

The Disruptive Power of AI-A Multifaceted Analysis of its Impact on Human Life

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Abstract--- *Artificial Intelligence (AI) is a new and fast-growing technology that is changing the way humans live, work, and communicate. AI means the ability of machines or computers to do tasks that normally need human intelligence. These tasks include learning from data, understanding speech or images, solving problems, and making decisions. In today's world, AI is everywhere — in mobile phones, hospitals, schools, banks, cars, farming, online shopping, and even in our homes. AI helps in saving time, reducing mistakes, and making life easier and more comfortable. AI is used in many useful ways. In the field of health, AI supports doctors in identifying diseases faster and more accurately. In education, students can learn using AI-powered apps which give personal guidance. In transport, AI is used in smart traffic systems and self-driving cars. Businesses use AI for customer support, data management, and sales. AI also helps farmers by giving weather and crop advice. At home, virtual assistants like Alexa and Siri help people do daily tasks using voice commands. AI also plays an important role in helping people with disabilities through voice-to-text, screen readers, and other assistive tools. However, AI is not always positive. It also has some serious problems. Many people may lose their jobs as AI machines can do the same work faster and cheaper. AI systems can also be unfair if they are trained with wrong or biased data. This can cause discrimination in job selection, loan approval, or even legal decisions. There are also dangers like fake videos (deepfakes), online cheating, loss of privacy, and too much dependence on machines. This research paper explains how AI began, how it is used now, and what effects it has on human life — both good and bad. It uses easy language and real examples to help everyone understand the topic clearly. It also gives suggestions on how to use AI safely and fairly. We must use AI with care, rules, and human values so that it helps all people in an equal and positive way.*

Keywords--- *Artificial Intelligence (AI), Machine Learning, Smart Technology, Virtual Assistants, Voice Recognition, Self-Driving Cars, Digital Transformation, Disability Support, Data Bias, Deep fakes, Ethical Use of AI, Human Values, AI in Daily Life*

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I. INTRODUCTION

FROM Fire to Future – Human Mind Never Stops Thinking.

Human journey is full of amazing changes — from lighting the first fire to building smart machines. “From Stone Age to Space Age, from spark to satellite, from hand tools to Artificial Intelligence — this is the magic of human brain.” Long ago, early humans lived in forests, used stone tools, and hunted animals. Life was hard. But one discovery changed everything — fire. It gave safety, light, warmth, and cooked food. After that, humans never stopped learning. They began farming, building homes, and forming villages. With time came the wheel, writing, and machines, leading us to the industrial age. Then came computers and the internet, and now we live in the age of Artificial Intelligence (AI) — where machines can think, learn, and even help in decision-making.

Today, AI is everywhere — in our phones, cars, hospitals, banks, and homes. It makes life easier, faster, and smarter. We ask Alexa for songs, get map directions from Google, and shop online with smart suggestions. But just like fire can cook food or burn a house, AI also has a good and bad side. It can take away jobs, reduce human thinking, and collect private data. It can make people lazy and increase the gap between rich and poor. Famous minds like Elon Musk and Stephen Hawking warned us about the dangers of AI if not controlled. AI is like a powerful tool — it can build or break. If used carefully, it can change the world for good. But if misused, it may cause big problems. So, we must use AI wisely, with rules, values, and care — so that technology serves people, not replaces them.

II. DISADVANTAGES OF ARTIFICIAL INTELLIGENCE

1. Unemployment

Artificial Intelligence (AI) is growing fast and bringing big changes in the world, but one of its most serious effects is the loss of jobs. As machines and robots become smarter, they are slowly replacing humans in many types of work. This problem is not only in online or technology companies, but it is spreading to all fields. Many experts have warned that millions of people may lose their jobs in the coming years. A report by Frey and Osborne in 2013 said that almost half of the jobs in the United States are at risk of being done by machines. Another study by McKinsey in 2017 estimated that by the year 2030, nearly 800 million jobs across the world could disappear due to AI and automation. They said that at least 75 to 375 million workers will need to learn new skills or change careers. This shows how big the impact of AI can be on people's working life.

For every human being, a job is not just a way to earn money — it is a basic need to live with dignity. Through their job, a person supports their family, gives them food, shelter, and education. But if that job is taken away by a machine, what will happen to the family? How will they survive? Modern technology may give us luxury, comfort, and speed, but what is the use if millions of people are left jobless, homeless, and hopeless? Many traditional businesses have already vanished due to digital tools — such as newspaper vendors, photo studios, CD shops, and many more. Earlier, we used to say that animal species were becoming extinct. Now, we are seeing the extinction of businesses and human jobs. This is not real progress. Real growth must include human beings, not throw them aside. A simple life with work is better than a modern life without it.

Today, every day we hear news about people losing their jobs. In 2024 alone, many top companies like Intel, Tesla, Microsoft, Google, and Amazon removed thousands of employees. In India, more than 1.4 lakh jobs were lost in one year, and in just the first half of 2025, another 1 lakh people have already lost their jobs. If such big and rich companies cannot protect their workers, what will happen to the common man? This is why I strongly feel that overuse of AI is dangerous. Technology should help humans, not replace them. Machines should be our assistants, not our competitors. We must control AI, not let AI control our future. Everyone deserves a chance to work, earn, and live a decent life.

