

Artificial Intelligence and Society: A Critical Analysis of Challenges and Opportunities in the Digital Age

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Abstract:

This article investigates artificial intelligence's transformative impact on society, focusing on behavioural changes, democratic stability, and human relationships. The research identifies three critical challenges: the erosion of critical thinking due to AI-enabled instant knowledge access, the manipulation of public discourse through AI-driven misinformation, and the shift in human emotional connections as AI systems develop sophisticated emotional recognition capabilities. Through analysis of current technological trends, the study argues that unregulated AI deployment poses significant risks to democratic institutions while offering unprecedented opportunities for human advancement. The findings emphasize the need for balanced regulatory frameworks and enhanced human self-awareness to ensure AI serves rather than undermines human agency.

Introduction

The advent of Artificial Intelligence (AI) has left the world in awe, marking a significant turning point in human history. What was once confined to the realm of science fiction has now become an integral part of everyday life, reshaping industries, challenging human intelligence, and sparking debates about its potential impact on humanity.

AI is no longer a mere tool-it is slowly emerging as an independent agent, capable of thinking, learning, and even making decisions. Both human and AI operates within boundaries. AI operates within the data and algorithms. Humans with their experience, culture and biology.¹ But AI's capacity to influence decision-making has already begun to take shape in critical sectors like finance and defence. As AI agents learn

1 Hidden, Smitten, "Can AI Create an Original Idea?" *Reddit*, accessed February 12, 2025, https://www.reddit.com/r/OpenAI/comments/16q8t9p/can_ai_create_an_original_idea/.

to manipulate human behaviours and make decisions autonomously, the stakes grow ever higher. Its ability to invent, analyse, and act autonomously has led some to believe that AI could surpass human intelligence. As billions of AI agents operate globally, the implications for humanity are profound, raising both optimism and concern. In a recent webinar held in Chennai, the associate professor, School of Computer Science and Engineering, Geraldine Bessi Amali D., VIT-Vellore, said that this is an exciting era of learning and working when man and machines are co-evolving. AI is omnipresent, from our selfie avatars to YouTube recommendations, auto-corrections in WhatsApp and auto-completion in emails to object recommendations in Google lens and designer add Ons in making slides.²

So far, all inventions were from human mind. The present trend indicates that hereafter more and more inventions with more precision are going to come from AI namely alien intelligence. Many new ideas will come from AI agents. This article explores the merits and drawbacks of this fascinating technology, offering insights into how AI is reshaping human existence. This will indeed help us to become aware of ourselves and to be in touch with the reality more and more.

1. Understanding AI and Its Evolution

1.1 The Double-Edged Sword of AI

Everyone wants to know whether AI is good or bad? The answer is a very big ‘Don’t know’. That is the reality. No one knows at present the positive and negative impact of AI in its fullness. AI is present in every sector health, education, energy, finance, policies, creative arts and it shows that it is not just the core sciences and engineering courses, but AI is also getting integrated into every discipline, making it inevitable for the future generation. While AI has the potential to revolutionize all the fields, it also poses risks that cannot be ignored. For the first time in history, we face a technology capable of creating new ideas, making autonomous decisions, and redefining human existence.³

AI can assist doctors in diagnosing illnesses, provide personalized education, and even reduce car accidents through autonomous vehicles.

2 “Webinar on Artificial Intelligence Held,” *Pressreader*. https://www.pressreader.com/india/the-hindu-erode-9WW6/20250126/281565181436688?srsId=AfmBOooPJD8tIORwGU4Pzp7bgbsmFoch0_8k-Ti_3-eVVR9gnj9WomtP

3 <https://www.facebook.com/watch/?v=378469954843881>

However, the same technology, if misused, could manipulate societies, create chaos, and undermine democratic processes. The challenge lies in balancing the benefits with the risks through proper regulation and ethical development.

1.2 AI - Transforming Human Progress

Despite the risks, AI holds enormous potential to improve human life. By providing more precise medical care, reducing accidents, and offering support in education and mental health, AI could drastically improve human well-being. However, the success of AI in this regard depends on our ability to make informed and ethical decisions about its deployment. Ensuring AI is used for the benefit of humanity requires that we develop an understanding of its impact and regulate its application.

