Research Journal of Advanced Multidisciplinary Insights (RJAMI)
ISSN: 3139-1559 | Vol. 2, Issue-01, Jan-June, 2026 | pp. 137-155

Deconstructing 'AI Psychosis': An Empirical Analysis of Hyper-Connectivity and Psychological Emergent Mental Health Catalyst Distress in Youth, Companionship on Gen Z And Gen Alpha India and World

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Abstract

The lives of Generation Z and Generation Alpha are being progressively shaped by artificial intelligence (AI) through hyperconnected digital environments and AI-powered applications. The psychological repercussions of excessive AI engagement, hyper-connectivity, and AI companionship among young people are the main topic of this review, which explores the new idea of "AI Psychosis." The results show that although AI technologies offer better access to knowledge, emotional support, and educational help, over-reliance on them may lead to anxiety, loneliness, emotional dependency, social disengagement, and low self-esteem. The review emphasises the increasing impact of AI-mediated interactions on social development and mental health, especially among young people with high levels of connectivity. Despite not being a recognised clinical illness, AI psychosis provides a crucial foundation for comprehending new psychological hazards related to AI use. The study highlights the necessity of ethical technology development, responsible AI engagement, and additional research to better understand the long-term effects of AI on future generations' mental health.

Keywords: Artificial Intelligence, AI Psychosis, Hyper-Connectivity, AI Companionship, Mental Health..

Received: March. 18, 2026 **Revised: April 11, 2026** **Accepted: May 27, 2026** **Published: June 17, 2026**

DOI: https://doi.org/10.64474/3139-1559.Vol2.Issue1.11

https://rjami.nknpub.com/1/issue/archive

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1. INTRODUCTION

One of the most revolutionary technologies of the twenty-first century, artificial intelligence (AI) has a profound impact on social relationships, communication, healthcare, education, and entertainment[1]. The way people access information and interact with technology has been completely changed by the widespread use of AI-powered apps, such as chatbots, virtual assistants, recommendation systems, and digital companions. At the same time, a highly connected digital environment—often referred to as hyper-connectivity—has been produced by the quick development of social media platforms, cellphones, and internet connectivity[2].

The most digitally connected generations are Generation Z and Generation Alpha, who interact with online platforms and AI-driven technologies for a significant amount of their everyday lives. Personalised learning, emotional support, and easier access to knowledge are just a few advantages of these developments, but there are also worries about how they can affect social and mental health. Anxiety, loneliness, emotional dependence, social isolation, and other psychological issues have been linked to an increase in reliance on digital devices.

As a new framework for comprehending the possible psychological effects of excessive AI involvement, the idea of "AI Psychosis" has drawn attention in recent years. The idea raises concerns about cognitive dependence, emotional connection to AI systems, and the impact of AI-mediated interactions on human behaviour, even if it is not officially recognised as a psychiatric illness. In order to comprehend the advantages and disadvantages of artificial intelligence's expanding involvement in contemporary society, it is crucial to look at the connection between AI technologies, hyper-connectivity, and young mental health[3].

1.1 Background Information

Artificial intelligence (AI) has permeated every aspect of contemporary life, impacting social interactions, healthcare, education, communication, and entertainment. People's interactions with technology have changed due to the growing use of AI-powered chatbots, virtual assistants, recommendation systems, and digital companions. At the same time, people are in a state of hyper-connectivity where they are always connected to digital platforms due to the quick development of social media, cellphones, and internet access.

The most tech-savvy generations are Generation Z and Generation Alpha, who spend a lot of time online and interface with AI-powered systems more and more. Concerns have been raised about these technologies' possible effects on mental health, despite the fact that they offer convenience,

knowledge, and emotional support. Researchers have started looking into problems including emotional connection to AI companions, social isolation, digital reliance, and cognitive distortions brought on by excessive technology use. In this context, "AI Psychosis" has become a colloquial term indicating potential psychological suffering associated with excessive use of AI technologies[4].

