

Obtaining self-awareness with the help of Artificial Intelligence

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Abstract: Purpose: The purpose of this Research paper is to conduct a research on the topic “Obtaining self-awareness with the help of Artificial Intelligence”.

Research Methodology: The researcher used secondary sources and used the "doctrinal method of research" in this paper. All of the information was gathered primarily through the use of the internet and research.

Research Implications: In science and technology, artificial intelligence (AI) is a discipline of science and technology that develops intelligent machines and computer programmes to do a wide range of jobs that would otherwise require human intelligence. People's lives have become more productive as a result of the various types of applications made possible by artificial intelligence. People's way of life has changed. Since the advent of artificial intelligence, everything has changed.

Research Findings: This Research paper explains what is self-awareness. It also enlists different ways that can be used by Artificial intelligence to help humans obtain self-awareness. Not only that, it also mentions the important things about self-awareness that humans can learn from Artificial intelligence.

Originality: This paper provides study on the topic “Obtaining self-awareness with the help of Artificial Intelligence”.

Keywords: Artificial Intelligence, Self-Awareness

INTRODUCTION

In science and technology, artificial intelligence (AI) is a discipline of science and technology that develops intelligent machines and computer programmes to do a wide range of jobs that would otherwise require human intelligence.

People's lives have become more productive as a result of the various types of applications made possible by artificial intelligence. Since the invention of artificial intelligence, people's way of life has shifted.

As is true of many sciences, artificial intelligence is an integral aspect of human society. Its influence, in

contrast to the majority of them, may probably be truly revolutionary.

This study examines the impact of the artificial intelligence programme on human society and the individual human being, as well as how it might help people become more self-aware.

RESEARCH OBJECTIVES

1. To define Self-Awareness in humans.
2. To enlist different ways that can be used by Artificial intelligence to help humans obtain self-awareness.
3. To enlist the important things about self-awareness that humans can learn from Artificial intelligence.

RESEARCH QUESTIONS

1. What is the definition of Self-Awareness in Humans?
2. What are the different ways that can be used by Artificial intelligence to help humans obtain self-awareness?
3. What are the various important things about self-importance that humans can learn from Artificial intelligence?

REVIEW OF LITERATURE

1. Mossbridge, J., Goertzel, B., Mayet, R., Monroe, E., Nehat, G., Hanson, D., & Yu, G. (2018). *Emotionally sensitive AI-driven android interactions improve social welfare through helping people access self-transcendent states. In AI for social good workshop at neural information processing systems 2018 conference.*
This research paper was very important as it helped the author in Understanding the various

ways in which Artificial Intelligence can enhance Human Welfare in the society. According to the findings of this research article, artificial intelligence-powered humanoid robots can be beneficial at every step of the human development process. However, they have taken a fresh approach by starting at the very top of the hierarchy and approaching the issues of human-robot interaction and human growth from the perspective of self-transcendence and self-actualization.

2. PK, F. A. (1984). *What is Artificial Intelligence?. "Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do", 65.*
3. This is a cluster of Research papers that actually helped the author in understanding the very basic definition of Artificial Intelligence. Not only that, this research paper also showed various examples of Artificial Intelligence being used in Healthcare industry, Education Industry and Security and Surveillance industry which laid the foundation of this research paper as it explained the nuances of using Artificial Intelligence in real life situations.

LIMITATIONS OF THE STUDY

The study is based only on secondary data from journals, research papers, websites, thesis etc. which may work as a limitation of the study.

RESEARCH FINDINGS

What is Self-Awareness?

Anyone committed to self-improvement, personal growth, or spiritual progress must actively attempt to understand themselves. Because only by realising one's shortcomings can one concentrate on improving. These Shortcomings can only be recognised if one is "self-aware".

Self-awareness is something that can be defined in various different ways. It is subjective in nature. The definition provided in this research paper is for the

sake of providing an all-encompassing definition that actually clears the very basic question "What is Self-Awareness?".

Self-awareness is the ability to reflect. Learning to see and accept one's flaws as well as one's virtues is a key component of self-awareness. Thus, introspection or self-awareness entails examining how others view oneself and how one's actions, reactions, and behaviour affect others¹.

Self-Awareness can be further classified into Private and Public self-awareness.

1. Public Self-Awareness: In this category, individuals are mindful of their public appearance. Presenting or speaking in front of a group of friends typically triggers public self-awareness. Self-awareness typically motivates individuals to follow societal standards. We generally strive to act in ways that are socially acceptable and desirable when we are aware we are being observed and judged. In short, we present our best selves, which may not be genuine. Individuals may get upset, apprehensive, or worried about how they are seen by others when they are publicly aware of their own identity.
2. Private Self-Awareness: This occurs when individuals become aware of themselves in a private manner. Mirroring oneself is a kind of intimate self-awareness. When you discover you failed to prepare for a crucial test or when you encounter someone you like, you might feel your stomach lurch or your heart flutter. Close relatives and friends are exposed to some of our personal details when we relax our guard in front of them. They therefore become useful tools for self-evaluation.