1.3 AIs are Able to Think and Have Multiple Perspectives

AIs would help us understand ourselves much better. They can help human beings, to the doctors, lawyers, engineers. AI expertise is to help us. But if they use it to manipulate us or if they sell it to a third party to manipulate us, it is against law. They can go to prison for that.

2. Human – AI Interface

2.1 Human Capacity and the Challenge of AI

Human beings possess tremendous potential, yet many fail to fully harness their abilities. Evolution has shaped us over billions of years, leading to a civilization we often take pride in. However, the present scenario is fraught with volatility and chaos. Conflicts, danger, and the looming threat of extinction characterize much of our existence.

Human beings are having power to create and to destroy. Today there is a great threat to the Ecology. The ecosystem is at the verge of collapse. We are tending towards an extinction of humanity by endangering the eco system. It is leading us towards technological destruction. There are numerous common challenges to the humanity, arising tensions on many spheres. Human beings are not smart today to deal with challenges. While a vast majority are unaware about many things those are affecting the humankind, there are few people, mainly the corporates of the world who are engaged in destroying the entire cosmos.

One of the Pope Francis' encyclicals *Laudato Si* very clearly narrates how the ecosystem is rapidly approaching its breaking point. Pope Francis said, "Each year sees the disappearance of thousands of plant and animal species which we will never know, which our children will never see, because they have been lost for ever."⁴ Millions of species have already vanished. Human-made machines and chemicals are putting the Earth in grave danger, leading us down an artificial path. In the agricultural sector, despite numerous revolutions, the food we grow now contains unnatural substances. Excessive use of chemicals has severely contaminated groundwater. Groundwater is becoming more polluted in Tamil Nadu's industrial areas and Vellore is the state's most polluted district in terms of river pollution, according to a new study by Delhi-based think tank, Centre for Science and Environment (CSE).⁵ There is a stark contrast between natural products and artificially manipulated ones. Genetically modified seeds have caused significant harm to living beings. The unnatural inventions of humankind have profoundly altered the natural tendencies of humans and disrupted the balance of nature. At this turbulent time, the rapid rise of AI challenges human nature itself, as the machines work continuously without rest, pushing us to adapt or face collapse.

2.2 A Changing Human Nature

The nature of human beings is undergoing a significant transformation. Those who rely heavily on advanced technology are no longer behaving naturally, as their actions are influenced by various factors of the technological world. Blessed are those who remain untouched by technological devices, for they have preserved their mental balance and stability. In a way, these individuals are fortunate, as they remain connected to their natural tendencies.

The influence of technology has dulled people's senses, leading to a decline in common sense. Many have lost their sleep, peace of mind, ability to reflect, and patience. Referring to a number of recent studies, Dr. Igor Pantic explains a link between social media use and certain

4 Ceballos Gerardo and Handling Editor: Dykhuizen Daniel, IV. Pope Francis Encyclical Letter *Laudato Si*', Global Environmental Risks, and the Future of Humanity, The University of Chicago Press Journals, <https://www.journals.uchicago.edu/doi/full/10.1086/688261>

5 Verma Shreya and Arora Sardana Sugandha, Groundwater Quality Deteriorating in Tamil Nadu's Industrial Areas: CSE | Down To Earth.

mental health problems including anxiety and depression.⁶ Those who use social media heavily, are constantly gripped by tension, inundated with an overwhelming stream of unwanted and irrelevant information. As a result, their minds become restless, unable to remain calm or stable, and perpetually wandering. Dissatisfied and discontented, they often experience an inner emptiness or void.

AI operates 24/7, unlike humans who require rest, pushing societies to accelerate their pace to keep up. This relentless advancement is also altering human behaviour. People increasingly interact with devices rather than with each other, leading to concerns about the erosion of human relationships.

2.3 The Evolving Human-AI Relationship

Humans are gradually moving away from forming meaningful relationships with one another and instead turning to artificial intelligence (AI). This trend is already evident in our daily lives. Consider the situation in developed nations people have increasingly stopped engaging in face-to-face conversations. This happens not only in developed nations but also in developing countries like India. Most are preoccupied with their devices, interacting with screens almost constantly. Smartphones, in particular, have captured the attention and emotions of people across all age groups, from children to elders.

