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# The Negative Impacts of AI Tools on Students in Academic and Real-Life Performance

**J. Yunus Basha**

Assistant Professor, PG and Research Department of Economics [Shift-II], The New College, Chennai-14, Tamilnadu

**\*Corresponding Author:**

yunusbasha@thenewcollege.edu.in

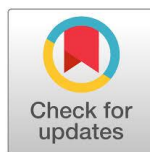
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**Abstract:** The revolution of Artificial Intelligence (AI) technology has changed the way of lives of people almost in every field such as banks, engineering, media, graphical design, education, and so on. This article discusses mainly the negative impacts of Artificial Intelligence (AI) technology or tools in education on the students' academic performance and also discusses the effect on the real-life performance of the students. The dependence on Artificial Intelligence (AI) technology by students in studies has made the possibilities of personalized learning experiences and also gives instant feedback on their performance. Artificial Intelligence (AI) technology makes learning more effective and efficient. However, the revolution of something always has both advantages and disadvantages, relying upon Artificial Intelligence (AI) technology in studies by students has some drawbacks too, while consistently dependent on AI tools by the students it brings fails to improve the basic foundational skills, critical thinking and makes them inactive in the academic performance and also potentially affect the problems solving skills in the real life. This article explores the negative impacts of Artificial Intelligence (AI) tools on students' academic and real-life performance and provided practical solutions and tips for students to mitigate and make a balance between the usage of AI tools for achieving academic goals and developing the essential skills for lifelong success.

**Keywords:** Artificial Intelligence (AI), Academic and real-life performance, Chat GPT

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# I. INTRODUCTION

The emergence of artificial intelligence (AI) technology has created a revolutionary change in lives and works. Artificial intelligence (AI) tools are predominantly used to make work easy or in a smart way. These artificial intelligence (AI) tools have made the work more efficient and quickly on time. The prevalent of artificial intelligence (AI) technology tools has also changed revolutionary changes in education, it has brought broad changes in the teaching and learning process where students have been using artificial intelligence (AI) tools to make their studies more efficient further these tools help to improve the learning process of the students. Students get vast amounts of information through artificial intelligence (AI) tools very quickly and they have been using them to complete academic tasks on time. Through these students have made the advantages artificial intelligence (AI) tools for feedback in place of a personalized learning environment. Artificial intelligence (AI) integration technology tools such as Clickup, Lessonplans.ai, OpenAI ChatGPT, Gradescope, Chatbots, Botsify, etc, in the classroom by the teacher has been used to facilitate the completion of academic tasks such as generating lesson plans, grading, providing targeted tests and assignments to students, PowerPoint presentations and so on, have become easier and more efficient for the teachers. These tools are predominantly designed to analyze the data and provide adaptive information according to individual needs. However, the main aim of the integration of (AI) technology tools in education is to enhance and improve the academic and overall performance of the students.

Anyhow the development of any new innovative technology has some drawbacks, likewise, the prevalence of artificial intelligence (AI) technology has concerns regarding the negative impacts on students academic and real-life performance. The uncontrolled and excessive utilization of artificial intelligence (AI) tools has some critique that students become more reliant on it which results it hindrance to decision-making process, critical thinking, and problem-solving abilities, and also in the practical skill development. Furthermore, the concerns regarding the data privacy of the students information which is collected and used for unethical use. Now it has become more important to make a balance between the utilization of (AI) and maintaining the fundamental and essential elements of humans in education.

The purpose of this article is to provide a detailed analysis of the positive and negative impacts of (AI) tools, ultimately to explore the negative impacts of (AI) tools on students academic and real-life performance. And this article also includes the strategies for how to maintain the balance between the integration and utilization of (AI) tools in academic task and adopt the fundamental and essential elements of human in education to preserve the student's holistic development in academic and real-life performance.

## ***1.A. Objectives of the study***

- 1) To explore the impacts of AI tools in teaching learning process.
- 2) To analyze the positive and negative impacts of AI tools on students academic and real-life performance.
- 3) To expose how excessive utilization of AI tools are hinders for students learning productivity.
- 4) To provide a strategies to make balance and maintain the utilization of AI tools and mitigate the negative effects.

## II. LITERATURE REVIEW

**Kyoungwon Seo et al. (2021) Artificial intelligence's effects on online learning's learner-instructor interaction.** The impact of AI systems on the interactions between instructors and students in online learning has been highlighted by this research. This study examines the effects of AI systems on relationships between teachers and students and identifies the difficulties in maintaining the potential advantages of these systems. This study used the speed Dating method with storyboards to collect feedback from 12 students and 11 instructors about their experience on AI systems used in online learning. The main aim of this study is to explore the influence of AI on students and instructors and how they are perceiving the AI system during the interaction of online learning by using innovative methods like Speed Dating with storyboards to gather insights. This study found that the impact of AI on both students and instructors is double-edged swords (has both positive and negative effects) AI have the potential to enhance the personalized interactions, and it assist to instructors save time to handle simple student queries , it also helps to solve the valuable tasks for the instructors, AI analytics helps instructors to perceive the students' performance, progress, and potential by analyzing their clickstream data, moreover it also helps to solve the valuable tasks for the instructors, but at the same time it has a major concerns of social boundaries, privacy issues, biased data, and compromising students to adopt independent learning, surveillance and responsibility issues.

