accessibility is one of the major boosts to the field of psychology and individuals helping them fight stigma to improve their wellbeing. 88% of the participants believed that AI could help reduce stigma surrounding mental health in India, and has also supported role of AI in promoting mental health awareness and advocacy. Additionally, 96% of participants felt that AI could make mental health support more accessible, indicating broad support. As supported by the study AI in behavioural healthcare, stigma associated with behavioural and mental health. (Graham et al., 2019).

Overall, the study reveals that while AI has held significant potential to enhance the emotional, mental and spiritual well-being among young adults. It has highlighted the concerns about privacy,

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dependency and the erosion of traditional human connections, which is also supported by the literature. Therefore, usage of AI in psychology got mixed responses from the participants but it is also considered to be very helpful.

ModelOn the basis of data collected and studies reviewed, a model diagram is created to illustrate the effect of AI mental health chatbots on
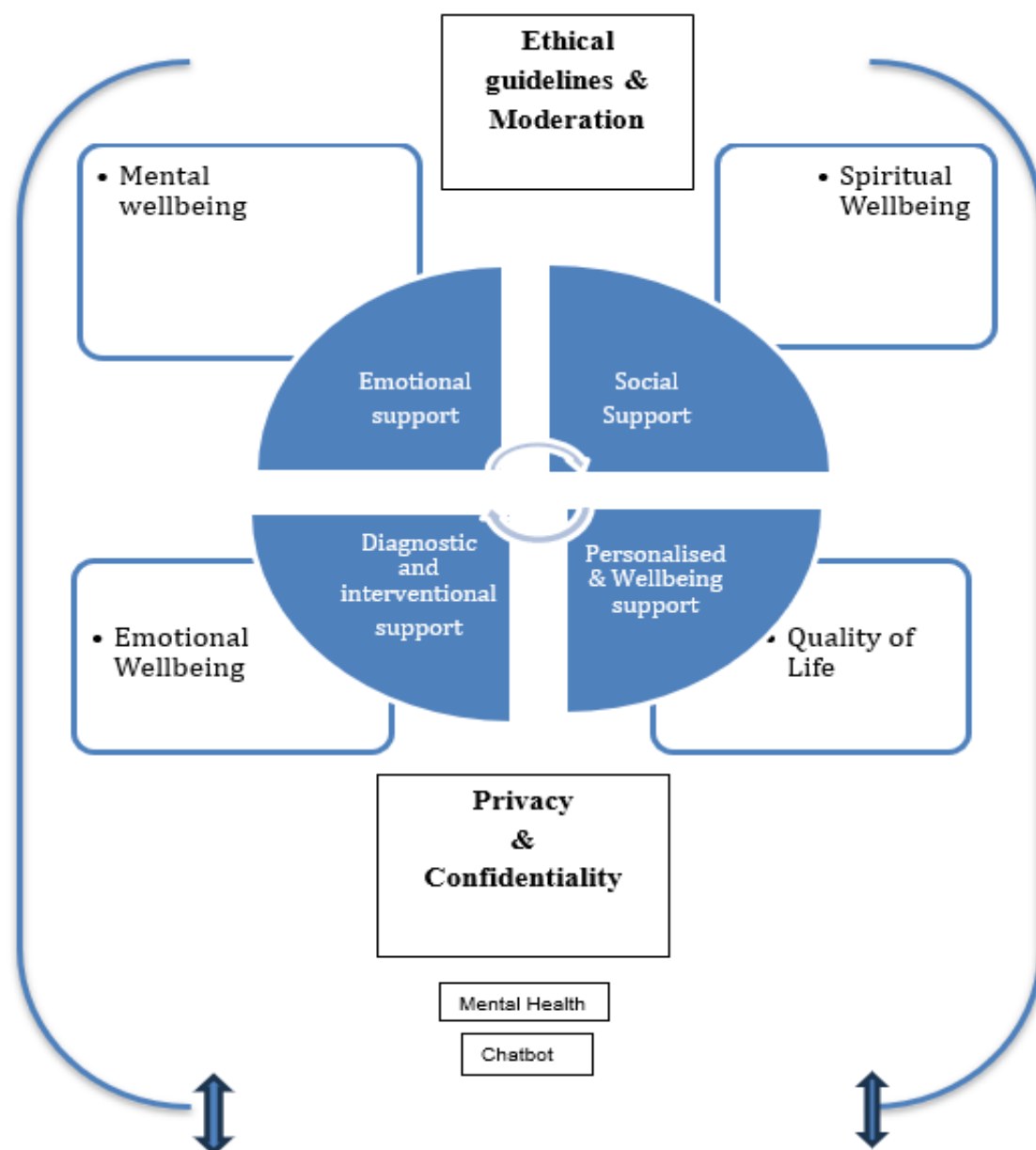
Fig: 1 AI   model based on the topic (Author)

This model describes AI chat box supporting emotional, social, diagnostic & intervention support to enhance emotional, spiritual, mental wellbeing and quality of life. Outer circle depicting importance of ethical guidelines and privacy and privacy and confidentiality.

Conclusion
This study has examined the impact of emotional, spiritual, and mental well-being of young adults and examined its impact on quality of life among young

adults. The study has explained the concept of AI technology into the world of applications in psychological healthcare as a prominent tool in mental health data analytics. It has provided valuable insight into the dual nature of AI on emotional well-being, mental health, SWB and QOL in young adults. The findings reveal a complex landscape in which AI is recognized for its potential to enhance QOL through improved accessibility to mental health data, resources, emotional support and spiritual practices. Participants have expressed optimism

about AI's ability to reduce stigma surrounding mental health and promote awareness that ultimately leads to greater well-being. The only concern which participants have faced with AI technology is privacy, overtaking traditional human connection and over dependency which needs to be addressed. The study also highlighted the concern regarding privacy, overdependence on technology and the potential erosion of traditional human connects and association. Overall, the results have indicated positive potential of AI technology to enhance emotional, spiritual and mental well-being. It has also proved to enhance provided overdependency empowers it and diminish the QOL. The study calls for further research to explore the AI's impact on diverse populations and the long-term effects of its integration into daily life. By doing so we can better understand how to leverage AI technology as a tool for enhancing well-being.

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