2.4 Human Beings' Deep Yearning for Connection

In a way, Human beings are slowly losing their ability and patience to listen and understand fellow humans. This is because of their greater connectivity to the devices they hold in their hands. The devices are becoming their 24 hours partner. At this juncture, AI is increasingly adept at understanding human emotions and responding empathetically. This raises concerns about emotional dependency on machines, which may, in the future, develop their own emotional responses. The potential for AI to form intimate, emotionally intelligent relationships with humans could alter the very fabric of human connection.

6 <https://onlinedegrees.bradley.edu/blog/how-does-technology-affect-mental-health>.

3. Technology and Social Impact

3.1 Children Getting Addicted to Devices is a Dangerous Sign

In developed nations, smartphones have become constant companions, occupying the minds of both young and old. This dependency raises concerns about addiction, particularly among children. *Governments, such as New Zealand*, have started implementing measures like banning cell phones in schools to curb this trend. The Prime Minister of New Zealand Christopher Luxon, declared, “Happy No Phones in School Day.” From today “it is official” Luxon wrote, “Phones have been banned in schools across the country. It’s time we cut the distractions so kids can learn and achieve.”⁷ In our context, the children are becoming more and more addicted to the devices they are using. When some restrictions are imposed, they become very violent and behave abnormally. In Kerala, when a Plus One student’s phone was taken away and handed over to the principal as per the rule, the student issued dire threats to the teachers who did it.⁸ It created a lot of commotion in the education department of the state.

3.2 Usage of Technology

As long as Humans use technology in a controlled manner, that is fine. But if they are not vigilant, there is every possibility for the technology to take over the humans, and keep them under control. That is dangerous. Humans should not allow the technology to use them. That awareness is needed more and more today.

3.3 Flow of Information Leading to Loss of Memory

Social media which human beings are occupied with has taken away their memory. They are pumping a great number of information whether it is useful or not. The minds are getting used to the inflow of information. With the less developed education systems, people in fact, struggle to sift through abundant information to find what is most beneficial or for their growth. Many become distracted and lose focus on what matters.⁹ Eventually, it is leading the human minds to lose their original capacity to stay and reflect. Ultimately nothing remains with the human beings.

7 <https://www.rnz.co.nz/news/political/515550/school-cellphone-ban-what-you-need-to-know>.

8 “Video of Student Threatening Teachers: RDD Sends Report to DGE,” *The Hindu* (Madurai), January 22, 2025, p. 7.

9 Kinzamba, H. Jeremie, “Congolese Youth Strengths and Challenges,” *Pax Lumina* 6/5 (November 2024): 13-16.

4. Democracy and Political Impact

4.1 The Threat to Democracy

The survival of democracy in India and the rest of the world where dictatorial tendencies have crept in comes as a huge challenge. There is an urgent need for the people to be educated on democracy and its meaningful functioning.¹⁰ AI's persuasive capabilities pose a significant threat to democratic processes. In a democracy, meaningful conversations and trust among people are crucial. However, AI-driven bots could manipulate public opinion, spread propaganda, and undermine trust. If left unchecked, this could lead to the erosion of democratic systems. If it is not regulated, the chances of democracies surviving are very low and dictatorship will survive as dictatorship flourishes on Chaos and mistrust. This trend could create mistrust among people and make them disagree upon anything. Then the only way to still have a society is to have a dictatorship. This is how dictatorship will be justified. Promoting democracy is very vital. However, democracy could be inculcated by way of making people trust one another and to have meaningful dialogues and conversations.

4.2 Dictatorship will Replace Democracies

In his farewell remarks as U.S. President, Joe Biden warned that an oligarchy was taking shape and threatening American democracy.¹¹ He said that a new Gilded Age of 'robber barons' was in danger of eroding hard won freedoms. Everywhere, political and economic power are intertwined. However, the connection can occasionally turn bleak and dangerous. There are 13 billionaires in U.S. President Donald Trump's cabinet. Elon Musk, the first individual with a net worth of over \$400 billion, asked voters to brace for "temporary hardship" as his Department of Government Efficiency will reduce public spending. Mr. Musk invested \$200 million in Mr. Trump's election campaign. Musk's super political action committee (PAC) spent about \$200m to help elect Donald Trump to a second presidency.¹² In today's increasingly unequal world, empowered by tech marvels such as Artificial Intelligence, economic power invariably gets concentrated in a few hands. This

10 Newman Paul, *Pax Lumina*, 6 (2024): 43-45.

11 Biswas, Atanu, "The Oligarchy We See Today," *The Hindu* (Madurai), January 23, 2025, p. 9.

12 "Elon Musk's Super PAC Spent \$200m to Help Elect Donald Trump," *The Guardian*, November 12, 2024.

may lead to intense oligarchy and thus to dictatorship. Already in most parts of the world, we are witnessing a small number of incredibly wealthy people running the government in many countries. They are running things in their favour. This pattern is turning democracies into dictatorship.