1.2 Objectives of the Review

The objectives of this review are to:

- Examine the emerging concept of AI Psychosis and its theoretical foundations.
- Explore the relationship between hyper-connectivity and mental health among Gen Z and Gen Alpha.
- Analyse the role of AI companionship in shaping emotional and social behaviours.
- Review existing evidence on the psychological benefits and risks of AI interactions.
- Identify research gaps and future directions related to AI and youth mental health.
- Discuss the implications of AI use from both global and Indian perspectives.

1.3 Importance of the Topic

Understanding AI's psychological effects is crucial, particularly for young people, given its increasing incorporation into daily life[5]. For communication, education, amusement, and emotional support, Gen Z and Gen Alpha are depending more and more on AI-based technologies. Excessive reliance on AI can lead to loneliness, anxiety, social disengagement, and other mental health issues, even though it can offer helpful support and company.

It is crucial to research the idea of AI psychosis because it brings to light new issues related to human-AI interactions and digital dependence. Researchers, educators, medical professionals, and legislators may create methods that promote responsible AI use while safeguarding the mental health of future generations by having a better understanding of these issues[6].

2. UNDERSTANDING AI PSYCHOSIS: CONCEPT AND THEORETICAL PERSPECTIVES

An emerging notion called "AI Psychosis" is used to characterise psychiatric disorders that can result from overusing artificial intelligence systems. The notion highlights worries about emotional overdependence on AI, distorted perceptions of reality, excessive faith in AI-generated information, and social retreat, even though it is not recognised as a clinical illness in psychiatric

classifications like DSM-5 or ICD-11[7]. Users may form deep emotional bonds and start depending on AI for direction, approval, and company as these systems grow more complex and able to mimic empathy and personalised communication.

This occurrence can be explained by a number of theoretical stances. According to the principle of anthropomorphism, people give non-human entities human traits, which makes AI systems seem more relatable and reliable. According to attachment theory, consistent positive encounters with AI companions can build emotional ties like to those developed in human relationships. Furthermore, parasocial interaction theory clarifies how users and AI systems may form one-sided emotional bonds in the absence of true reciprocity.

Table 1. Conceptual Dimensions of AI Psychosis[8]

Dimension	Description
Emotional Dependency	Excessive reliance on AI for emotional support
Cognitive Dependency	Dependence on AI-generated decisions and advice
Social Withdrawal	Reduced preference for human interactions
Reality Distortion	Difficulty distinguishing AI outputs from reality
Behavioral Compulsion	Excessive engagement with AI platforms

2.1 Hyper-Connectivity and Its Psychological Impact on Youth

Continuous interaction with digital technology via cellphones, social media sites, online forums, and AI-powered apps is referred to as hyper-connectivity. Due to their early exposure to digital technologies, Gen Z and Gen Alpha are regarded as the most hyperconnected generations[9].

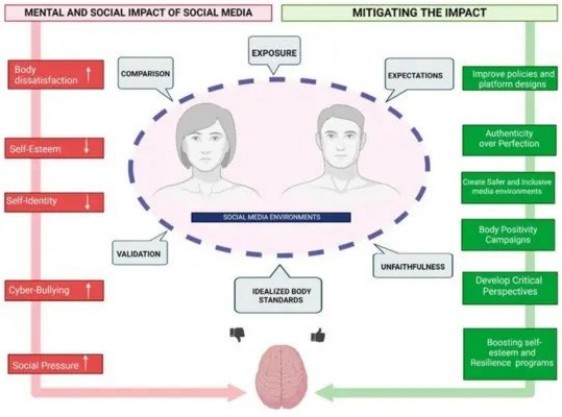

Figure 1: Social Isolation[10]

Hyper-connectivity has been linked to increased stress, anxiety, sleep problems, concentration impairments, and emotional tiredness, even while it makes communication and information access easier. Information overload, social comparison, and constant notifications can all have a detrimental impact on mental health. By offering personalised content and constant contact, the incorporation of AI into these digital ecosystems increases engagement and may raise the risk of technology dependency[11].

