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Digital Well-Being and Psychological Adaptation in Artificial Intelligence-Driven Societies

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Abstract

The role of artificial intelligence (AI) in modern life has significantly increased through its influence on education, health, job opportunities, communication, personal life management, and decision making. The current research was devoted to digital well-being and psychological adaptation in AI-based societies, especially to the way people adapt to a more intelligent and personalized digital environment. A conceptual and qualitative approach was used, based on academic literature on the topic of AI, psychological well-being, human-technology interaction, digital stress, self-regulation, autonomy, and resilience. The five interconnected dimensions were identified, including AI-supported digital environment, psychological and emotional adaptation, digital self-regulation, human agency and autonomy, and digital resilience. It was shown that the use of AI created both possibilities (personalization, accessibility, decision-making, learning, health care, and psychological well-being) and threats (digital dependence, cognitive burden, digital stress, misinformation, and decreased autonomy). The researchers underscored the fact that sustainable digital well-being depended on an individual's capability to manage technology use, achieve psychological balance, retain human agency, and build resilience to technology changes. The results, furthermore, showed the significance of digital literacy, appropriate technology use, human-centered AI design, and retention of human presence in AI-related tasks. It offered a human-centered model that facilitated the comprehension of psychological adaptation and healthy connections between an individual and AI-based technologies in AI-dominated societies. Since the research was conceptual, future studies could empirically test the framework via surveys, interviews, longitudinal research, experimental studies, and cross-cultural studies.

Keywords: Digital Well-Being, Psychological Adaptation, Artificial Intelligence, Human–AI Interaction, Digital Self-Regulation, Human Agency, Digital Resilience.

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Introduction

Digital Well-Being in AI-Driven Societies

Increasingly, artificial intelligence (AI) technologies have integrated into people's daily lives, such as learning, medical care, communication, work, leisure, personal assistance, and lifestyle management. AI applications have modified the way people use information, interact with the digital environment, make choices, and manage their different activities. With further personalization and availability of the above-mentioned technologies, digital well-being has become a crucial component of modern well-being for people. Digital well-being is considered the ability of people to have healthy, balanced, meaningful, and psychologically supported relationships with digital technologies, taking advantage of their benefits. Recent studies have proven that AI applications can have an impact on motivation, psychological well-being, and psychological capital by providing personalized help and allowing users to interact with the digital environment (Dou & Sun, 2025). In the same way, studies of AI applications have recently increased with the aim of helping people improve their mental health and psychological well-being (Vecchione & Singh, 2025).

The effects of AI on well-being transcend individual users and extend to organizational and social contexts. The role played by AI-driven digital transformation in communication, leadership styles, employee experiences, and organizational attitudes towards happiness and well-being is highlighted by Cuesta-Valiño et al., (2026). Additionally, in health and long-term care, the use of AI technologies has also been linked to the tracking of physical state, nutrition status, social interactions, and other aspects of well-being (Anılgan & Anılgan, 2026). Such examples show that AI can become an integral element of the context within which the experience and evaluation of well-being occur. Thus, the concept of digital well-being in the age of AI requires not only taking into consideration technology use but also paying attention to psychological adaptation, emotions, autonomy, social relationships, and balance in intelligent digital contexts.

Additionally, the continuous availability of services from artificial intelligence would influence expectations concerning the speed, convenience, personalization, and accessibility. Human beings could become increasingly dependent on technology when trying to find relevant information and recommendations to support decision-making processes. The digital well-being concept also requires drawing proper lines between help from technology and human actions independently.