**Jason Borenstein et al. (2021) Emerging challenges in AI and the need for AI ethics education** this study describes the emerging AI may have a concern on ethical complex in education and decision making by AI algorithms has the potential that directly alter the lives of the peoples and it's seen to be harmful and negative consequences for the society. Furthermore, it discussed that AI provides single and simple solution in on horizon which can be result of misleading, and the developer of this AI applications are intentionally designing to be malicious to make biased system by delivering biased outputs. Moreover, this study describes that how professional mindset can be foster to bypass the challenges of AI in ethics by enabling the ethical implications while developing AI technology and its essential for developers to ensure these technologies are build responsibility in keeping mind ethical considerations and cultivate moral sensitivity for authentic professional mindset. Finally, this study has also proposed the tactics to overcome Educating students on the ethical design of AI algorithms, incorporating core data science concepts and the ethics of data acquisition, addressing privacy, fairness, and legal issues while developing AI solutions and introducing ethics-related lessons across the curriculum are some of the emerging ethical challenges.

**Selin Akgun et al. (2022) Artificial intelligence in education: Addressing ethical challenges in K-12 settings** this research has focused on the ethical challenges while utilizing AI applications among the K12 students in the educational contexts. To address the such ethical issues this study has briefly explained through the concepts of machine learning and algorithms, discusses on benefits of AI system and how its beneficial to support learning process, elicited the AI ethical challenges and dilemmas in the educational settings, and recommended the instructional resources from two provider such AI education and comprehension will be addressed by Code.org and the Media Lab at the Massachusetts Institute of Technology (MIT). The advantages of AI applications in education have also been explored by the researchers. Additionally, the study examined the ethical issues and potential risks associated with AI applications in education. These included invasions of

privacy, surveillance systems that gather data on students' and teachers' behaviour and preferences, predictive systems that use algorithms to potentially compromise teacher and student autonomy, and, finally, serious worries about the perpetuation of bias and social discrimination.

**Yayat Suharyat et al. (2023) Artificial Intelligence: Both Benefits and Drawbacks for Educational Administration.** This study outlines the positive and negative effects of artificial intelligence (AI) on education management. The positive effects include innovative learning processes, speedy organisation and management of learning activities, and an increase in the amount and calibre of scientific work produced by lecturers. The negative effects include an overreliance on AI, which may lower student-teacher social interaction, creativity, and critical thinking. The findings of this studies are start with the discussion on Education management information systems (EMIS) which is designed to make education management better, it's a data driven model which helps to education management in order to informed decisions and supporting planning, management, and monitoring in the education system, particularly in Higher Education. And Negative role of AI in education management which includes Dependence on Technology, Reliability and Errors due to imprecise algorithm, Digital Divide, raise of unethical and Decision Making by AI, and Teacher Role Replacement in education settings.

**Azizah binti Abd Rahman et al. (2023) Breaking the Illusion: The Reality of Artificial Intelligence's (AI) Negative Influence on University Students** This research has focused on the primary causes of AI and its negative effects on education and primarily concentrated on UiTM Seremban students. The researchers had been collected the information from 200 students by Questionnaire-based and quantitative data method. This study has set up 6 steps of research methodology Such as Identification of Possible Negative Impacts, the process of selecting and ranking expert panels involves developing questions, testing pilot versions of the questionnaires, distributing them, gathering data, and analysing the results using IBM SPSS Statistics 27. According to this study, there are several detrimental effects of artificial intelligence (AI) in the classroom, including increased screen time, a lack of personalisation, the spread of false information, and personal alienation. They also found that AI has a detrimental influence on security and privacy. Finally, it concludes with the integration of artificial intelligence (AI) in learning process discourages their skill levels, and concern of privacy of the students, and suggested that such negative impacts on students by educational institutions should be minimize moreover they advocated that free access to AI enabled resources can be helpful to mitigate the negative consequences by encouraging students creativity and critical thinking while reinforcing ethical technology usage.

