AI BENEFITS IN MENTAL HEALTH COUNSELING

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Abstract

The development of artificial intelligence (AI) is increasingly widespread and indispensable in human life such as education, services, and so on. This development is demonstrated by the large number of devices using artificial intelligence or AI-based technology. This device greatly simplifies human work. This study aims to find out the benefits of AI in mental health counseling The research method that is conducted is a literature review that uses data collection sources relevant to this study can be in books, magazines, and other print media, or can be obtained from photographs and videos. In the digital age as it is today, the internet and social media have become an important part of human life. In 2019, about 71% of the global population accessed the internet and 45% of the global population used social media (Kemp, 2019). The development of AI technology in social media, such as content personalization, can affect human behavior and strengthen biases that can affect mental health. For example, personalization of content on social media can make humans exposed to the same view constantly, which can strengthen bias and affect mental health (Fornell & Kocovski, 2018)

Keywords: Artificial Intelligence, Artificial Intelligence Introduction,Global Voices

1. Introduction

Artificial intelligence is a new innovation in science. The existence of artificial intelligence began with the advent of modern computers in 1940 and 1950 AI was a tool or computer that could perform tasks performed by humans, therefore AI could also be used in gaming activities. Artificial intelligence is technically just a tool. Technologically it's wider. These artificial intelligence issues are related to the social cultural conditions of the local community and the policies/strategies of government institutions and related telecommunications industries. These three are related to each other so that they cannot be partially separated in analyzing existing problems.

Artificial intelligence is part of computer science that allows machines to perform the work as well as humans do. Intelligent systems are systems built using artificial intelligence techniques. One study of artificial intelligence is the theory of Expert Systems.

Mental health is a growing concern in this modern era. People are increasingly aware of the importance of maintaining mental health as an integral part of overall well-being. In this context, artificial intelligence (AI) technology has become a subject that attracts attention in efforts to improve mental health services.

Mental health counseling is one of the approaches commonly used to help individuals address psychological, emotional, and behavioral issues. However, with the complexity and high demand for these services, there is a challenge in providing broad and timely access to individuals who need it. This is where AI's role in mental health counseling has become increasingly significant.

With its ability to process and analyze data on a large scale, AI provides the potential to increase the efficiency and effectiveness of mental health services. From the introduction of behavior patterns to the delivery of personal therapeutic recommendations, AI brings various benefits that can change how we approach and manage mental health.

In this paper, we will explore the main benefits of integrating artificial intelligence into mental health counseling. From improved service accessibility to the development of a more personal and responsive therapeutic approach, AI provides new expectations in more holistic and affordable mental health care.

Qs. Al- Baqarah 155

وَلَنَبْلُوَنَّكُم بِشَىْءٍ مِّنَ ٱلْخَوْفِ وَٱلْجُوعِ وَنَقْصٍ مِّنَ ٱلْأَمْوُٰلِ وَٱلْأَنفُسِ وَٱلثَّمَرُٰتِ ۗ وَبَشِّرِ ٱلصَّٰبِرِينَ

It means, and it really will. We have tried you with a little fear and hunger, and a lack of wealth and lives and fruits. Give glad tidings to the patient.

Which here is the content of Surah al-baqarah verse 155 related to mental health, where Allah will always test his servant with various trials. Allah has sworn to the believers that He will test them with certain kinds of trials; such as fear of the enemy, hunger, loss of wealth, loss of loved ones, and lack of fruit. O Messenger, give glad tidings to those who patiently endure the torment of Paradise.

The purpose of this study is to find out the benefits of AI in mental health counseling. Through this research, it is hoped that it can be understood what the benefits of AI are in mental health counseling. Thus, this research is expected to provide a deep insight into how and what is the use of AI technology in mental health counseling.

Based on previous research by Joko Riyono (2022) Artificial Intelligence or artificial intelligence is one of the branches of computer science to produce computer machines that can work like humans to the maximum. This Artificial Intelligence technology is used in everyday life, one of which is applied in the medical world related to mental health management. There are two media for suicide risk prediction: medical records analysis and social analysis. Algorithm used by Artificial Intelligent to detect a person's behavior and analyze patterns and provide recommendations or suggestions based on the data set through machine learning.