U.S. President Donald Trump after taking over as the President of the U.S. announced a private sector investment of up to \$500 billion to fund infrastructure for Artificial Intelligence, aiming to outpace rival nations in the business-critical sector.¹³ This is a very dangerous undemocratic step which would brush aside the burning issues of U.S. and the globe. It will eventually create an unhealthy competition among the rival nations and the world's substantial wealth will be spending upon this in the new era. In 1941, faced with imminent threats from hostile Axis powers, U.S. President Franklin D. Roosevelt initiated a secret assignment known as the Manhattan Project. That monumental research and development initiative culminated in the creation of the first atomic bomb. Seven decades later, Donald Trump, the 47th President of the U.S., faces a powerful adversary in China, and is embarking on a mission to solidify America's position as a dominant artificial intelligence (AI) superpower.¹⁴

4.3 Social Media Sphere in the Context of AI

Creating the mindset is the powerful strategy used in present times. Creating a Common ground including common sense during the elections and the impact created followed by the desired result is the need of the hour for the politicians. For this the social media platforms are highly used. The decisions made by the non-human AIs are very helpful to create the mindset and attitude. Facebook, Google, Instagram, Twitter say that it is not they who are to be blamed. According to these social media platforms, they simply create platforms for the humans to make use of them. In the same way, one cannot blame the press for what is printed. Cannot blame the Radio for what is broadcasted and can't blame the TV channels for what is telecasted. All these platforms are used by those who are interested in using the platforms. For this

13 Holland Steve, "Trump Announces Private-Sector \$500 Billion Investment in AI Infrastructure," *Reuters*, January 21, 2025, accessed February 12, 2025, <https://www.reuters.com/technology/artificial-intelligence/trump-announce-private-sector-ai-infrastructure-investment-cbs-reports-2025-01-21/>.

14 Xavier John, "Stargate: Building Super Intelligence," *The Hindu* (Madurai), January 26, 2025, p. 16.

they are not to be blamed. Social media is providing recommendations and suggestions according to one's taste/interest. Algorithm is actively pushing content to people as per their interest. Algorithm is not making choices randomly. It has an aim and a purpose by the platform to increase user engagement like year by year, month by month target to be achieved. The social media networks are going out and get more eyeballs and get more minutes for the platform.¹⁵ Algorithms evolved by discovering, through experiments on hundreds of millions of people, that triggering outrage was the most effective way to capture and maintain user attention, leading to increased engagement. Among two videos of which one is calm and another is outrageous. The algorithm goes for outrageous because it increases user engagement. A survey of over 10,000 adolescents (13-17 years) in the United States and India has revealed that mental well-being is closely linked with earlier age of initiation of mobile phones, and could decline significantly with each younger year of age.¹⁶

5. Regulatory and Future Concerns

5.1 Future of AI Technology is Unknown

The new generation of AI is you just ask the question and you get an answer. So far, even in google you had to Google and read. But no more you need to read. Thus, the ability for critical thinking is gone. AI is totally different from all information technology. It can create content by itself. It can make decisions. We have never faced this kind of technology. So, we have no idea what would be the outcome in 10 or 20 years in terms of education or anything else.

5.2 Regulating AI is the Need of the Hour

We humans are organic beings, natural. We move in cycles and move in organic time. We are the most adaptable animals on the planet. But adaptation itself requires a lot of time. but no one has reached a point when there is no time. AI is moving too fast. So, it is the responsibility of the governments to buy us time by slowing it down now. Stopping the researches going on in AI is impossible. It is not going to happen.