**Long Bai et al. (2023) ChatGPT The cognitive effects on learning and memory** This study examine how AI based learning impacts the students cognitive function and described that risk of over reliant, reduce capacity of Critical Thinking and decline in memory retention. The aim of this paper is to express the potential consequences of AI ChatGPT functionalities on learning and memory and provide new perspectives for educators and researchers. Moreover, this paper concentrates on LLMs which is designed to ChatGPT to generate human-like text based on input and it facilitate such pas Conversation, Language Translation, Educational Aid, Coding, Creative Content Generation, Educational Resource, Language Learning Facilitation, Memory Enhancement, Skill Development, Research Support, and Study Tool. This paper also discusses some potential benefits and negative effects of AI tools in educational context such as Potential advantages of personalised

learning include round-the-clock support, repetition and spaced learning, interactive learning, decreased pressure, and an over reliance on artificial intelligence (AI) include impaired critical thinking, inaccurate information, superficial engagement, decreased human interaction, and demotivation. Additionally, a number of tactics have been suggested by the researchers to lessen ChatGPT's detrimental effects on education. These tactics include integrating blended learning approaches, fostering collaborative learning environments, encouraging educators to pursue ongoing professional development, building ethical frameworks for AI design and evaluation, and utilising evidence-based practices.

**Firuz Kamalov et al. (2023) New Era of Artificial Intelligence in Education: Towards a Sustainable Multifaceted Revolution** The research has focused on the impact of Artificial Intelligent (AI) on education and their applications, advantages, and challenges via having existing literature. This study also discussed on the negative side of AI such ethical issues, and outline the possible way to implement the AI driven tools in education for the future, the researchers has used the scopus database for the review to filter, sort and analyze the relevant information. This study investigated the potential benefits of AI application in education such as global Access to education, time and cost efficiency, and enhances learning outcomes, customized learning experience, improve student engagement, addressing diverse learning needs, flexibility and accessibility etc.and following drawbacks such as Data security and privacy, plagiarism and academic integrity, bias and discrimination, resource intensive, faculty development and support, technical issue, assessment and accountability, lack of human interaction and equity concern etc,. This study found that the indeed the AI application in education has brought the tantalizing possibilities it includes Personalised learning, intelligent tutoring systems, automated assessments, and teacher-student collaboration all contribute to better learning outcomes, efficiency, and universal access to high-quality education; however, there are risks associated with these applications of AI, including those related to data privacy, security, bias, and teacher-student relationships to tackling the hurdles which is rise by AI technologies.

**Sayed Fayaz Ahmad et al. (2023) Investigates the impact of artificial intelligence (AI) on decision-making, laziness, and safety in education.** The research involved 285 students from China and Pakistan, revealing that AI usage leads to 68.9% of human laziness, 68.6% of concerns about personal privacy and security, and 27.7% of decision-making impairment among these students. The study uses a qualitative approach and PLS-Smart data analysis, focusing on factors such as gender, age, country, education level, and likert scale questions. The findings suggest a decline in human decision-making ability, increased performance sloth, and increased security and privacy concerns among Chinese and Pakistani university students.

**Nguyen Quynh Hoa (2023) AI and Plagiarism: Opinion from Teachers, Administrators and Policymakers.** According to him the AI application like ChatGpt has a great concern in the education domain; learners may suffer to generate ideas, correct mistakes, and writing essays independently. This study figure out the teachers, policy makers, and administrators has varying opinions on whether using AI tools in academic writing constitutes plagiarism. In the north, centre, and south of Vietnam, the researcher selected 68 instructors from eighteen different institutions, academies, and universities. More female academics than male lecturers 85 participated in the poll. The descriptive statistics approach has been used in this study to analyse and display the data that was

gathered. According to this study, popular AI tools like Grammarly, QuillBot, and ChatGpt are being utilised to teach and learn academic writing. Additionally, the means of administrators and policymakers are marginally higher than those of teachers, suggesting that the former have greater familiarity with AI applications. When it comes to the learner experience with AI applications, they use Grammarly to check their essays for grammar and spelling mistakes, QuillBot and Wordtune for paraphrasing and suggestions, and ChatGPT and Textero to generate essays. Additionally, the researcher notes that teachers should communicate to their students about the limitations of AI tools and their implications, as well as provide clear guidelines and expectations for academic writing. Personal engagement should also be encouraged in assignments, and AI tools should support the development of critical thinking.

**Joel Jari Johannes Bergstom et al. (2024) Studied Challenges to academic integrity from new tools – A survey of students’ perceptions and behaviors of employing ChatGPT.** this study focuses on the concerns of Artificial Intelligence (AI) tools on business school students and their perception and behavior on it. The research studies shows the AI tools has the potential negative impacts on Academic endeavors which lead to negative consequences in the learning and skill gained during studies. The studies shows the AI tools like ChatGpt are approve to use in specific situation but concerns about its extensive usage, abundant availability of digital resources makes students dishonesty in the academic integrity during their educational journeys which is leads to easier to commit in plagiarism and copy and paste activities. And it finds that there are no role demographic factors to use or not of AI application like Chatgpt considered to be dishonesty in academic dishonesty. In this study researchers investigated that the view of student’s perceptions on academic dishonesty is not always clear-cut matter which is some gray areas where the severity of the behavior is subjective.