Table 2. Psychological Effects of Hyper-Connectivity[12]

Effect	Potential Outcome
Information Overload	Stress and cognitive fatigue
Continuous Connectivity	Anxiety and burnout
Excessive Screen Time	Sleep disturbances
Social Comparison	Reduced self-esteem
Digital Dependency	Emotional distress

2.2 AI Companionship and Human Emotional Attachment

A key component of contemporary human-technology connection is AI friendship. The usage of AI chatbots, virtual assistants, and conversational agents for friendship, companionship, and emotional support is growing. People who are lonely or socially isolated find these systems appealing because they provide prompt responses, tailored talks, and nonjudgmental relationships[13].

Figure 2: AI Companions[14]

Excessive connection to AI partners can result in dependency, even though they can offer consolation and some emotional relief. Some people might start putting their interactions with AI ahead of their social connections in the real world. This may lead to social isolation and limit possibilities for interpersonal skill development. Therefore, even though AI companionship has potential advantages, it's still crucial to strike a balance between digital and human connections.

2.3 Mental Health Effects of AI Use among Gen Z and Gen Alpha

AI use has both beneficial and bad psychological consequences on Gen Z and Gen Alpha. AI-powered digital assistants, mental health apps, and educational tools can, on the one hand, increase information accessibility, emotional support, and learning resources. However, an over-reliance on AI technologies can lead to emotional dependence, anxiety, loneliness, and a decline in critical thinking[15].

Adolescence and early adulthood are critical times for identity formation and emotional development, making young people especially vulnerable. Self-perception and social behaviour may be impacted by AI-generated validation and tailored interactions. Long-term use of AI systems may also strengthen confirmation biases and raise irrational expectations for communication and relationships.

Table 3. Potential Mental Health Outcomes Associated with AI Use[16]

Positive Effects	Negative Effects
Emotional support	Emotional dependency
Improved accessibility	Social withdrawal
Educational assistance	Reduced critical thinking
Personalized guidance	Reality distortion
Mental health resources	Increased loneliness in some users

2.4 Global and Indian Perspectives on AI-Related Psychological Distress

Concern over the psychological effects of excessive technology use and AI-mediated interactions has grown among scholars worldwide. Increasing emotional attachment to AI companions, worries about digital dependency, and possible effects on mental health have all been documented in studies from North America, Europe, and East Asia. To guarantee the safe development of AI technology, numerous nations are investigating ethical standards and legal frameworks[17].

Rapid smartphone proliferation, growing internet connectivity, and rising usage of AI-powered apps have all had a big impact on young people's behaviour in India. Among the most active digital users worldwide are teenagers and young adults from India. However, there is still a dearth of research explicitly looking at psychological suffering associated with AI. Indian youth may be more vulnerable due to factors like social expectations, academic pressure, and stigma around mental health. Therefore, more focus is required to comprehend the psychological impacts of AI in the Indian sociocultural setting[18].

3. METHODOLOGIES AND FINDINGS

Researchers have used a variety of methodological techniques and produced significant discoveries across several disciplines in order to comprehend the developing relationship between artificial intelligence, hyper-connectivity, and juvenile mental health[19]. Previous research has looked at how Gen Z and Gen Alpha populations' mental health, social behaviour, and psychological development are affected by AI-powered gadgets, digital settings, and virtual companions. The main conclusions of hyper-connectivity, AI companionship, mental health outcomes, and AI-related psychological suffering are summarised in this part, which also examines the methodology employed in earlier studies. In order to give a thorough grasp of this quickly developing topic, it also assesses the advantages and disadvantages of the existing body of research[20].