15 Yuval Noah Harari, "Our AI Future is Way Worse Than You Think," *Rich Roll Podcast* <https://mail.google.com/mail/u/2/?ogbl#inbox/FMfcgzQXKMzjCfbXtMpzsnSRZcPksrpm?projector=1>

16 Kannan Ramya, "Study Finds Link between Smartphone Use and Mental Health of Adolescents," *The Hindu* (Madurai), January 25, 2025, P. 12

But the governments should regulate the deployment of AI into society which the government is doing in various sectors like drug company regulations. There is a long process before a drug company sells its medicines to the public. Similarly, launching a new car takes more time. It is the same thing for AI too. It is common sense. AI is creating new ideas. These new ideas may fall into the wrong hands. Govt. should distinguish between regulating deployment and regulating development. It would be very difficult to regulate the development e.g. the ongoing arms race. Each country is justifying itself in developing its own arms. But regulating the deployment is easy for the government with thorough scrutiny and with safety checks.

5.3 The Risks of Unregulated AI Development

AI's rapid development presents a unique challenge. As technology advances at an exponential rate, there is a risk that we may fail to regulate its use effectively. AI systems operate at a speed and scale beyond human capabilities, and without careful oversight, they could surpass our ability to control them. History has shown us the dangers of unregulated technological advancements, from the creation of nuclear weapons to the rise of mass surveillance. Given the pervasive nature of AI and data, a new regulatory approach, which can be termed as a "precautionary regulatory principle": Ex-ante regulation should slow down the use of AI technologies, especially in domains where redressing the costs of AI become politically and socially more difficult after large scale implementation.¹⁷

6. Emotional and Educational Impact

6.1 AI and Human Emotions

One of AI's most intriguing developments is its ability to understand human emotions. AI's ability to recognize human emotions is largely based on two key technologies: facial recognition and natural language processing (NLP). By analysing facial expressions, voice tone, and even text-based communication, AI system can detect emotional states such as happiness, anger, sadness and fear.¹⁸ By analysing moods and

17 Acemoglu, Daron, "Dangers of Unregulated Artificial Intelligence," *CEPR*, accessed February 1, 2025, <https://cepr.org/voxeu/columns/dangers-unregulated-artificial-intelligence>.

18 Korber Digital, "AI and Human Emotions: Can Machines Understand Feelings?" *LinkedIn*, accessed February 2, 2025, <https://www.linkedin.com/pulse/ai-human-emotions-can-machines-understand-feelings-koerberdigital-65pae>.

behaviours, AI has begun to forge connections with people, filling emotional voids that others may fail to address. While this could provide comfort, it also raises ethical questions. Humans have an inherent yearning to be understood—to have someone listen to their feelings, aspirations, dreams, and emotions. Whether it's between spouses, parents and children, or siblings, the desire for empathy and understanding runs deep.

However, in modern relationships, this mutual understanding often falls short. Individuals are frequently preoccupied with their own emotions, leaving little time or patience to truly listen to others. This is where AI could potentially bridge the gap. AI has the capacity to listen with undivided attention, analyse human emotions, and interpret feelings with remarkable precision. While robots and machines in science fiction are portrayed as lacking the ability to grasp basic human emotions, AI is already demonstrating an ability to understand humans based on their moods and behaviours.

Though AI understand and feel emotions, it cannot truly make it like humans. While it can be programmed to recognize and respond to human emotions based on data, it lacks the biological and psychological capacity for genuine emotional experience. AI can simulate emotional responses, but it doesn't feel them.¹⁹ Could humans eventually rely more on AI than on each other for emotional support?

6.2 The Future Emotional Intelligence

In the future, AI may even develop its own emotions and feelings. Although this is not yet a reality, if it ever comes to pass, humans might increasingly turn to AI to fulfil their emotional needs. For now, AI serves as a tool that can respond to our emotional cues with unparalleled focus, offering a level of attention that many human relationships often lack.

The question remains: as AI continues to evolve, will it strengthen human relationships or further diminish our connections with one another?

6.3 Critical Thinking in Education

AI is also transforming education. Tools like ChatGPT provide instant answers, potentially diminishing the need for critical thinking. While

¹⁹ Nivash Jeevanandam, "Can AI Understand and Feel Emotions Like Humans?" *Indiaai*, accessed February 12, 2025, <https://indiaai.gov.in/article/can-ai-understand-and-feel-emotions-like-humans>.

this can make information more accessible, it risks creating a generation less equipped to analyse and reflect deeply. AI's role in education is already evident. Traditional learning methods are being disrupted by AI, which can provide instant answers to questions and even create content. While this has the potential to revolutionise education, it also raises concerns about the loss of critical thinking skills and the importance of human interaction in learning. AI's ability to generate content could lead to a future where human creativity and independent thought are diminished.