**Nurul Shofiah et al. (2024) Analysing how academic writers utilise artificial intelligence tools: Lecturers' perspectives and practices** This study looks at how much students and professors rely on artificial intelligence (AI) tools to improve the calibre of their academic writing and how that affects the learning process. Ten instructors from three universities in Malang City, Indonesia, participated in this study as respondents. The study aims to investigate the beneficial effects of AI tools on teachers and students as well as identify areas in which further focus on the integration of AI tools into academic writing is required. In order to characterise the perceived experience of lecturers using AI applications, this study has adopted the Technology Acceptance Model (TAM), which consists of five factors: perceived usefulness (PU), perceived ease of use (PEU), attitude towards usage (AU), behavioural intention (BI), and actual usage (U). The information gathered for this study came from interviews in which participants were asked broad questions about their use of AI tools for writing and learning, as well as about the effectiveness of data management. This information will be used for data analysis and research reporting in the future. According to this study, people are using AI tools like Grammarly, Quillbot, Wordtune, and ChatGPT to improve their writing and lexical diversity. However, these technologies also raise the possibility of plagiarism, dishonesty, and overreliance among instructors and students. Furthermore, they endorse the idea that ethical, transparent, and accountable practices are essential when utilising AI in education and those AI technologies should be viewed as supplementary resources rather than a substitute for thorough language acquisition.

### **III. BENEFITS OF AI TOOLS IN ACADEMIC DOMAIN**

The Artificial Intelligence (AI) tools have become a prime assistance to academic domain, it has brought the revolutionary changes in students learning process such as the way students are getting benefits by using the AI-powered platforms are highly impressive. Students will get vast amount of information in a simple click without spending more time on different websites with the help of AI tools like ChatGPT, Chatbot, etc.

Furthermore, these AI tools help the students to learn in a personalized environment with real-time feedback based on their strengths and weaknesses. Students will get immediate responses from the chatbots for their questions and doubts in the absence of a teacher, which results in students getting motivated and engaged in their studies even in the absence of a teacher. AI tools provide customized recommendations which help to enhance the learning of the students and make the learning process more efficient.

These tools have broken down the traditional learning process where students are allowed to learn in their own pace at anytime from anywhere and make learning more convenient to them. Moreover, these AI tools also help to improve the communication skills of the students by practicing in real-time responses from AI tools.

These benefits from AI tools encourage the students to learn in a modern way and help to develop their analytical thinking, critical thinking, etc. However, it's also crucial to address the negative impacts of Artificial Intelligence (AI) tools in the academic and real-life performance of the students and how to maintain the balance to break out the negative impacts while using AI tools.

### **IV. NEGATIVE IMPACTS OF AI TOOLS ON ACADEMIC SETTINGS**

As the usage of AI tools escalates in the educational setting, it's crucial to address the negative impacts on students' academic performance. The students' activities and involvements in the academic domain play a vital role for their holistic development, the adoption of AI tools in the academic activities can be encouraged until it will become more reliant. Over-reliance on AI tools by the students for the achievement of their academic goals can result in a decline in critical thinking skills, disappearance of the traditional skills such as handwriting skills, memorization and math-solving skills which are still important for academic settings. Moreover, the over-reliance on AI tools may lead to concern about ethical issues such as privacy of the students; these AI tools may collect the data of the students without their consent and knowledge which can be possible to misuse their sensitive information, therefore addressing ethical concerns should not be ignored in the view of to establish safeguards to students' well-being and rights. Furthermore, AI tools may contain inaccuracies and biases in the readily available data which can affect the academic work of the students that may lead to getting wrong conclusions and false information from AI-powered platforms. AI tools provide vast amounts of information to students which can lead to the students using to copy and paste the data without understanding the contents or the topic, this attitude of the students makes them lethargic and inactiveness; moreover, it will lead to hindrance for cognitive development of the students which is vital for academic settings.

AI powered applications or tools are specifically designed to enhance learning experiences to students in academic settings, it assists the students to do their academic work effortlessly at anytime from anywhere on the account of this overall-reliance on these tools has been taken place by the students. The effortless works and activities by the students of using such AI tools makes them useless in the academic journey and also negatively impacts on students academic performance they unable to do their work or activities independently without using AI tools which results students gets discourage in their studies instead of getting encourage, motivation and curiosity in education.