It is a discipline to become more aware of oneself and how others see us. So one may overcome personality flaws and discover one's talents.

Now the question arises how can one become Self-Aware. In this fast paced world, it is very hard to stop and reflect. This is the major problem that stops people from becoming Self-Aware.

Although the solution can be to stop for a moment and gain some self-awareness, this Research paper has

¹ Self-awareness is the first step to personality development. (2017, June 27). SSRF English. <https://www.spiritualresearchfoundation.org/>

spiritual-practice/steps-of-spiritual-practice/personality-defect-removal-and-improvement/self-awareness/

provided alternative and futuristic methods.

Now Imagine a software or in Layman's language, a Robot helping you to understand yourself better.

Self-Awareness can also be obtained, thanks to the developing technology, with the help of Artificial Intelligence, or as people like to call it, AI.

To actually understand how AI can help in obtaining self-awareness, it is quintessential to recognize the actual definition of Artificial Intelligence.

Artificial Intelligence (AI) is a branch of computer science that focuses on creating smart machines that act, think, and make rational decisions.

The word itself is made up of two parts: Artificial and Intelligence. So, AI is a man-made brain. Artificial Intelligence is now employed in devices, programmes, and computers that can watch, learn, and adapt to get optimal results.

Music recommendations based on browser search history, targeted marketing, and self-driving cars are all examples of this type of intelligence². Artificial Intelligence connects all fields of human intelligence³. Now that we know the definition of Artificial Intelligence, let's move a step further. As the Research topic states, the next question that arises in any rational mind is whether AI will help humans in obtaining self-awareness?

Usage of Artificial Intelligence to gain self-awareness is a very smart stroke. AI can be very accurate and understands the language of numbers. Therefore, the chances of a mistake reduce drastically.

There are many ways in which AI can help a person gain self-awareness. Some of these are as follows:

1. Rigorous and Careful observation of one's behavior:

In order to understand one's personality, we must first comprehend the nature of his/her mind. The mind is divided into two sections: the conscious mind and the sub-conscious mind. Although the sub-conscious mind is enormous, it is difficult to uncover and analyse the impressions that have been buried deep inside it. While one's mind may occasionally explode and respond badly to certain events or situations during the day, it does so on a regular basis.

² PK, F. A. (1984). What is Artificial Intelligence?. "Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do", 65.

Because of this, one experiences a certain amount of restlessness and negative feelings like insecurity, fear and rage. When we feel an emotion, most of us move on with our daily lives without taking the time to pause and consider why we felt that way in the first place. When faced with such scenarios in one's everyday life, the mind, by reacting negatively to situations and occurrences, opens up a window and provides a glimpse into its inner workings. With the help of special camera's and sensors and analyzing the data provided, one can follow the trail that the mind opens up through the window that the mind opens.

As a result, one learns to get a better understanding of one's own mind and how it responds to various stimuli as a result of going through this process.

This is referred to as metacognition, which refers to the ability to be aware of and understand one's own thoughts and thought processes. Except in this case, programmed devices or computers will understand the thought process of.

This sort of self-development is concerned with becoming aware of one's own physical and mental state of being, which includes one's thoughts, actions, ideas, feelings, and social relationships with others.

In order to overcome unpleasant feelings and reactions, it is necessary to first recognize them. And this can be done using Artificial Intelligence.

Take, for example, the following sentence. When Anurama's supervisor complimented her coworker, she became agitated. She couldn't stop thinking about the incident throughout the day, which only exacerbated her feelings of unease. The negative thinking that she couldn't seem to shake was, 'No matter how hard I try, I never seem to get recognised'. In summary, Anurama's day did not go as planned. She forgot about it the next day after getting a good night's sleep and went on with her life. As an alternative, if Anurama had been notified by a gadget or computer that used artificial intelligence and captured minute details like dilation of Pupil or continuous facial changes to assess her feelings of restlessness, she would have inquired as to why she had been feeling that way. In this way, she could have acquired insight

³ A.B. Simmons, "Artificial intelligence-definition and practice"

into her own thinking and discovered which personality fault was showing itself at the time, causing her to be so restless.

As a result, she would be able to be more solution-oriented in the future, so avoiding the restlessness generated by similar situations and achieving greater stability. Not only that, but artificial intelligence may also be utilised to answer some more self-awareness-related queries, such as: How long does her restlessness last before she becomes aware of it? And Will she be able to put a stop to it and control her feelings of restlessness at that point in time?

Does she make an effort to look within herself and learn more about herself and her personality flaws?

Where else does this kind of restlessness manifest itself? Who else is participating in this?

This is one of the most widely used techniques in the world which can arm anyone with the basic understanding of his/her nature, mood, characteristic traits, positives and negatives.

2. Someone offering us with criticism or pointing out a mistake on our part:

When Rahul's father asked him to turn down the music, Rahul obeyed. The fact that you are constantly playing such loud music means that there is never a moment of quiet in this house. Rahul grumbled under his breath and turned the music volume down with a sulky expression on his face.

