

Frequent appeal to artificial intelligence for psychological support can interfere with the development of communication skills with people, experts of the Perm National Research Polytechnic University, as reported by TASS.

AI-based systems, the same chat bots, for example, become popular, especially among young people. They: are always available, quickly respond and do not require the user to adapt to the interlocutor. However, constant communication with AI deprives a person of the opportunity to train key social skills - to express his thoughts, discuss complex emotions and cope with disappointment that arises when a real person does not provide expected support, experts explain. In the long run, this creates a shortage of real communication, important for personal growth.

In addition, AI does not know how to recognize non-verbal signals - facial expressions, intonation and other elements of emotional contact. Without this, any feedback remains "incomplete" and can lead to "wrong conclusions", especially in difficult situations.

*News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.*