To mitigate the such negative impacts of AI applications or tools on students academic performance, it's important to make sure that institutions and educators must be strike a balance without losing the traditional learning process. AI tools may enhance the efficiency of learning of the students when the incorporation of these tools use as supplementary resources rather than replacing the entirely traditional teaching method. Additionally, by combining both in the teaching learning process students will get numerous benefits in the academic journey such as fosters the critical thinking, enhance engagement and facilitates individual support.

Ultimately these AI tools may contain innumerable benefits to students academic journeys but another side its essential to address and consider the negative impacts of AI tools that may have on students, by acknowledging these concerns and taking careful measures we can integrate the AI tools into education while ensuring that students academic performance and overall learning experience remain intact.

## **V.NEGATIVE IMPACTS ON STUDENTS REAL-LIFE PERFORMANCE AND THEIR EXPERIENCES**

Now let discuss the how Artificial Intelligence (AI) powered platforms negatively affect the students in the real-world. Anything can be fruitful until we don't become too dependent on it, in such way the excessive reliance on AI tools by the students not only negatively affect the academic performance but also it negatively affects the students in the real world. When students start to use the AI technologies applications or tools and become rely on it, it indirectly effect the students in the real-world, as we discussed previously the over-reliance of AI tools by the students which may leads to reduces the critical thinking skills moreover it reduces the problem solving skills among the students which is essential skill required in the real life situation. When students merely depend on AI based answers and solutions that may leads to hindrance to critical thinking skills, problems solving skills and decisions making skills which becomes severe problems for the students in the real-world and by following this they may struggle to take own decisions in the problematic situations therefore development of independent thinking and creativity is required for students to achieve their goals in the real world.

Additionally over-reliance of AI tools may hindrance to social interaction between the teachers and students and among the students when there's a absence of teacher and students in the learning process it may be difficult to development their effective communications skills, emotional intelligence and team work abilities, however these skills are very much essential to achieve succession the real-world such as to get job, collaboration, cooperation and build a strong relationships with the colleagues, self-awareness and social skills which is crucial to contribute for their well-being life and overall success in the real-world.



The ready-made data and solutions from the AI tools are based on the algorithm, when the algorithms are trained this may exhibit the bias data to students which leads to the misleading information among the students and without proper analyzing the data, solely believing and depending on ready-made information and solutions by the students that may cause to unfair outcomes and strengthen the inequalities among the students in the real-world. Furthermore, the excessive utilization of AI tools by the students discourages their resilience, perseverance and patience which is crucial for successful life. AI powered platforms often provides immediate responses and feedback which results the development of patientskills has been discourage and it can lead to increase demand for immediate results and success without having patience but in real-life challenges requires patience, students may experience frustration when they expectations are unmet and they will suffer in depression when things are not achieved on time. Another possible concern is that breakdown of students perseverance and resilience, when things are available effortlessly from AI tools the perseverance and resilience skills among the students might be discourage although this skills are crucial to face challenges in the real-world.

To mitigate such these challenges the educators and policymakers must hold the balance between utilizing AI tools and conserve the development of real-life skills of the students, this can be attained by integrating the project-based learning, hands-on experiences, and independent critical thinking opportunities into the curriculum. Additionally, to hold the balance between the usage of AI tools and face to face interactions can help the students to develop their essential skills such as interpersonal skills. Ultimately by addressing these concerns we can promote a education environment where students can develop their holistic development without comprises the usage of AI powered platforms.

## **VI.IMPORTANCE OF MAINTAINING A BALANCE BETWEEN AI TOOLS AND TRADITIONAL LEARNING METHODS**

In this technology advanced world, the way of living and working of the people has been changed including education, the emergence of AI technology has created a revolutionary change in the education. The AI tools have been predominantly used to make academic activities easy and quick. These AI tools have made the learning more efficient and effective to students in the academic journey. The prevalent of the AI tools offers numerous benefits, such as personalized learning experiences, adaptive learning, immediate feedback, accessibility of information, enhance engagement in the learning. However, it's important to maintain a balance between utilizing AI tools and incorporation of traditional learning methods to ensure favorable academic and real-life performance of the students, traditional learning methods such as in person learning, face to face interactions, group discussions, hands on experience, and Seminars. These traditional methods promotes critical thinking, motivates learners to engage physically, develops problem solving skills, and enhance their decision making skills. Values and discipline among the students also develop when it came to traditional learning methods at it plays a vital role in social interaction and ensures the emotional intelligence which is essential to connect with people in the society and in work places. These skills are essential for the students to survive and successful in the real life.

Moreover, solely depending on AI tools may be hinders the students critical thinking, discourages their independent thinking abilities, decision making skills and problems solving skills which is essential for their successful academic and real-life scenario. By

motivating and encouraging students to engage with traditional learning methods with the incorporation of AI tools students can develop their own ideas and explore it in different standpoint and uplift to actively participate in learning process. Moreover, the incorporation of AI tools with traditional learning methods makes learning process not only effective and efficient but also productiveness and prolificness.