Taken negatively, it is never easy to accept criticism of one's conduct or one's life from others. It is common for us to have thoughts such as "why can't they comprehend me," "I am not like that," and "I don't want to hear about it" when we are in such a situation. Consider the possibility that Rahul paused for a second and considered the issue objectively; he would almost certainly learn something about how others perceive him. When other people supply us with feedback, no matter how harsh it may be, it gives us an indication of how we are seen by others. If someone has suffered as a result of our activities, it is almost always because we have a personality flaw that causes our actions to have a negative impact on others.

Criticism, one of the most important aspect of self-awareness, plays a very important role in character building of any person, be it a Toddler or a 63-year-old man/woman.

AI powered devices, with specific coding can easily point out our mistakes. With the help of the aforementioned specific coding, they can easily point

out criticism and present it to the users.

For example, this coding may include the behavior of a very fine human being that actually is the perfect epitome. This may motivate the user to decrease his/her mistakes because of which one can easily turn out to be a better version of oneself.

But every coin has two sides. These comparisons to the very high standards of behavior may disappoint the user regularly thereby starting a vicious cycle of disappointment and futile efforts to match the coded behavior.

There is also a perquisite to this method. One should not let his/her ego ruin the self-awareness techniques used the by the AI powered devices. This may happen if the users feel that their behavior is the best and they don't need any advice from a "Tin Box".

3. Seeing someone else make a mistake and then reflecting on what happened:

Jalaram and Ria were having a heated discussion over household chores. Despite Ria's insistence that Jalaram was not doing enough at home, Jalaram continued to provide lame justifications for why he was unable to complete his domestic responsibilities on time. They were having a fight when their friend Manik overheard them and realised that he was the same as Jalaram. Jalaram's petty and stupid justifications were becoming increasingly frustrating to Manik, who could now observe them objectively as a third party who was not emotionally invested in the situation. Having witnessed the ramifications of this, Manik made a mental commitment to overcome his own sloth and assist his own wife at home without giving any justifications.

The following is an illustration of how seeing an event involving other people can lead to a better understanding of oneself.

Now resonating this same situation with the topic of discussion, Ria and Jalaram's fight will be coded within the system of an AI powered device. Not only that, many such real life incidents and lessons can be incorporated in the coding of the device. The device can later analyse the situation of the user and offer him such incidents or lessons that will mostly have a great effect on the user. This will make the user self-aware and hence will appeal to his/her conscience.

This is not all. Even Humans can learn something from AI. They can learn many things about Self-Awareness and apply the same in their respective lives. These include:

1. Concentration is required since AI and robotics require you to translate your knowledge into an algorithm and mechanism. You can't beat about the bush and use meaningless terms with open-ended meanings to educate AI to operate. Words and sentences that have varied meanings for different humans may not make sense to AI and are too ambiguous to be translated into a machine. Humans become self-aware as AI encourages them to concentrate and make sense of what they say.
2. It also means that it aids in the simplification of life by bringing changes such as the use of simpler language and the elimination of the usage of intricate phrases and sentences. While philosophers have struggled to make much headway in this area, neuroscientists take a more quantitative approach to consciousness, making it easier to understand.
3. Thinking logically and depending less on intuition: We've seen AI easily overcome humans in a variety of games in the past, the most famous of which being AI defeating Go champions. The AI in this scene was spotted performing a number of unusual actions that were not necessarily programmed by a human. This breakthrough taught Lee Sedol, the Go Champion, to think more creatively. It also taught him to rely on his instincts less and foresee the next step more correctly. It also teaches you to challenge your assumptions.
4. No bias: It is well recognized that humans are prone to unconscious bias, which is frequently accepted as the best practice and the correct course of action. Years of bias become a baseline that may often be applied to AI systems that we are trying to develop. On the contrary, AI systems and robots do not exhibit these human characteristics on their own. AI systems may have more unbiased perspectives than humans if given the freedom to program without any biased data.
5. Keep improvising: The example above also demonstrates that, much as AI systems and robots improvise on how to behave and act, humans

should do the same wherever feasible. The best thing about AI is that it just needs to be fed data once to continually showing improved ways to use it ⁴.

CONCLUSION

Technology has advanced a lot and this advancing technology has provided users various opportunities to grow their self-awareness. With the help of Artificial Intelligence, one can achieve wonders and make life smooth as glass.

This research paper tried to provide certain ways through which Artificial Intelligence powered devices can actually help the user in becoming more and more self-aware. These ways listed above will only be possible to implement if and only if the user keep an open mind and let the device offer them advice and analyse them.

Unless there is a complete support from the user, there isn't much that the devices can actually do. Therefore, the users should sacrifice this rigidity of theirs to incorporate changes in their daily life.

Also, it is upon the user to actually listen to the analysis presented by the device. If the user declines the analysis, this whole process of obtaining self-awareness with the help of AI will be null and void.

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⁴ Deoras, S. (2019, November 19). *What Can AI Teach Us About Human Consciousness?* Analytics India Magazine.

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