

THE IMPACT OF ARTIFICIAL INTELLIGENCE: PROGRESS OR REGRESSION?

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Abstract: Artificial Intelligence (AI) has become one of the most transformative forces in modern society. This article delves into both the benefits and the drawbacks of AI integration into key sectors such as healthcare, economy, public life, culture and especially education. The discussion analyzes how AI has improved efficiency, decision-making, and accessibility while also examining the accompanying risks, including job displacement, ethical dilemmas, irresponsibility, partially plagiarism, and data privacy concerns. Through a balanced approach, the article aims to highlight the dual nature of AI — as a driver of progress and as a source of new social challenges. Ultimately, the goal is to evaluate whether AI represents a net improvement or a potential threat to human well-being and the growth of their mindset.

Keywords: Artificial Intelligence, Technological Progress, Ethics, Automation, Employment, Healthcare, Education, Data Privacy, plagiarism, 'zombie' generation, ChatGPT

Аннотация: Искусственный интеллект (ИИ) стал одной из самых преобразующих сил в современном обществе. В данной статье рассматриваются как преимущества, так и недостатки интеграции ИИ в ключевые сферы — здравоохранение, экономику, общественную жизнь, культуру и особенно образование. Анализируется, как ИИ способствует повышению эффективности, улучшению принятия решений и расширению доступности, а также исследуются сопутствующие риски, включая вытеснение рабочих мест, этические дилеммы, безответственное использование, частичный плагиат и проблемы конфиденциальности данных. Статья, опираясь на сбалансированный подход, подчеркивает двойственную природу ИИ — как движущей силы прогресса и источника новых социальных вызовов. В конечном итоге целью является оценка того, представляет ли ИИ чистое благо или потенциальную угрозу для благополучия человека и развития его мышления.

Ключевые слова: искусственный интеллект, технологический прогресс, этика, автоматизация, занятость, здравоохранение, образование, конфиденциальность данных, плагиат, «поколение зомби», ChatGPT.

The 21st century has witnessed unprecedented advances in digital technologies, with Artificial Intelligence (AI) emerging as the most influential development. AI refers to the simulation of human intelligence in machines that are capable of learning, reasoning, and self-correction. From voice assistants and recommendation algorithms to autonomous vehicles and smart diagnostics, AI is now embedded in various aspects of daily life.

Despite its rapid growth, the debate continues: is AI leading humanity toward greater progress, or is it introducing new forms of inequality, dependence, and existential risk? To address this question, it is essential to examine AI from multiple dimensions — economic, ethical, technological, and social.

Firstly, there are several roles of AI in modern society. AI has revolutionized the medical field. Machine learning algorithms can detect diseases from imaging data with accuracy comparable to — and sometimes surpassing — human doctors. AI-powered diagnostic tools are being used to detect cancer, heart diseases, and even rare genetic disorders. Robotics-assisted surgery and virtual health assistants are improving patient outcomes and reducing human error.

Moreover, AI can manage massive datasets, helping researchers discover new drug candidates and model the spread of infectious diseases, such as COVID-19. Perhaps, if there had been so innovative medical technologies as now six years ago, majority individuals, particularly doctors, wouldn't have died then with AI helping. These capabilities demonstrate the potential of AI as a tool for improving global health outcomes.

AI applications in education are creating more personalized and adaptive learning environments. Platforms like Duolingo use AI to assess learner progress and provide customized feedback. These systems can identify learning gaps and suggest targeted materials, which helps improve comprehension and retention.

AI also enables virtual classrooms, language translation, and accessibility tools for students with disabilities. However, the reliance on AI may reduce the human interaction that is vital to holistic education. As result of social isolation, more and more young people must encounter a stressed life. For instance, lots of individuals from Japan which is one of countries on the top peak of AI revolution, have uncounted mental problems, which is named after 'hikkikomori'.

AI contributes significantly to economic productivity. In industries such as manufacturing, logistics, and retail, automation powered by AI improves efficiency and reduces labour costs. Businesses use AI to optimize supply chains, forecast demand, and analyze consumer behaviour.