2. Lack of Transparency in AI

One major problem with Artificial Intelligence (AI) is that it often lacks transparency. This means it is not always clear how or why AI systems make certain decisions. Sometimes, the data used to train AI is wrong, incomplete, or biased. Even the engineers or scientists who create the AI may not notice these problems at first. When this happens, the AI can give wrong or unfair results, and no one may understand why. This is especially true in complex systems like deep learning or neural networks, which are often called a "black box" because their inner working is hard to understand—even for the people who built them.

This lack of clarity can cause serious issues. For example, in areas like healthcare, finance, or law, decisions made by AI can affect people's lives in big ways. But if we don't know how the AI made the decision, we cannot easily find out if it was correct or fair. In the United States, courts have started using AI tools to check if a person might commit another crime, and this information is used to decide their bail or punishment. But there is very little information on how these tools actually work. This is risky, as unfair or wrong decisions can be made without anyone being held responsible.

A real example of this problem is with a woman named Nadia Saed Abdulle, who almost lost her refugee status because of a mistake in facial recognition software. Such mistakes can harm people badly. When AI is not transparent, it becomes difficult to fix problems or build trust. People must know how decisions are made so they can check, question, or correct them when needed. Without transparency, the use of AI becomes dangerous, especially when it affects human rights and justice.

3. Biased and Unfair AI Systems

Bias is not only a problem in society, but it can also happen in technology. When wrong or unbalanced data is given to AI systems, they can become biased too. This means that AI can treat people unfairly based on their gender, race, age, or other factors. AI often learns from real-world data, and if that data already has bias, then the AI also picks up that bias and repeats it. This can make social and economic inequality even worse.

Biased and Unfair AI Systems

Bias is not only a problem in society, but treating AI systems treat polarizing bias that already exists in society. For example, some examples where candidates may not know why a certain candidate over women, it may induce data bias in embryology laboratory (Curchoe and Bormann 2019). Such bias in healthcare field (Curchoe and Bormann, 2019). Such bias in healthcare field (Curchoe and Bormann, 2019). Sh.



One example of this was Amazon's job hiring experiment. A few years ago, Amazon used AI to help choose the best job candidates. The AI would give people ratings from one to five stars, just like how products are rated online. But the system was unfair to women. The reason was that the AI was trained using job applications collected over 10 years — and most of those applications were from men. As a result, the AI preferred male candidates and gave lower scores to resumes that mentioned the word "women" or women's colleges. Another example comes from the healthcare field. If AI is trained only on a small part of medical data — like only embryos that were selected for treatment — it will not learn about all types of embryos. Later, when it is used in real-life cases, the AI may give wrong or unfair results. This can induce data bias in the embryology laboratory (Curchoe and Bormann, 2019). Such bias in healthcare can be dangerous, as AI systems might make decisions that are not correct for all patients.

4. Profiling

One big concern with Artificial Intelligence (AI) is how it can create detailed profiles of people by collecting their personal information. AI systems are designed to find patterns in data. When they are tested on personal data like location history, they can predict where a person might go next, just by looking at where they have been in the past. The prediction becomes even more accurate if AI also has access to data from the person's friends or contacts.

Some people may think this is not a big issue and say, "I have nothing to hide, so it doesn't matter who knows where I go." But this thinking is risky. Even if you are not doing anything wrong or illegal, your personal data is still private. Would you feel okay living in a house with transparent walls, where anyone can see inside? Probably not. Similarly, would you be comfortable if someone tracked and shared your daughter's or any loved one's location every day? Definitely

not. Personal data is power, and once we give it away, others can use that power over us. That's why profiling by AI without permission is dangerous and should not be ignored.

5. *Disinformation*

Another major disadvantage of AI is the rise in disinformation—which means spreading false or fake information. This is already happening. In 2020, a group called Extinction Rebellion used a type of AI called deepfake to create a fake video of Belgium's Prime Minister Sophie Wilmès. The original video was real, but they used AI to change her words and make her say things she never said. In the fake video, it looked like she blamed humans for the COVID-19 virus due to environmental destruction. This is a serious issue. In the future, deepfake technology will likely be used more often to mislead people, spread lies, and even influence elections. It can confuse citizens, damage democracy, and create fights among people. Along with deepfakes, there are also AI-powered bots online that can write fake news, false tweets, and misleading articles. All of this makes it difficult for people to know what is true and what is false. It becomes hard to trust media, leaders, or even each other. The line between truth and lie starts to disappear, and this can weaken society badly.

6. *Environmental Impact*

We often hear about the importance of protecting the environment and reducing pollution. But Artificial Intelligence can harm the environment too. AI systems need huge amounts of electricity and computer power to learn and work. This electricity mostly comes from fossil fuels, which release greenhouse gases like carbon dioxide (CO₂) into the air. These gases are a main reason for global warming and climate change.