3.1 Research Methodologies Used in Existing Studies

Numerous methodological techniques, such as cross-sectional surveys, longitudinal studies, qualitative interviews, experimental investigations, and systematic reviews, have been used in research on AI companionship, hyper-connectivity, and youth mental health. In order to investigate relationships between AI use, digital engagement, anxiety, loneliness, and emotional well-being among teenagers and young adults, cross-sectional studies have been used extensively. While qualitative interviews have investigated users' emotional experiences and opinions of AI companions, longitudinal research have evaluated the long-term psychological effects of technology use. The focus of experimental study has been on decision-making behaviours, emotional attachment to conversational agents, and trust in AI systems. When combined, these approaches have advanced our knowledge of how AI technologies affect social behaviour and psychological well-being.

Table 5. Common Research Methodologies in AI and Mental Health Research

Authors (Year)	Objective	Methodology	Key Findings

Wang et al. (2025) [21]	To evaluate the capabilities and limitations of generative AI in mental health applications.	Systematic Review	Generative AI demonstrated potential for mental health screening, support, and intervention; however, concerns regarding accuracy, bias, privacy, and ethical issues were identified.
Sezgin & McKay (2024) [22]	To explore the future role of generative AI in behavioral health and patient care.	Perspective Review	Generative AI may enhance personalized therapies, patient engagement, and accessibility of mental healthcare, but requires clinical supervision and ethical governance.
Elyoseph & Levkovich (2024) [23]	To compare the perspectives of generative AI, mental health professionals, and the public on schizophrenia recovery.	Case Vignette Study	AI-generated responses showed similarities to expert opinions in several recovery-related areas, suggesting its potential as a supportive mental health resource.
Zhang et al. (2025) [24]	To examine the effectiveness of AI mental health chatbots in reducing psychological distress.	Systematic Review and Meta-Analysis	AI chatbots were found to reduce symptoms of anxiety, stress, and depression, supporting their use as complementary therapeutic tools.
Kolding et al. (2024) [25]	To review the applications of generative AI in psychiatry and mental healthcare.	Systematic Review	Generative AI has growing applications in psychiatric assessment, diagnosis, treatment planning, and patient support, although concerns regarding reliability and clinical safety remain.

Table 5 shows that generative AI offers a lot of promise for mental health services, especially for therapeutic support, mental health evaluation, and emotional support[26]. The evaluated research emphasises issues with accuracy, privacy, ethics, and therapeutic safety while also reporting beneficial impacts on managing stress, anxiety, and depression. Overall, the results indicate that

AI can be a useful supplemental tool in mental health care, but more study and expert supervision are required to guarantee its safe and efficient application[27].

3.2 Hyper-Connectivity and Psychological Well-Being

Young people's poor mental health outcomes are strongly correlated with hyper-connectivity, according to the literature. The term "hyper-connectivity" describes the persistent usage of digital technology that allow individuals to stay connected to digital networks, such as smartphones, social media sites, online gaming environments, and AI-powered apps. Even while modern technologies have many advantages, such quick communication, information access, and social networking opportunities, overuse of them has been connected to a number of psychological issues.

Prolonged use of digital environments has been linked to higher levels of stress, anxiety, sadness, and emotional tiredness, according to several research. Young people are frequently under pressure to be online all the time, reply to messages right away, and actively engage in social media conversations. This continuous involvement can lessen opportunities for rest and recuperation and lead to psychological burdens. Additionally, excessive screen usage has been linked to sleep difficulties, which further impair emotional control, focus, and general mental health, according to research[28].

The significance of information overload is another significant discovery. Users may become overwhelmed by the constant barrage of notifications, updates, news, and AI-generated content, making it challenging to efficiently assimilate information. Decision-making challenges, decreased attention span, and cognitive exhaustion are some outcomes of this overload. Additionally, continual exposure to carefully chosen online content frequently promotes social comparison, which can cause some people to experience poor self-esteem, feelings of inadequacy, and life unhappiness.

Hyper-connectivity may be especially detrimental during crucial developmental periods, according to studies on teenagers and young adults. Over-reliance on digital communication might limit opportunities to build interpersonal relationships, social skills, and emotional resilience as well as decrease in-person contacts. Researchers contend that while digital technologies make it easier to connect, when meaningful human interaction is replaced by virtual interactions, they may paradoxically increase social isolation and loneliness.