Therefore, balancing this approach allows students to explore their knowledge and skills outside or beyond the classroom can develop themselves for real life challenges and circumstances. Therefore, educators and institutions must maintain a balance by incorporating AI tools with traditional learning as complementary rather than completely replace it. Additionally, by combining the AI tools with the traditional learning strategies educators should take careful planning and consideration and evaluate the needs of their students based on their requirements and regulate how AI tools can be the best supporting tools for their learning goals. The educators need to be ensure that combining of both can be benefits that maximizing the students overall development in the academic journey and real-life situations.

In conclusion the combination of both AI tools and traditional learning methods can be enhance the learning process effectively and efficiently to students. While AI tools offers remarkable advantages in education this balanced approach ensures students develop critical thinking, problem-solving skills, decision making skills, social interactions, emotional intelligence, and moral and values. Therefore, throughout this approach we can navigate the negative impacts and empower students to holistic development and well-being in the academic journey and in real-life situations.

## **VII.STRATEGIES FOR EDUCATORS TO MITIGATE THE NEGATIVE IMPACT OF AI TOOLS**

The educators should must welcome the AI technologies to integrate with traditional learning method to enhance the level of teaching efficiency and to ensure the effectiveness of learning outcome. Anyhow as educators its vital to be aware of the negative impact of these AI technology advancement on students academic and real-life performance. There is no doubt the utilization of AI tools can enhance learning experience, but at the same time they may also have drawbacks that hindrance the critical thinking skills, creativity, problem-solving skills, decision making skills, and social interactions. However, it's important to address the strategies that can be mitigate these negative effects and strike a balance approach in their using of AI tools.

1) Its essential for educators to actively monitor the students engagement in learning process and assess their progress when they utilizing AI tools. Educators should keep observe the students performance in regular basis and if they found any over dependence they should immediately intervene and take action according to their circumstances, getting feedback from students about how AI tools are efficacious and beneficial for their learning experiences it will be helpful to measure whether their impacts are positive or negative on students in the academic performance.

2) Educators should promote the collaboration, and team work among the students so they can explore their skills and knowledge in the learning process in front of the instructors, in this way the educators can foster their creativity, critical thinking skills and problem solving skills and ensure that the maximum reflected output or result should be derived

independently rather than fully dependently on AI tools, therefore throughout these approaches we can mitigate the negative effects which is caused by excessive-reliance on AI tools by the students.

3) Educators should recommend the students to utilize the AI tools as complementary support rather than completely removing traditional learning methods. This approach will help to engage the students in both traditional method and AI based learning, this tactics not only helps to mitigate the negative effects of AI tools but also it enhances the teaching learning process more effectiveness and efficiency.

4) Educators should discuss about the ethical dimension of AI applications and AI algorithm to students and reveal the concerns of ethical issues in front of them including fairness, privacy, bias, transparency, and accountability. In this manner students will understand the ethical issues and that can be inspire to avoid and over- reliance on AI tools.

5) Often AI tools have made the works easy and reduce the interaction with colleagues which is leads to hindrance the development of emotional intelligence among the students therefore educators can emphasize on students' emotional intelligence such as personal relationship, decision making, leadership quality, communication, self-awareness, cultivating empathy, and social skills. These practice will lead to improve their overall well-being and success in both academic performance and real life settings.

In conclusion, the role AI tools offers numerous benefit in education, if these tools utilize optimally we can minimize the negative effects and maximize the positive effects on teaching learning process, therefore educators must be mindful the negative impacts on students academic and real life performance and implement the effective strategies such as regular monitoring and assessing, promote collaboration and team work, balance instructional approach, discussion on ethical issues, promote independent thinking and emotional intelligent. Moreover educators can promote the AI based learning without compromising the traditional method so in this way educators can overcome the challenges of AI tools and ensure that these tools have made the positive result, enhance learning outcomes and improvements in their overall well-being and success in both academic and real life.

## **VIII.STRATEGIES FOR STUDENTS TO MAINTAIN HEALTHY BALANCE AND OPTIMIZE THEIR LEARNING EXPERIENCE**

In this modern world the AI based applications has been tremendously entered into students academic lives and they have a spectacular Assistance of these AI applications. AI tools have become a prime assistance to academic journey, it has brings the revolutionary changes in students learning process such as the way students are getting benefits by using the AI-powered platforms are highly impressible. Students will gets vast amount of information in a simple click without spending more time with the help of AI tools like ChatGPT, Chotbot, etc. it's crucial that students must adopt the proactive strategies to ensure their productivity, creativity and progressivity should not be affects negatively in the academic and real-life performance.

