

HOW ARTIFICIAL INTELLIGENCE HELPS US IN OUR DAILY LIFE

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Abstract: Artificial Intelligence is becoming part of our daily routines, simplifying various tasks and offering new conveniences to our lives. From simple daily tasks to more complex activities, even helping to manage tasks and assignments related to studies, AI quietly integrates into routines, enhancing both ease and efficiency to us. The paper looks into the different roles played by AI in day-to-day living, including application areas in communication, transportation, personal assistance, education, and medicine—all contributing to making life easier and more effective. Through these explorations of integral parts of integration, there is striving toward showing how AI influences many of our daily experiences and communications beyond appreciation.

Keywords: Artificial Intelligence (AI), daily life Integration, productivity enhancement, personal assistance, autonomous vehicles, AI in healthcare, AI in education, communication systems, privacy concerns, job displacement, automation, AI in transportation, smart navigation, AI-powered chatbots, technology advancements, reskilling and training, AI benefits, AI in medicine, machine learning, healthcare efficiency, AI-driven systems.

Introduction:

AI has long been a concept associated with science fiction and is unreal, but today it's firmly integrated into our daily lives. From devices we use to communicate with others, like smartphones and laptops, to how we get from one place to another and work out complex tasks, AI is quietly shaping how we interact with technology. It works so smoothly that it is almost unnoticed; it enhances productivity, comfort, and, therefore, the whole experience of living: voice assistants like Siri, Yandex "Алиса" or Google Assistant, recommendations in streaming platforms guided by artificial intelligence, or home automation equipment studying and self-modifying upon user preference—all to help human masters handle routine or more sophisticated tasks with greater efficiency.

With the advancement in AI, several fields that come under its scope have increased and now include communications, transportation, personal assistance, medicine, and education. In communication, AI-driven chatbots do real-time customer service, whereas AI in transport optimizes routes and enhances safety for people using autonomous vehicles. In the personal assistant field, AI helps with our schedules and reminders, even health tracking systems. AI systems help students and professionals organize their study material and suggest so many resources based on their needs. Besides, AI provides a variety of tools available to healthcare professionals to improve the quality of life of patients by early diagnosis, reduction of complications, efficiency of treatment, less invasiveness, and shorter hospitalization. These technological advancements are designed to make daily tasks more efficient, easier to save

time and mental energy for more important activities. This article delves into the various ways AI is integrated into our daily lives. By exploring its role in such important areas, we'll show how AI makes life easier and more efficient. As AI continues to evolve, so does its function in modern society, making it increasingly integrated into our everyday life. A closer look at some of these applications will shed light on the transforming power of AI in shaping the future of life.

This article delves into the various ways AI is integrated into our daily lives. By exploring its role in such important areas, we'll show how AI makes life easier and more efficient. As AI continues to advance, its role in modern society is expected to grow, making it an integral part of our everyday existence. A deeper look at some of these applications will go a long way toward showing the transformative potential that AI possesses for the future of daily life.