3.3 AI Companionship and Emotional Dependency

AI companions suggest that these systems can offer socially isolated people accessible communication, lessen loneliness, and offer emotional support. Many users view AI companions

as easily accessible, sympathetic, and nonjudgmental providers of consolation. AI companions are appealing to people looking for emotional support or companionship since they can respond instantly and engage continuously, unlike human partnerships.

According to research, by offering a secure environment for self-expression, AI companions may help users manage stress, anxiety, and feelings of loneliness. According to certain research, people who regularly interact with AI-based conversational systems report feeling happier and having better emotional health[29].

Key findings include:

- Reduction in loneliness and social isolation.
- Easy access to emotional support and communication.
- Increased emotional attachment to AI companions.
- Reduced dependence on human interactions in some users.
- Potential development of emotional dependency with prolonged use.

Nevertheless, results also point to possible dangers of using AI companions for extended periods of time. Regular use of AI systems may promote emotional reliance, in which people depend more on AI than on interpersonal connections for emotional support. Excessive connection to AI companions may decrease in-person social contacts and lead to social disengagement, according to researchers. Understanding the trade-off between the advantages and disadvantages of AI companionship technologies is still a crucial topic of study as they develop.

Table 6. Benefits and Risks of AI Companionship[30]

Benefits	Risks
Emotional support	Emotional dependency
Reduced loneliness	Social isolation
Easy accessibility	Overreliance on AI
Personalized interaction	Reduced human interaction
Mental health assistance	Reality distortion

3.4 Mental Health Effects among Gen Z and Gen Alpha

Due to their early exposure to digital technology, research indicates that Gen Z and Gen Alpha are especially susceptible to the psychological effects of AI and hyper-connectedness. Highly connected youth populations have higher levels of anxiety, loneliness, low self-esteem, and emotional discomfort, according to studies. Researchers contend that interactions mediated by AI may have an impact on social development, emotional control, and identity formation. While AI technologies can aid in education and raise awareness of mental health issues, over-reliance on them may encourage unhealthy coping mechanisms and limit chances for deep social interaction[31].

Major mental health effects reported in the literature include:

- Increased anxiety and stress due to continuous digital engagement.
- Feelings of loneliness despite constant online connectivity.
- Reduced self-esteem resulting from social comparison and digital validation seeking.
- Emotional dependency on AI systems and online platforms.
- Challenges in identity formation and interpersonal relationship development.

Overall, the findings suggest that although AI technologies offer educational and emotional benefits, excessive reliance on these technologies may negatively affect the psychological well-being and social development of Gen Z and Gen Alpha populations.

3.5 Global and Indian Studies

Growing worries about AI-related reliance, digital addiction, and emotional attachment to virtual companions have been brought to light by international research conducted in North America, Europe, and Asia. According to research, young people are depending more and more on AI systems for guidance, information, and emotional support. This raises questions regarding emotional dependency and overconfidence in content produced by AI[32].

Rapid digitalisation, inexpensive internet access, and the widespread use of smartphones in India have greatly expanded young people's exposure to AI technologies. However, there is still a dearth of studies on AI companionship and psychological suffering associated with AI. Instead of focusing on AI-specific interactions, the majority of Indian studies have focused on internet addiction, excessive screen time, and social media use.

Key findings from global and Indian studies include:

- Growing emotional attachment to AI companions among young users.
- Increased dependence on digital technologies for communication and support.

- Rising concerns regarding anxiety, loneliness, and digital addiction.
- Limited evidence on AI-specific mental health impacts in India[33].
- Need for more longitudinal and region-specific studies.

3.6 Critical Evaluation: Strengths and Weaknesses

The relationship between AI technologies and mental health is more understood thanks to recent study. The multidisciplinary aspect of the literature, which blends viewpoints from psychology, psychiatry, neuroscience, computer science, and public health, is one of its main advantages. In order to better understand the psychological consequences of digital technology across various age groups and geographical areas, numerous studies also include sizable and varied populations[34].