McKinsey estimates that AI could add up to \$13 trillion to the global economy by 2030. However, this economic boon is unevenly distributed. High-

income countries and technologically advanced corporations are more likely to benefit, while lower-income regions may struggle to keep up. I could guess that this positive change will be undergone by China, Japan and USA, yet others will be not.

There are much more pronounced downsides of Artificial Intelligence.

First one is job displacement and economic inequality which I have said partially above. One of the most pressing concerns about AI is the loss of jobs due to automation. Tasks that are routine and repetitive are most vulnerable. Truck drivers, cashiers, customer service agents, and even legal assistants face a growing threat of being replaced by AI systems.

According to a study by the World Economic Forum, while AI is expected to create new jobs, it will also eliminate millions of existing ones. The transition will not be smooth for all; workers without digital skills may face long-term unemployment, deepening income inequality and social unrest.

AI raises critical ethical issues. Algorithmic bias is a major problem — if AI is trained on biased data, it can reinforce discrimination in hiring, law enforcement, and credit scoring. For example, facial recognition systems have been shown to misidentify people of colour at significantly higher rates.

Furthermore, the development of autonomous weapons and surveillance systems introduces moral dilemmas about control, accountability, and human rights. Should machines be allowed to make life-and-death decisions? Can we trust AI to act in humanity's best interest?

AI relies on vast amounts of data, much of which is personal and sensitive. Social media platforms, search engines, and e-commerce websites collect and analyze user behavior to improve service — but often at the cost of user privacy.

There are concerns about how data is stored, who has access, and whether individuals can truly consent to how their data is used. In some countries, governments use AI for mass surveillance, monitoring citizens in real time. This creates a chilling effect on freedom of speech and democracy.

Besides these, AI must negatively impact on balancing progress and responsibility. An Effective regulation is crucial to ensure AI development aligns with societal values. Governments and international organizations must set clear rules regarding data use, algorithm transparency, and accountability. The European Union's AI Act is a good example of early attempts to regulate AI based on risk levels. Moreover, AI developers and companies must adopt ethical principles during design and deployment. This includes ensuring fairness, non-discrimination, and explainability of AI systems.

Rather than viewing AI as a replacement for humans, it should be seen as a collaborative tool. AI can expand human capabilities, helping professionals make better decisions, analyze data faster, and focus on creative and interpersonal tasks.

For instance, in journalism, AI can help summarize reports or generate drafts, while the final storytelling remains a human task. In medicine, AI can

assist with diagnostics, but the doctor-patient relationship still relies on human empathy and judgment.

Given that in recent years, almost every single student is always utilizing ChatGPT, which is one form of AI, in their own educational task instead of making decisions by themselves and also they bring about plagiarism when they write their written work, like an article or report. Ultimately, they cannot notice to have to emerge into their carrier for a bright future. Despite leaving schools or universities, or taking any grades, they will possibly turn into 'zombie' generations, whose mindset, temperament and mental health are manipulated by artificial intelligence. For instance, an American woman has got divorced with her husband since she fell love ChatGPT recently, which is both critically funny, and tragically horrible.

The future of AI depends largely on how we, as a global society, choose to shape it. There are three possible scenarios:

1. Optimistic Scenario: AI is harnessed for good, creating a more inclusive and efficient society. Human labor evolves toward more meaningful and creative roles, while AI handles routine tasks.

2. Pessimistic Scenario: Widespread unemployment, surveillance, and digital dictatorship take root. AI becomes a tool of oppression and inequality.

3. Balanced Scenario: A combination of regulation, education, and innovation allows society to manage the risks while maximizing the benefits of AI.

In Conclusion, Artificial Intelligence is a powerful tool — one that can lead to remarkable improvements in human life, but also one that comes with significant risks. The key question is not whether AI is inherently good or bad, but how it is developed, governed, and integrated into society.

To ensure that AI contributes to progress rather than regression, a balanced approach is required — one that combines technological innovation with ethical responsibility, inclusive education, and transparent governance. Only then can AI truly become a force for human advancement.

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