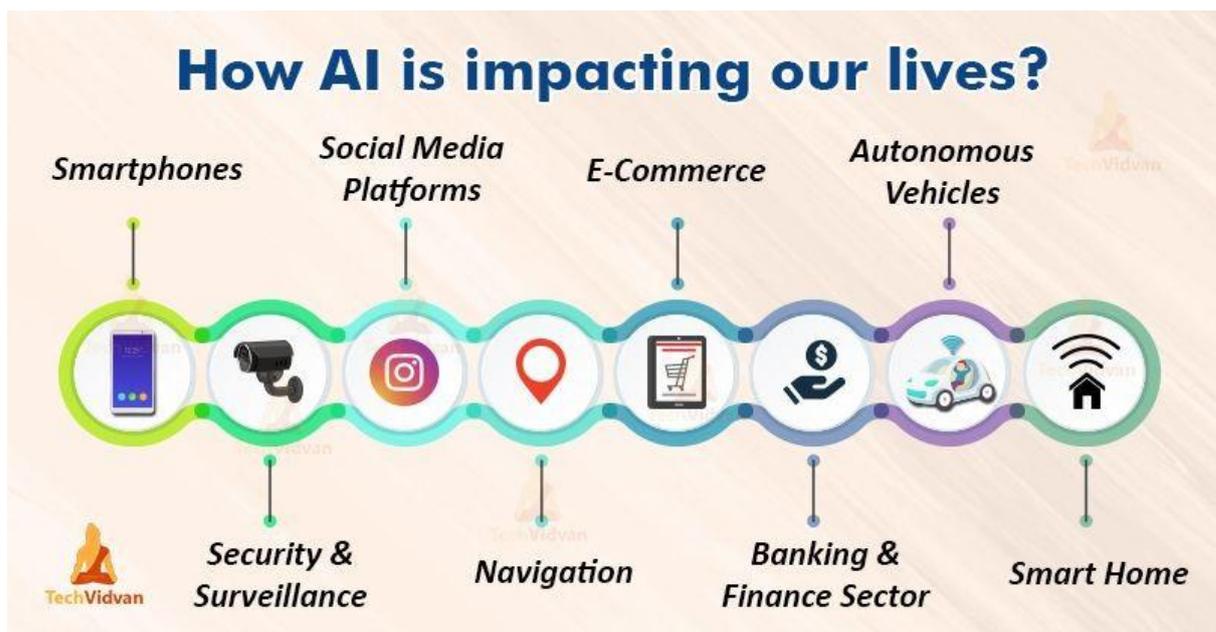


Figure 1.1 Attachment of AI in our daily live

- Smartphones
- Security & Surveillance
- Social Media Platforms
- Navigation
- E-Commerce
- Banking & Finance Sector
- Autonomous Vehicles

Smart Home

Methods:

In this article, a qualitative research design has been applied to analyze the impact of AI on daily life. We reviewed the relevant literature, case studies, and real-life applications of AI technologies. Information was collected from six credible sources in order to emphasize the integration of AI into everyday life. The key areas of focus are on communication systems, transportation innovations, educational technologies, medicine, and personal assistant applications. By analyzing data from these references, we aim to give a thorough overview of the many roles that AI plays in everyday life and how it affects the ways in which individuals handle their daily tasks.

Results:

The findings reveal that AI provides considerable benefits across a range of daily activities, enhancing efficiency and improving overall quality of life. In communication, AI enhances interactions through chatbots and virtual assistants, effectively responding to queries and assisting with scheduling and information retrieval. In transportation, AI technologies

contribute to the development of smart navigation systems and autonomous vehicles without drivers, transforming how we approach travel. The educational sector benefits from AI through personalized learning platforms that adapt to individual studying needs, while in personal assistance and in a medical field help users monitor health metrics and manage daily tasks more efficiently. Numerous examples illustrate how these systems function, reflecting a trend toward increased reliance on AI for everyday needs.

For instance: (Mirchi et al., 2020b) developed a Virtual Operative Assistant (VOA) that leverages AI to provide automatic feedback to students based on their performance metrics in medical simulation-based training. Using a formative educational approach, the system combines virtual reality (VR) and AI to assess students' proficiency against established performance benchmarks. The system then delivers feedback designed to help students improve their skills. This method enhances the learning process by offering personalized, real-time feedback, supporting continuous development in a safe and controlled virtual environment.

Discussion:

Though there are indeed definite benefits associated with the integration of AI into everyday life, such as increased productivity and higher quality user experiences, challenges persist that should be given due consideration.

Dependence on the use of AI technologies creates many concerns regarding privacy and security. Moreover, the ultimate replacement of jobs by automation in the future brings forth critical questions about the future workforce. As deduced from the literature reviewed, consideration should be made for the ethical frames through which AI is implemented, ensuring that benefits are equitably distributed and users are given agency over their interactions with these technologies. Since the concept of AI is still evolving, there is a continuing need to discuss openly its intended impacts on society and human well-being.

Take the instance of a McKinsey report projecting that around 800 million jobs may become

taken away because of automation before 2030. The advent and use of AI or automation are currently believed to impact the developing economy of the world. In a broad stroke, new technologies added, instead, to result in more productivity, jobs, particularly within wealthy nations. However, in poorer countries, automation might replace jobs that were once done by humans, especially in industries like manufacturing. Even a simple job of a cashier in stores is already outdated, since many stores around the world have already installed computers (the Artificial Intelligence). This can make the gap between rich and poor nations even wider.

While machines are more likely to replace people in lower-skilled jobs, like factory workers or administrative assistants, those people who have higher skills or more education may actually benefit from new technology and enjoy greater job opportunity. This is the division whereby some advance with the right skills, while others may fall behind. This is where

governments and businesses must focus on training and reskilling workers, helping to reduce inequality. By preparing people for new types of jobs, we can help ensure that the benefits of automation are shared more equally, and fewer people are left behind

Conclusion:

In conclusion, Artificial Intelligence is quietly transforming our daily lives, improving productivity, convenience, and overall quality of life. From simplifying communication to enhancing healthcare and education, AI makes our lives more efficient and connected.

However, as AI becomes more integrated into society, we must address challenges like privacy concerns and job displacement.

To ensure AI benefits everyone, it's crucial to focus on ethics, offer training and reskilling, and reduce inequality. As AI continues to evolve, it will play an even bigger role in shaping the future. By using it responsibly and transparently, we can maximize its positive impact and create a fairer, more innovative society for all.

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