According to Gumgur Gumelar (2023), the impact of AI on human mental health is also a challenge that must be overcome. While AI can provide ease and speed in diagnosing and treating mental health disorders, it can lead to dependence on technology and reduce direct social interaction. Therefore, proper policies and approaches are needed in using AI for mental health so as not to interfere with social interaction and human psychological balance.

According to Ellen E Lee (2021). Artificial intelligence (AI) is increasingly used in health care such as oncology, radiology, and dermatology. However, the use of AI in mental health care and neurobiological research is still very limited. Given the high incidence of pain and death in people with psychiatric disorders, coupled with the increasing number of mental health providers, there is an urgent need for AI to help identify high-risk individuals and provide intervention to prevent and treat mental illness.

2. Method

In this study the author used a library study (literature review) that fits the object of this study. Library research is a methode that uses data collection sources from the library, which can be in book,magazines (khairiah & silvianetri), 2022, yuningsih & herdi, 2021quoted by sabaruddin, etc, 2022.) the methode of data collection used in thid study is a documentation methode that collection data from different types of literature into a single document used to answer this study (Sabarrudin et al., 2022), collection of similar serearch result from articles or journals encountered this studi used data analisis techniques, namely content analysis techniques.

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3. Results and Discussion

Artificial Intelligence (AI) is a hot topic at this time, especially with the emergence of ChatGPT developed by OpenAI, a San Francisco California technology company, where Elon Musk is one of the founders. AI technology has influenced many aspects of human life, including psychology. Psychology is the study of human behavior and the mental processes involved. As a human-related science, psychology must understand the impact of AI technology's development on mental health and human behavior. The development of AI technology has had a significant impact on human life, particularly on human interaction with the technology.

In the context of psychology, AI technology can affect various aspects of human behavior and mental health, such as sleep disorders, dependence on technology, and other mental health problems. academic scientific work or law enforcement. (2023, Gumelar)

But while AI has the potential to help address mental health problems, it also has a negative impact on human mental health for example: when humans rely too much on AI technology to make decisions or accomplish tasks, they are not able to do so. This can cause disruption and cause mental health such as anxiety and depression. (2023, Mindandi)

Today's dependence on technology and virtual world is increasing, including dependence on AI. This can be seen from the amount of time people spend using digital devices, such as smartphones, laptops and tablets. Dependence on this technology can affect mental health such as anxiety, anxiety and sleep difficulties. According to Park Lee and Kim's reliance on the internet and technology can cause behavioral disorders such as obsession with the internet, anxiety when not using digital devices and loss of control over technology use. Their studies show that the more often a person uses technology, the more likely they are to experience mental health problems. (Kim et al., 2019)

Mental health refers to a person's emotional, psychological, and social welfare state. This includes aspects of how individuals feel, think, act, and interact with others. When mental health is good, one is able to manage stress, maintain a positive relationship, make the right decisions, and make positive contributions to society. Mental health is not only about the absence of mental disorders, but also about achieving an overall optimal quality of life. This includes achievements in various areas of life, such as career, social relations, and personal achievement.

Maintaining attention to mental health is important because mental disorders can affect a person's ability to function properly in everyday life. Support from the social environment, medical care, and mental health practices such as exercise, meditation, or therapy can help in maintaining optimal mental health. Mental health is an important aspect of realizing comprehensive health. However, in most developing countries, mental health problems have not been prioritized when compared to infectious diseases. (Ridlo, 2020)

The big impact of AI on human mental health Although AI technology has a major impact on human mental health, it does not necessarily mean that AI technology has a negative impact. AI can also provide assistance in cognitive therapy to overcome mental health disorders such as depression and anxiety. A study conducted by PsycApps, a mental health technology company, showed that AI-based applications such as Woebot can help reduce depression and anxiety symptoms in users. However, while AI has the potential to help address mental health problems, this technology can also have a negative impact on human mental health. For example, when humans rely too much on AI technology to make decisions or complete tasks, this can lead to dependence and cause mental health problems such as anxiety and depression. In addition, AI can also strengthen bias and discrimination that already exist in society.

In the face of the negative effects of AI on human mental health, the role of psychology is becoming increasingly important. As a study of human behavior and the mental processes involved in it, psychology can help understand how AI technology can affect mental health and

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human behavior. With this understanding, psychology can provide appropriate solutions and strategies to address emerging problems. For example, psychology can develop interventions and strategies that can help reduce human dependence on AI technology. Psychology can also help develop AI algorithms that do not strengthen bias and discrimination in society. In addition, psychology can help strengthen awareness of the importance of mental health in the development and application of AI technology.