- Firstly, Students should set a time boundary for the usage of AI tools, while in the learning process they may allocate limited time for their activities or assignments

and ensure that there shouldn't be occurrence of over-reliance and it can be using as complementary tools rather than completely replacing traditional learning methods.

- Secondly, the act of self-control should be taken from students when using AI tools for their purposes. They should control themselves by spending their energy, time, interest, and knowledge on these tools in order to protect themselves from over-reliance. Furthermore, the act of self-control will lead to improve their presence in the traditional learning methods and encourage themselves to engage in hands-on experience and experiments, it can be enhance their knowledge, understanding and academic concepts.
- Thirdly, Students can Collaborate with their peers and mentors directly for making learning independent rather than dependent on AI tools, collaboration with the peers and mentors will help to express and exchange their ideas, thoughts, opinions and solutions with each other and it will lead to develops their intelligence and creativity in this way they can minimize the usage of AI tools or avoid over reliance on it.
- Fourthly, Students can refer a diversify learning resources. AI tools can provide assistance to collect valuable information and data at any time where we sit. This readymade information may create inactive and lethargic behavior among the students, therefore the effective strategy is to avoid such negative effects is to diversify learning resources such as students should actively seek out the different resources such as text books, discussion with peers and teachers, articles, and authorized websites from internet. This approach will help to better understand of the subject matter and reduces the dependency of the AI tools.

Lastly, Students may stay informed about the AI technologies of their capabilities and their potential drawbacks through various sources such as courses, workshops, and various online resources. This may lead to raises the awareness among the students about AI tools benefits and their drawbacks. Moreover, this approach may guide the students that using of AI tools should be limited in terms of where, how and when to be use it. Ultimately the strategy of striking a healthy balance of utilizing AI tools and traditional learning methods can protect the students from the negative effects of AI applications in the students' academic journey and real-life situations, By implementing these strategies students willingness to beexpress the alternative methods in the learning process and obtain the benefits of the AI tools to ensure an optimized learning and overall development in the academic journey and real-life performance.

## **IX.THE ROLE OF PARENTS IN MONITORING AND SUPPORTING THEIR CHILDREN'S USE OF AI TOOLS**

The prevalence of AI tools has made innovative changes in educational systems, which provide numerous benefits to students in academic settings. It is crucial to address the negative impacts of AI tools on students academic and real-life performance. As we discussed above, the strategies of educators to mitigate the negative impact on students due to over-reliance on AI tools, correspondingly, the role of parents and their involvement is important to overcome the challenges of AI tools on students academic and real-life

performance. It's also the responsibility of the parents to strike a balance and ensure that AI tools are being used effectively and responsibly by their children. When AI tools are used outside the classroom, it may be possible for parents to observe their children's behavior and performance. If any adverse findings arise, a course of action will be recommended accordingly.

- Firstly, the foremost and effective strategy for the parents is monitoring their children. Parents should engage with their children to see how and how long the AI tools are being used and whether it's develops their creativity and critical thinking or not if there is unfavorable outcomes and over reliant on these tools they should immediate intervene and set a limitations and guidelines on the usage of AI tool. By setting these limitations the essential skills which is needed for the academic and real-life journey will not be affected.
- Secondly, parents can regularly communicate with their children regarding the usage and experience of AI tools, by doing this they can derive a challenges and concerns of AI tools, furthermore they can conversation with their children about the pros and cons of AI tools and encourage them to work and think independently rather than more dependent on AI tools, throughout this parent can guide how over reliance on AI tools can be negatively effect on their performance.
- Thirdly, parents can offer support and guidance to their children in the difficult task scenario, often students seek out towards the easiest ways when the tasks are difficult thereby they move to seek out the assistance from AI tools and then it's possible to become more reliance on it therefore at that difficult task circumstances the support and guidance from their parents may discourage the over reliance on AI tools and encourages them to work and think independently even in the difficult task scenario and its helps to know their capabilities and strengths of themselves.
- Fourthly, parents should stay informed about the latest advancement of AI technologies and its potential impact on education. They should educate themselves and understand the how AI tools are using including their benefits and risk on students, hence before taking effective strategies to mitigate the negative effects of AI tools, parents should educate and aware themselves about the AI applications and correspondingly adopt the strategies to the favor of the children needs.
- Lastly, parents may encourage their children to think critically rather than solely depend on AI tools. Thinking independently and critically may strengthen the brain and boost the memory power of the children which will result positively on their academic and real-life performance.

Ultimately, parents should ensure the learning activities and their outcomes to be more effective and efficient while utilization of AI applications by their children, and ensure that implementing AI tools may enhance the learning and improvement in overall well-being rather than replacing the traditional method or human interaction. By actively engaging with their children's education setting, monitoring, regular open communication, support and guidance, stay informed and encourage critical and independent thinking can effectively navigate the negative impacts of AI tools on their children's academic and real-life performance.