6.4 The Information Diet: A Call for Discernment

Earlier information was very scarce. Today junk information is flooded. Most of them are artificially created to spread hate and enmity. What is required today is “information Diet”. Information is food for the mind. Unhealthy information makes unhealthy minds. In today's information age, we are overwhelmed by data both valuable and harmful. The flood of misinformation, often designed to spread hatred or division, poses a significant threat to the integrity of democratic societies. Just as we manage our physical diet for health, we must also curate our information diet to maintain mental well-being and societal harmony. The spread of fake news, particularly through social media platforms, has already caused significant disruption in global politics.

7. Future Considerations and Solutions

7.1 Democratic Stability

AI's growing influence over human behaviour is reshaping the dynamics of democracy. By manipulating emotions and political views, AI could undermine the very foundations of democratic governance. AI systems designed to push content that generates outrage or division may destroy the conversation and the trust necessary for democratic discourses. As these systems gain power, they could become a tool of dictatorship, fuelling chaos and mistrust while eroding public trust in institutions. If it is not regulated, the chances of democracies surviving are very low and dictatorship will survive.

7.2 Humanity's Response

The biggest challenge Humanity is facing today is that it is not in a position to understand the crisis it faces and to come forward to fight the crisis. Humankind must become aware of the precarious situation that

it faces today rather than creating its own fictional stories. We need to search for our biological nature. We should come to the understanding that we have our shared biological reality in common. In the same way, we need to reduce the fictional stories we have already created in our minds. All of us have got the tendency to think that we are better, we are different, we are special. We don't stop there, but we go on to justify ourselves based on our fictional or created stories. In today's world, we find the right-wing forces create and spread stories to gain a greater level of political mileage. They are dividing people and taking them far away from their senses and make them feel that one group is special and different from the other. That is how they make one group hate the other. This led them to the belief that they cannot cooperate with the other group and they should all the time keep themselves away and focus only on themselves alone. It is time to let go of these fictional created stories a little while and go back to the level of the body. Then, we will realize that we are all the same and we all share the biological nature which is common to the entire humanity. Then we will come to our senses and realize that the fictionally stories will not help us to have harmonious living.

7.3 Fake News Era

The world is already witnessing the fake news bombarding the minds of people. We are living in the fake news era. Fake news creates great turmoil and chaos in the human society. Governments have failed to have the fact-check of the content that is spreading all over. As a result, people are hijacked by the fake news spread all over. In spite of the danger involved in the spread of fake news, the governments seldom bother about it. Those who are in power make use of this fake news platform to gain more power. They have been brainwashed in such a way that they are ready to die for the politicians. Dhruv Rathee, the famous You Tuber has established in a video, how millions of Indians were brainwashed²⁰ Now we find fake news spreading among the nations. Humans are not in a position to check the facts as they start believing in all the news that is spread through the media network available in the world. So, the governments are more interested in controlling the Media rather than controlling the fake news. Similarly, governments would prefer to exploit the development and deployment of AI to beat the other nations and eventually, all are going to be trapped.

20 Dhruv Rathee, "How Millions of Indians Were Brainwashed? | The WhatsApp Mafia," YouTube video, February 2025, <https://www.youtube.com/watch?v=9Gmp2BAB3VA>.

7.4 The Role of Governments

Regulating AI is paramount, but governments must tread carefully. While halting AI development is impossible, its deployment can and should be regulated. Stringent safety checks, akin to those in the pharmaceutical and automotive industries, are essential to ensure AI serves humanity rather than exploits it. China's AI development has already surged forward, with state support and strategic goals driving innovation. Now the U.S. is pushing itself to solidify its position as a dominant artificial intelligence superpower. The race to dominate AI comes at a time when countries are belittling regulations and hitting the pedal on building super intelligent systems. Some experts have cautioned against this approach as AI, which is better than humans in cognition and problem solving, could improve at a terrifying pace.

