

## THE ROLE OF SELF-CONTROL IN OVERCOMING ETHICAL CHALLENGES IN THE DEVELOPMENT OF ARTIFICIAL INTELLIGENCE

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### Abstract

The development of artificial intelligence has become a primary focus in various technological fields. However, the ethical challenges associated with this development cannot be ignored. In this context, self-control plays a crucial role in addressing these ethical challenges. Self-control involves an ability to monitor and regulate their behavior and decisions. In the development of artificial intelligence, self-control enables developers to monitor how technology is used and ensure that it is used ethically. The purpose of this study is to investigate and examine how self-control plays a role in addressing the challenges that are likely to occur in the ethical scope caused by the ongoing development of artificial intelligence from time to time, so that we do not get drawn into the negative influence of artificial intelligence or Artificial Intelligence (AI). This study was conducted through a literature review. The results show that self-control plays a crucial role in addressing ethical challenges in the development of artificial intelligence, as self-control is necessary in the use and development of artificial intelligence because it has the ability to understand the ethical implications of decisions made, ensuring that decisions made by artificial intelligence systems can be understood and tracked, and having clear documentation on how artificial intelligence makes decisions and who is responsible for those decisions.

**Keywords:** Self-control, Ethical Challenges, Artificial Intelligence.

### 1. Introduction

One field that is growing rapidly in the contemporary era is artificial intelligence. There has been artificial intelligence since 1956. Scientists continue to do new things to improve artificial intelligence. This development can help humans by easing key activities. In addition, artificial intelligence has the ability to help humans get information instantly in seconds without the need for additional resources.

Along with the progress and development of this artificial intelligence, various benefits can certainly be obtained by the user. But not a few also, along with the development and sophistication of artificial intelligence, there are also various ethical challenges that need attention. One important aspect of concern is self-control.

The ability of a person to control his own behavior with the aim of creating positive behavior by referring to moral standards, values, and norms that apply in society is called self-control (Baumeister & Boone, 2004). Mature self-control is essential, especially when a person has to adapt to new behaviors and learn how to do them.

In Islam itself, many postulates explain the importance of control or self-control from various negative attitudes or behaviors. As Allah Almighty says:

يَا أَيُّهَا الَّذِينَ آمَنُوا قُوا أَنْفُسَكُمْ وَأَهْلِيكُمْ نَارًا وَقُودُهَا النَّاسُ وَالْحِجَارَةُ عَلَيْهَا مَلَائِكَةٌ غِلَظٌ شِدَادٌ لَا يَعْصُونَ اللَّهَ مَا أَمَرَهُمْ وَيَفْعَلُونَ مَا يُؤْمَرُونَ

It means: "O believers, preserve yourselves and your families from the fires of hell whose fuel is man and stone; his guardians were angels who were harsh, hard, and disobeyed God not what he commanded them, and always did what he commanded." (QS. At-Tahriim verse 6).

This verse strongly calls upon every person to try to guard and preserve himself from the various vices brought about by his attitude and behavior. Mujahid said: "Fear Allah and tell your families to fear Allah." Qatadah said: "That is, you should tell them to obey Allah and prevent them from disobeying Him. "And thou shalt keep the commandments of God unto them, and command them to live them, and assist them in living them. If you see them disobeying Allah, warn and prevent them."

The above explanation shows that self-control is essential for human life. It is very important to take care of and maintain oneself, but perfect care and self-control must be followed by increasing awareness and understanding for people in the family or environment to nurture themselves individually as well as collectively.

The study on ethical issues by (Rahardja, 2022) with AI adoption notes some important issues that have emerged as a result of AI adoption and offers solutions. The study "The Era of Artificial Intelligence and the Impact on Human Dignity in Ethical Studies" (Pabubung, 2023) looks at how artificial intelligence interacts with humans as developers, users, and objects in the modern era ethically, focusing on how it impacts human dignity. The study conducted by (Taruklimbong & Sihotang, 2023) investigated the prospects and challenges of using artificial intelligence in chemistry learning. The study sees opportunities to improve the effectiveness and efficiency of chemistry learning, address ethical and privacy concerns, and make teaching and learning easier and more efficient.