Today's dependence on technology and virtual worlds is increasing, including dependence on AI. This can be seen from the amount of time people spend using digital devices, such as smartphones, laptops, and tablets. Dependence on this technology can affect mental health, such as anxiety, anxiety, and sleep disorders. According to Park, Lee, and Kim's dependence on the internet and technology can cause behavioral disorders, such as obsession with the internet, anxiety when not using digital devices, and loss of control over the use of technology. Their studies show that the more often a person uses technology, the more likely they are to experience mental health problems but, not all dependence on technology has a negative impact. (park lee & kim, 2014)

The application of AI technology in healthcare and counseling has provided great benefits to human mental health. AI can help diagnosis of mental health disorders more quickly and accurately, and help patients in the therapy process with chatbots or online counseling applications. For example, Cameron et al showed that chatbots equipped with AI technology can help patients with symptoms of depression and anxiety. This chatbot can evaluate the patient's condition and provide advice that suits the individual's needs. In addition, online counseling applications have also grown rapidly, and can help patients who have difficulty accessing mental health services directly. (Park & Lee, 2012)

In the development of AI, the role of psychology became very important. This is because AI is used to interact with humans, and the science of psychology studies human behavior and mindset. By understanding human behavior and mindset, AI developers can create systems that are more intuitive and user-friendly.

In addition, AI can also be used to help predict and diagnose mental disorders. A study showed that AI can help predict whether a person is at risk of anxiety disorder or depression based on their speech pattern (DAlfonso, 2020). Using AI, experts can identify the symptoms in the early stages and provide more timely treatment.

However, as mentioned earlier, the use of AI in psychology also has potential risks, such as lack of privacy and unethical use of data. Therefore, there needs to be strict regulations and ethics in the development and use of AI in psychology. Overall, AI has great potential to contribute to the field of psychology in the future. However, it is important for AI developers to work with psychologists to ensure that this technology is developed with ethics and concern for human well-being. The claim that humans can be replaced by Emotion AI, or artificial intelligence that has the ability to recognize, interpret, and respond to human emotions, is an exaggeration. (Beckrest et al., 2021).

AI benefits in mental health counseling .The application of AI technology in healthcare and counseling has provided great benefits to human mental health. AI can help diagnosis of mental health disorders more quickly and accurately, and help patients in the therapy process with chatbots or online counseling applications.

a. Accessibility: AI can improve the accessibility of mental health services by providing online platforms or applications that anyone, anywhere, can access without waiting for an appointment schedule. This is very helpful for individuals who live in remote areas or have limited mobility.

b. 24/7 engagement: AI can provide 24/7 available counseling, so that individuals can access help whenever they need it, even outside of business hours or when no human therapist is available.

c. Anonymity and Privacy: Some individuals may feel more comfortable talking with AI than with humans, since they need not worry about feelings of openness or fear of judgment. This can increase the level of openness and honesty in counseling sessions.

d. Scalability: AI can be easily expanded to handle multiple cases simultaneously, without compromising quality of service. This makes it possible to help more people in a shorter time.

e. Monitoring and Analysis: AI can be used to monitor and analyze individual behavior and mindset, which can be helpful in determining further development and counseling needs.

f. Personalization: By utilizing Machine Learning technology, AI can adapt its counseling approach to the specific needs of each individual. This includes adjusting the type of intervention, the language used, and the session time.

g. Education and Understanding: AI can be used to provide information and educational resources about mental health to individuals, families, and communities at large. This can increase understanding of mental health issues and reduce the stigma associated with them.

4. Conclusion

It can be concluded that AI has a profound effect on human life, where it can cause humans to experience mental disorders, which have a profound effect on life because humans depend on AI. AI is a robot-based technology so if humans are in trouble using AI, for example on schoolwork, it is easy for students to search for answers in AI. AI can also help us in conducting online counseling where it is only by opening an AI application and sharing experiences with the system. There is also a negative impact that humans depend on AI so that it makes humans lazy in their efforts. There is also another negative impact here, such as mental health, which depends too much on AI due to fitting in school or seeing school when teachers ask questions without looking at their cell phones or using AI, then students will feel down because they cannot answer because of their life dependence on AI.

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