A study by Strubell et al. (2019) found that training just one AI model for natural language processing (NLP) can release as much carbon as five cars running for a long time. Another AI model named BERT, when trained, released 22 to 28 kg of CO₂. Experts also say that training a large AI model can produce up to 300,000 kg of CO₂—which is equal to 125 round-trip flights from New York City. This is a big contradiction: on one hand, we talk about saving nature and cutting pollution, but on the other hand, we use systems that hurt the environment deeply.

And this pollution does not come only from training the models. The huge data centers, computer machines, and buildings where AI works must be built and maintained. These use materials that must be mined, processed, and transported, which also harms the earth. So, while AI seems smart and modern, its environmental cost is very high. We must think twice before using such energy-heavy technology everywhere.

7. *Domination by Big Tech Companies*

In today's world, most AI development is controlled by a few big technology companies. For example, since 2007, Google alone has bought more than 30 small AI companies that work on things like image recognition and voice technology. This gives Google a very big share of AI tools. But Google is not the only one doing this. In 2016, companies

like Google, Apple, Facebook, Microsoft, Amazon — along with big Chinese companies — spent nearly \$30 billion out of a total \$39 billion invested in AI that year. This means only a few companies are deciding how AI should grow.

In my view, this is dangerous. These companies already control most parts of our online life — like search engines, social media, online shopping, and mobile apps. They also own most of our data, which gives them even more power. Now they are becoming the main suppliers of AI for the whole world. If a few companies have too much control, then even governments will find it hard to make independent decisions. I believe no private company should have the power to guide the future of technology alone. AI should benefit everyone, not just a handful of rich businesses.

8. *Decline in Creativity*

AI tools like Chat GPT and others are very helpful for students and workers. But they also have a big downside: they reduce original thinking. These days, students often use AI to write answers or essays, instead of using their own thoughts. Similarly, companies now prefer AI to generate ideas and content, instead of hiring creative people.

This makes me feel sad. In the past, we used to value artists, writers, designers, and thinkers. But now, many businesses just want quick content from machines. As someone who believes in real creativity, I feel AI is slowly killing the human touch. Google has already made people lazy to think deeply, and now Chat GPT is reducing the soul of true creation. A world without human imagination will be a dull one. Technology should support creativity, not replace it.

9. *Privacy and Security Concerns*

One more serious problem with AI is loss of privacy. AI can collect and study a lot of personal information without people even knowing. For example, when we shop online, use voice assistants like Alexa, or search on Google, the system is quietly gathering details about us — what we like, what we say, where we go. Even tone of our voice can tell AI about our mood or relationship with someone (as mentioned by Dickson in 2019). Many people now hesitate to use voice assistants for shopping because they feel their privacy is at risk.

Facial recognition for online payments is another example. Our face can reveal things like age, gender, and background. Even suggestions on YouTube or Google based on our past searches can feel like someone is watching us too closely. One of the biggest real-life examples is the Cambridge Analytica scandal, where a political firm took personal data from millions of Facebook users without their permission and used it to show targeted political ads in the 2016 U.S. elections. This kind of spying is scary. That's why, even today, many people do not trust AI fully. I feel that no technology should cross the limits of personal privacy. Our personal life should remain ours.

10. *Promoting Addictive Behaviors*

“Too much of anything is harmful.” This is true even for simple things like tea, sugar, or mobile phones. But in today's world, people — especially children and youngsters — are getting addicted to mobile phones, social media, and online

content. I personally feel this is a serious problem. AI-based apps and websites are made in such a way that people cannot stop using them. They are built to hold our attention for long hours. It's like falling into a trap — the more we use them, the more we want to use them again.

Big tech companies use AI to keep users engaged by studying their behavior. These apps show videos, images, or messages based on what we like or search, so we keep scrolling for hours. I have seen children who can't eat or sleep on time because they are busy watching reels or playing games. Platforms like TikTok, Instagram, and YouTube use AI to track what we like and then push similar content again and again. This leads to screen addiction. People forget their real-life responsibilities, and this causes problems like eye pain, stress, sleep issues, and loneliness.

What's more dangerous is that these platforms sometimes show harmful or risky content — especially to teenagers. AI can unknowingly show posts related to smoking, drugs, or other bad habits, making them look normal or attractive. This can increase addiction to substances too. In my view, we must control this kind of AI use. If we don't, future generations will lose real joy, relationships, and even health. Technology should be used in balance. It should not rule our lives or steal our peace.

III. CONCLUSION

Artificial Intelligence (AI) is a powerful and fast-growing technology. It has made life easier in many ways — like improving healthcare, online work, and communication. But at the same time, AI also brings serious problems such as job loss, privacy issues, bias, addiction, and harm to nature.

I believe AI is like a knife — it can be useful or dangerous, depending on how we use it. So, we must be careful. There should be clear rules, public awareness, and human control. AI should help everyone, not just big companies.

Let us use AI wisely — as a tool for progress, not as a risk to human life.

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