The purpose of compiling the article entitled "The Role of Self-Control in Overcoming Ethical Challenges in the Development of Artificial Intelligence" is to examine and examine how the role of one's self-control to overcome challenges that inevitably occur in the ethical sphere caused by the influence of the development of artificial intelligence that continues to develop from time to time so that we do not fall into the negative influence of the existence of artificial intelligence.

## 2. Method

The method used in this article is a method with a literature review approach or also called literature study. Methods that use this approach contain theories from the literature that are related (relevant) to the research problem. Literature review plays a role in the formation of the basis of research studies by building relevant concepts and theories. In the literature review, an analysis of concepts and theories applied based on accessible literature is carried out, especially from articles that have been published in various scientific journals and also from books relevant to research problems (Ismayani, 2019).

Then related to data collection, according to Sugiyono data collection techniques are the most strategic step in research, because the main purpose of this research is to obtain data (Sugiyono, 2013). Data collection in this study is using a way in the form of finding and collecting information from various sources such as books, scientific journals, and based on research that has been done before. Material obtained from various sources is critically analyzed and dayu006D to support the ideas and concepts proposed.

Data analysis was carried out using qualitative descriptive analysis. The descriptive analysis method is carried out by describing the facts and then followed by analysis, not only providing an

explanation but also providing adequate understanding and explanation (Abdussamad & SIK, 2021).

### 3. Results and Discussion

Control according to KBBI is supervision, inspection, or control. Control can be said to be a tool that is useful for controlling or regulating the state of a system. So it can be concluded that the control is one of the most important units in a system that will help in terms of control or settings so that the system can run properly and optimally. Then the discussion about self-control. That self-control when associated with one's life, it can be described that in living life will not be separated from control or self-control. Self-control is related or closely related to a person's skills in controlling his emotions. Self-control is defined as a person's ability to control and control his or her own behavior, as well as the ability to suppress or stop impulsive behavior (Chaplin & Kartono, 2011).

A person's ability to control the flames of visible emotions is known as self-control. Signs include tension when facing stress or confronting someone hostile without responding with comparable attitudes or behaviors (Goleman, 2002). Self-control also includes the ability to control behavior, the tendency to attract the attention of others, the desire to change behavior, and always feel comfortable with others (Gufron and Rini Risnawati, 2011).

Then it can also be said that self-control is a way that can be used to suppress negative behaviors that may be carried out by someone (Putri et al., 2023). So it can be concluded that self-control has a very important role to manage yourself from inappropriate behaviors, whether it comes from himself (internal), or it could be from outside himself (external).

The role of self-control in the modern era like now, where various things are dominated by the use of artificial intelligence. So in facing the challenges that exist in the development of artificial intelligence is very urgent. Especially in the face of ethical challenges that inevitably occur.

An ethical challenge is a situation when a person is faced with a decision that involves all considerations in values and morals. This can happen when there is a conflict between personal and social interests, or when there is an unavoidable dilemma between legal and moral regulations. Facing these ethical challenges requires careful thought and deep consideration of the long-term effects and goals of the choices made in the present. It also boils down to the involvement of awareness of the moral impact of such actions or decisions on a person, society, and the environment.

The role of self-control is crucial in overcoming ethical challenges, because facing situations that require moral decisions often triggers impulsive emotions and behaviors. So here the role of self-control is to help a person to stay calm and think rationally in considering things to make good decisions, even in situations that may be full of pressure. When a person is able to control his emotions, then a person will be more likely to make decisions based on values and moral considerations, not on personal desires or benefits.

In addition, self-control will help a person to avoid an action that may harm others or that may violate ethical principles. Self-control also allows one to take a broader view in the face of ethical challenges, by not getting bogged down in a personal perspective or narrow-mindedness. One can look at the situation from different points of view and consider the various possible repercussions. Then self-control provides an opportunity for a person to consider alternative options more carefully than making spontaneous decisions. Someone who has good self-control will think carefully to think of opportunities that best fit ethical values and behavior.