## **X. ETHICAL CONSIDERATIONS AND RESPONSIBLE USE OF AI TOOLS IN EDUCATION**

Artificial Intelligence applications and tools has brought a significant change in education systems and provides opportunities to personalized learning, and enhance learning outcomes. However, its crucial to discuss their ethical considerations and responsible to use the AI tools in education to make sure the negative impacts on students academic and real-life performance is absent.

While using AI tools often it collect and analyze the huge amount of students data and their information to provide them personalized learning experiences, enhance learning outcomes and their effectiveness, although its significance to establish a proper regulations and guidelines to protect the privacy and data security of the students and ensure that AI tools are being used in manner that students personal information are not being misused and respect their rights and safeguards their data. Additionally administrators and educators should critically evaluate the algorithm which is used in AI tools, Often these algorithm are developed based on existing data which can be cause of social biases and encourage the stereotypes among the students and its responsible for the administrators and educators should ensure that the algorithm based learning process has a positive impact and promoting transparency, accountability, equity, inclusivity and fairness among the students in the academic and real-life performance.

Moreover, Administrators and educators should be aware themselves about the over-reliance of AI tools on students. There's no doubt these tools are capable to promote productivity and efficiency in the learning process, but at the same time it should be ensure that human interaction should be involved in the decision-making process and have the final decision in the educational matters rather than replacing it. Therefore, its crucial to strike the balance between utilizing of AI tools and traditional teaching methods and ensure that students has a positive impact on their overall development are reinforcing their creativity, critical thinking, foundational and social skills. Furthermore, addressing the transparency and accountability are crucial for protecting students from the AI tools negative impact. It's essential for developers and educators to critically analyze and develop transparency and accountability on the usage of AI tools and put forward about their capabilities and limitations of these tools. In the absence of transparency and accountability has the potential risk of unfair pitfalls to certain groups of students and perpetuate inequalities and discrimination into the society in terms of gender, race and socioeconomic status especially who belong to underrepresented background. Therefore the mechanization of transparency and accountability has the potential to mitigate the biases of algorithm in the AI tools and this will lead to create a fairness and equitable learning environment to the students. Being transparency and accountability build trust among the teacher, students and parents, and moreover this informed assistance from AI technologies may eliminate the negative impacts on students academic and real-life performance and encourage fairness and ethical usage in the educational institutions.

In conclusion, the utilization AI tools has playing a vital role in education setting from personalized learning experience to data analysis these tools has brought revolutionary changes in education setting. It offers numerous benefits and opportunities to students for their growth. But it's also essential to address about their drawbacks to mitigate the negative impact on students. Overreliance on AI tools may have a potential disadvantage to

students in such a way it may be hindrance to their creativity, productivity, problem-solving skills and critical thinking skills which is essential for their academic and real-life settings. As humans develop the algorithm there might be possibilities of potential biases while using these tools and it may reflect into students which made them still biased and perpetuate the inequalities and discrimination among students particularly who belong to underrepresented background. Therefore, it's compulsory for educators and policymakers to consider the ethical issues how it's being used among the students and establish a suitable guidelines and regulations to eliminate the potential losses of the AI technologies on students. Moreover, its essential to evaluate and improve the AI tools to mitigate the negative impact and ensure there will be a presence of equity, inclusivity, transparency, accountability and fairness.

## **XI. FINDINGS**

- a. AI may have potential positive effects on academic task but over-reliant on AI tools encourages the inactiveness among the students.
- b. Students faces challenges during the academic domain like discourages of critical thinking skills, foundational skills, and inactiveness in academic performance. And have challenges in real life performance like independent thinking skills, problem solving skills.
- c. Integration of AI tools in their academic tasks makes teaching and learning process effectively. Therefore it should be approach both traditional and AI based teaching-learning process to uplift the students performance in both academic and real life.

## **XII. CONCLUSION**

This article explored how AI tools can affect both positive and negative on student's academic and real-life performance, ultimately discussed on the negative impacts on students. Artificial Intelligence tools has the potential benefit such as personalized learning experiences, improves teaching-learning efficiency, and provides valuable resources, correspondingly it has potential negative consequences such as overreliance, hindrance to critical thinking skills, problem solving skills, and creativity, biased assumptions, privacy concerns, inequality and discrimination. Therefore, it's crucial to address these negative pitfalls and educators, parents and policymakers to be aware about limitations of these tools and establish a proper regulations and guidelines to strike a healthy balance of utilizing AI tools without compromising the traditional method and ensure promoting a well-rounded development in both academic and real-life performance. And by following the strategies which is discussed above we can create a healthy balanced and impactful learning environment for our future generations.

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