Despite these advantages, there are still a few drawbacks. It is challenging to determine causal links between AI use and mental health outcomes because the majority of studies employ cross-sectional study methodologies. Compared to studies on social media and internet use, there is still a dearth of research particularly addressing AI companionship. Moreover, notions like AI psychosis do not yet have a standardised definition or measuring system.

Major strengths of existing research:

- Interdisciplinary research approaches[35].
- Large and diverse study populations.
- Growing evidence on digital behavior and mental health.
- Increased awareness of AI-related psychological concerns.

Major limitations of existing research:

- Predominance of cross-sectional studies.
- Limited AI-specific research evidence.
- Lack of standardized definitions and assessment tools.
- Insufficient longitudinal studies.
- Limited data from India and other developing countries.

Overall, while existing literature provides important insights into AI-related psychological effects, further research is required to better understand the long-term implications of AI companionship and hyper-connectivity on youth mental health.

Table 7. Major Strengths and Limitations of Existing Literature[36]

Strengths	Limitations
Large participant samples	Predominance of cross-sectional studies
Interdisciplinary approaches	Limited AI-specific research
Growing global interest	Lack of standardized definitions
Diverse methodological designs	Limited longitudinal evidence
Expanding evidence base	Insufficient data from India and other developing nations

4. DISCUSSION

The way young people communicate, learn, and seek emotional support has changed as a result of the quick development of artificial intelligence and the rise in hyper-connectedness[37]. Researchers and mental health specialists are becoming increasingly concerned about the psychological effects of AI-powered gadgets as they become more pervasive in daily life. According to the results examined in this study, Gen Z and Gen Alpha populations' emotional well-being, social behaviour, and mental health outcomes may be impacted by AI companionship and ongoing digital involvement. While accessibility, individualised help, and a decrease in feelings of loneliness are only a few advantages of AI technology, an over-reliance on these systems may lead to emotional dependence, social disengagement, and other psychological issues[38]. Therefore, in order to fully comprehend the findings' implications, significance, and future research needs in the context of youth mental health, a critical examination of the findings is required.

4.1 Interpretation and Analysis of Findings

The review's conclusions show that AI technologies are having a growing impact on young people's psychological health, especially Gen Z and Gen Alpha. According to the literature, frequent interaction with AI systems and hyper-connectivity are linked to both favourable and unfavourable consequences. Positively, AI companions can enhance access to knowledge and mental health resources, lessen loneliness, and offer emotional support. On the other hand, overuse of AI technologies can lead to anxiety, social disengagement, emotional reliance, and less in-person encounters[39].

Additionally, the analysed studies show that mental health outcomes are significantly influenced by hyper-connectivity. Stress, information overload, and emotional tiredness can all rise with continuous exposure to digital content, notifications, and AI-mediated interactions. Additionally, young users might grow more reliant on AI-generated guidance and validation, which could have

an impact on their social development and decision-making skills. These results imply that psychological suffering associated with AI is a complicated issue driven by social, technological, and personal factors[40].

4.2 Implications and Significance

The results have significant ramifications for people, families, education, medical professionals, and legislators. Promoting healthy digital behaviour requires a knowledge of the psychological consequences of AI technologies as they become more pervasive in daily life. In order to help young people build healthy technology-use habits and improve digital literacy, educational institutions can play a critical role. Additionally, parents and other carers should promote meaningful offline social contacts and be mindful of the possible hazards connected with excessive AI involvement.

The growing use of AI companions from a public health standpoint emphasises the need for regulations that guarantee ethical and safe AI use. Ethical design principles that reduce emotional manipulation, avoid over-reliance, and safeguard user welfare should be given top priority by technology developers. The results are also noteworthy because they show that AI technologies are becoming more than just technical instruments; they are social and emotional agents that have the power to affect people's behaviour and mental health.