Self-control also helps a person to remain consistent with various moral principles in the face of existing pressures. When a person is able to control himself from actions that are contrary to existing values and morals.

When connected to the modern era, the role of self-control is very important in overcoming ethical challenges whose existence is bound to occur. One of the ethical challenges can be seen from the use and development of artificial intelligence. At present, artificial intelligence is widely used by various circles of society. According to (Kusumawati, 2008), artificial intelligence is a scientific discipline that studies how to make computers able to perform various tasks that at the same time can be done by humans. Computers are made to be intelligent and intelligent so that they can mimic some functions of the human brain and do the same things as humans (Kusumawati, 2008). One branch of computer science named artificial intelligence helps in the creation of computer systems that can perform tasks that usually require human intelligence. The goals of artificial intelligence are achieved through various methods, such as robotics, computer vision, language processing, and machine learning.

Artificial intelligence has a very important role in today's modern era because it provides various solutions to all challenges faced by humans. Artificial intelligence can also provide decisions or considerations that are fairly qualified and better and more efficient in various fields such as health, finance, and various other things. In addition, artificial intelligence also helps in increasing human productivity and creativity by scheduling routine tasks to be completed on time, making free time well available, and others.

In addition, artificial intelligence has the potential to create significant technological developments in the future by continuing to apply and develop artificial intelligence, innovative solutions can be expected to common challenges such as improving the quality of life. Therefore, artificial intelligence is not only a tool that aims to solve problems in the present, but can also be used as a foundation for sustainable development and progress in building a better future.

Judging from the ethical challenges in the development of artificial intelligence, the role of self-control is very important. Because the decisions taken by artificial intelligence systems often produce a significant impact on a person. Self-control then helps a person in controlling the urge to take decisions that may violate ethical and moral values. With self-control, one can ensure that artificial intelligence can operate or run in accordance with the prevailing values and norms. Self-control also allows one to consider the long-term implications of using artificial intelligence in an ethical context.

If self-control does not play a good role in addressing the ethical challenges of the development of artificial intelligence, it can lead to serious problems. Factors such as ignorance, greed, or pressure to make personal gains can deter one from ethically considering anything ethical in the development and application of this artificial intelligence. The impact will vary, ranging from widespread violations of values and morals, unintentional discrimination, to unfair decision making or even potentially endangering the safety and well-being of individuals and the community.

Therefore, the existence of effective self-control in overcoming ethical challenges in the development of artificial intelligence is very important to do, useful to ensure that the technology is used responsibly and in accordance with the moral values upheld. In the use and development of artificial intelligence, self-control has the ability to understand the ethical implications of decisions made, namely by ensuring that decisions taken by artificial intelligence systems can be understood and tracked, and have a clear picture of how artificial intelligence makes decisions and who is responsible for those decisions. Self-control also has the ability to account for the

social, environmental, and moral impacts of artificial intelligence applications. Thus, this artificial intelligence can be directed to benefit the entire community by minimizing the risks that may arise.

#### 4. Conclusion

Based on the above, it can be concluded that self-control is very important to face ethical challenges in the development of artificial intelligence. With self-control in a person, it is hoped that the development of artificial intelligence can take place ethically and sustainably.

In the context of today's modern era, the role of self-control in a person is essential to overcome ethical challenges that most the development and use of artificial intelligence can consider any of those ethical issues. Today, many people in society use artificial intelligence. When we talk about artificial intelligence, we're talking about how computers can perform various tasks that are theoretically easier for humans to perform.

By continuing to apply and develop artificial intelligence, it is hoped that artificial intelligence will offer innovative solutions to common problems such as improving the quality of life. Thus, artificial intelligence can be used as a foundation for significant technological development and advancement in the future. Self-control is very important because of the ethical challenges associated with the development of this artificial intelligence. Because artificial intelligence systems often have a significant impact on a person as a result, self-control helps a person control their impulse to make decisions that may violate moral principles. Self-control also allows one to consider the ethical consequences of using artificial intelligence in the long term.

Therefore, if a person already has good self-control, they will not fall into the negative impact of the development of artificial intelligence in the future. Instead, they can adjust to the development of artificial intelligence and make good use of it.

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