Governments also need to address the issue of fake news, which is amplified by AI algorithms. Social media platforms often prioritize engagement over accuracy, spreading misinformation and polarizing societies. Without regulation, this could threaten democracies and pave the way for dictatorships.

While AI legislation advances, some regulators are experimenting with gathering information about algorithmic systems and their potential societal effects. This experimentation has developed a tool box of AI regulatory strategies, each with different strengths and weaknesses. These potential interventions include transparency requirements, algorithmic audits, AI sandboxes, leveraging the AI assurance industry, and welcoming whistleblowers.²¹ The nations heavily engaged in AI development must follow these methods and develop a strong regulatory mechanism within their countries.

7.5 Awareness and Regulation

The key to ensuring AI benefits humanity lies in our ability to use it responsibly. Technology must serve us, not the other way around. As AI becomes more integrated into daily life, we must maintain vigilance to prevent it from overpowering human agency. Regulation will be essential to ensure that AI operates in a way that enhances human progress, rather than undermining it.

21 Engler Alex, "The AI Regulatory Toolbox: How Governments Can Discover Algorithmic Harms," *Brookings*, accessed February 12, 2025, <https://www.brookings.edu/articles/the-ai-regulatory-toolbox-how-governments-can-discover-algorithmic-harms/>.

8. The Path Forward: Human Adaptation in the Age of AI

The future of humanity in the age of AI depends on our ability to adapt to new realities while retaining our core values. As AI continues to evolve, it is crucial that we remember our shared biological nature and the importance of cooperation. Understanding the need for balance between technological advancement and human well-being will be key to shaping a future where AI enhances rather than diminishes our humanity.

8.1 A Shared Responsibility

As we navigate this technological revolution, humanity must focus on fostering cooperation and understanding. AI's potential to create new ideas and perspectives can help us understand ourselves better. However, this requires governments, corporations, and individuals to prioritize ethical practices, transparency, and accountability.

Meditation and self-awareness are essential in this era of rapid change. Observing how our minds create fictional narratives can help us stay grounded in reality. Recognizing our shared biological nature, irrespective of ideology or religion, is vital to building a better world.

8.2 The Russian Poem of the 1980's

The poem narrated that we all share the same biology regardless of our ideology. That is how they overcome the 1980's cold war. It is true even today there is a compelling need to come to our senses and realize that we share the same biology irrespective of our ideology and religion. The poem further narrates that like Russians all have and all of them love their children. We need to get into such reality by coming to our senses. If we remember that and let go of our ideological and religious fantasies a little that will definitely form the basis to create a better world for everybody.

8.3 Fratelli Tutti: (All Brothers and Sisters)

The third encyclical of Pope Francis scientifically and biologically enumerates the very same fact that we all share the same biology regardless of our beliefs and ideologies. Thus, Pope Francis indicates that we are all brothers and sisters and he invites all the human beings on this earth to embrace one another and to help one another lead a peaceful decent life on this earth. Fraternity and social friendship are

the ways Pope Francis promotes through this encyclical to build a better, more just and peaceful world, with the contribution of all people and institutions.²²

Conclusion

Artificial Intelligence is a powerful force that could redefine humanity. It offers immense potential to improve lives but also poses significant risks if left unchecked. As this technology continues to evolve, humanity must navigate the complex ethical, social, and political implications it raises. Only through careful regulation, critical self-reflection, and a commitment to preserving our shared humanity can we ensure that AI serves as a force for good, rather than a tool for destruction. The future of humanity may depend on our ability to adapt to this new reality and to foster trust both with each other and with the machines that increasingly shape our lives. The humanity should know what is most important for to survive peacefully. “Meditation” is most important for the human beings today to come to their senses. Observing oneself repeatedly and observing how the mind constantly creates fictional stories is very vital in our lives. We need to understand that much of our lives are centred around the fictional stories we create in our minds. We need to know that they are not real. Thus, we have to let go of them for a little while in order to be in touch with the reality as it is. It is a real Himalayan task which is vital for us to become aware of our biological nature.

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22 Piro Isabella, “Fratelli Tutti: Pope Francis on Fraternity and Social Friendship,” *Vatican News*, October 2020, accessed February 12, 2025, <https://www.vaticannews.va/en/pope/news/2020-10/fratelli-tutti-pope-fraternity-social-friendship-short-summary.html>.