4.3 Research Gaps and Future Research Directions

There are still a number of significant gaps in the body of research on AI-related mental health concerns, despite the increased interest in these topics. The lack of a common description and assessment system for ideas like AI psychosis and AI-related emotional reliance is a significant drawback. It is challenging to compare results across studies and assess the actual scope of the phenomena due to this lack of consistency.

The majority of current research uses cross-sectional research methodologies, which makes it more difficult to prove a link between the use of AI and psychological effects. Furthermore, compared to studies on social media and overall internet use, research on AI companionship is still quite few. Even though young people are adopting AI at a rapid rate, there is limited evidence from emerging nations like India.

Future studies ought to concentrate on:

- Creating uniform definitions and evaluation instruments for psychological phenomena associated with AI.
- Carrying out long-term research to investigate implications on mental health throughout time.
- Examining emotional dependence and AI companionship across age ranges.

- Increasing research in underdeveloped nations like India.
- Analysing cultural variations in the application of AI and its psychological effects.
- Investigating methods to encourage ethical and healthful AI participation.

By filling in these gaps, academics, legislators, and tech developers will be better able to comprehend the long-term effects of AI technologies and promote the creation of evidence-based treatments for safeguarding the mental health of young people.

5. CONCLUSION

Gen Z and Gen Alpha's lives now revolve around artificial intelligence, which has a big impact on social interactions, communication, education, and emotional health. This review emphasises how excessive use of AI technologies and AI companions can lead to anxiety, loneliness, emotional dependency, social disengagement, low self-esteem, and other mental health issues, even though they offer significant advantages like emotional support, accessibility, personalised assistance, and improved learning opportunities. The results imply that young people's interpersonal relationships, identity formation, and emotional regulation may be impacted by hyperconnectedness and extended AI-mediated interactions. AI psychosis offers a helpful framework for comprehending the possible psychological hazards connected to excessive AI use, even though it is not yet acknowledged as a clinical illness. In addition to recommending more study to develop standardised definitions, evaluation instruments, and long-term evidence about AI-related psychological consequences, the review emphasises the significance of supporting responsible AI engagement, digital literacy, and healthy offline social relationships.

5.1 Summary of Main Insights and Conclusions

This review looked at the new idea of AI psychosis in connection to Gen Z and Gen Alpha mental health outcomes, hyper-connectivity, and AI companionship. According to the reviewed literature, excessive use of AI technologies may lead to psychological issues like anxiety, loneliness, emotional dependency, social disengagement, and fewer interpersonal interactions, even though these technologies have many advantages, such as improved communication, emotional support, and easier access to information. The results show that young individuals are especially susceptible to the psychological effects of AI-mediated environments because of their prolonged exposure to digital technologies. The idea raises significant worries about the possible negative effects of extended and excessive AI use on mental health, even though AI psychosis is not yet recognised as a clinical illness.

5.2 Importance of the Review

This review's significance stems from its thorough analysis of the developing connection between artificial intelligence and young people's mental health. Understanding the psychological effects of AI technology has become crucial for researchers, educators, healthcare providers, parents, and legislators as these technologies become more and more incorporated into daily life. By summarising recent findings on AI companionship, hyper-connectivity, and digital reliance and emphasising new issues that call for more research, this review adds to the body of existing knowledge. The assessment also highlights the necessity of striking a balance between the advantages of AI technology and the necessary precautions to preserve mental health.

5.3 Recommendations

The following suggestions are put forth in light of the studied literature:

- Raise young people's awareness of the negative psychological impacts of excessive AI use.
- Promote healthy offline social contacts in addition to the balanced usage of AI technologies.
- Carry out more long-term and AI-specific studies on mental health, especially with regard to Gen Z and Gen Alpha.
- Create moral standards that put user security, privacy, and mental health first.
- In India and other developing nations, increase studies on mental health concerns associated with AI.

By taking these steps, the advantages of AI technology can be maximised while the hazards to young people's mental health and wellbeing are reduced.

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