Artificial Intelligence and Changing Human Experiences

The integration of AI has led to changes in human experience in terms of the availability of intelligent technologies that can learn from the user's behavior, create content, make suggestions, predict results, and communicate in a manner that seems to be more human. AI is thus causing a change in the interaction between humans and technology by moving away from traditional uses of technology tools to more adaptive human-technology interactions. For instance, the use of AI tools has been linked to an improvement in motivation and psychological health of learners in educational settings (Dou & Sun, 2025). AI-powered learning spaces have also demonstrated the significance of motivation and social connections in impacting students' involvement and mental health (Chen, 2025). The use of AI affects the professional environment as well. In healthcare, technological literacy has been seen as a key determinant in comprehending the impact of AI on physicians' mental well-being (Bibi et al., 2025). Thus, the psychological implications of using AI can be influenced by one's perception, understanding, and adaptation to new technologies. On the other hand, AI-powered communication and decision-making processes alter organizational routines and communication, leading to new requirements in terms of efficiency and digital proficiency (Nijhum, 2025). Therefore, the emergence of AI should not be viewed simply as a technological shift but as a significant change in individuals' work, learning, communication, decision-making, and everyday life.

Psychological Adaptation and Emerging Challenges

Psychological adaptation is a term used to describe how people modify their thinking, feelings, behaviors, expectations, and coping mechanisms in the face of changes in the environment. For AI-based societies, psychological adaptation becomes ever more essential because of the need for interaction with technologies that constantly reshape the way things get done. While there are many benefits to AI, such as convenience, personalized services, and psychological benefits, continued engagement with intelligent systems can present challenges for autonomy and uncertainty.

Examples of recent developments demonstrate the increasing use of AI in personalized interventions in terms of both psychology and lifestyles. Studies in the field of AI-powered lifestyle interventions have been conducted with regard to psychological well-being and body image among young adults, illustrating the ability of AI to impact personal experiences in terms of health (Amri et al., 2026). Moreover, emotional AI embedded in mobile apps and smart-home technologies has been studied as a possible way to provide personalized mental well-being support (Yong, 2025). Such

studies show that AI can be used more often to regulate emotions and care about oneself. Nevertheless, psychological adjustment involves keeping a healthy balance between the use of technology and personal abilities.

Research Problem, Objectives, and Significance

The increasing incorporation of AI in the daily lives of people calls for the need to study how people adapt psychologically to the fast-changing intelligent digital environment. Even though AI technology provides possibilities of personalization, convenience, decision-making, mental health services, and better quality of life, its increasing use could lead to issues such as digital dependency, emotional adaptation, autonomy, cognitive requirements, and behavioral changes in humans. The current literature usually studies technological benefits or particular applications but not digital well-being and psychological adaptation together.

The purpose of this research is thus to generate a theoretical understanding of digital well-being and psychological adaptation in societies driven by AI. This research, in particular, will look into the interaction between AI-driven digital environments and individual psychological experiences; the critical aspects of psychological adaptation will be established, along with a theoretical framework relating digital self-regulation, emotional adaptation, human agency, autonomy, and digital resilience. This research will prove to be very important, as it will provide a humanistic approach to understanding digital well-being.

Literature Review

Digital Well-Being and Psychological Health

Well-being in digital times is becoming more and more pertinent due to the impact of digital technologies on various aspects such as communication, healthcare, education, employment, and lifestyle. AI-powered systems could be used to assist in psychological well-being by offering personalized suggestions, constant help, and intervention. There is evidence that technological means of learning could affect motivation and well-being, especially when their utilization addresses people's psychological needs (Chen, 2025). Similarly, AI-powered technologies have been analyzed as ways of promoting mental well-being (Woo & Jung, 2026).

Moreover, the application of AI in offering psychosocial support has been explored in cases of stress and disruption. Research into AI-based psychosocial support has been done with regard to natural disasters, in which case smart systems can help in accessing information, emotional support, and psychological services during difficult times (Al Maamari & Elsherbiny, 2025). Further, research on AI-enabled art therapy in supporting people with autism, mental well-being, and emotional well-being has been done (Yeasmin et al., 2025). This shows that digital well-being not only includes the ability of AI technologies to help with psychological well-being but also requires individuals to handle themselves with digital technologies properly.

Well-being in digital spaces is also linked to the nature and purpose of technological engagement. Technologies that help people through timely intervention, accessibility, and individualized assistance may positively impact users when used appropriately in their day-to-day activities. Nonetheless, constant availability of digital services may also result in the frequent use of such technologies. Thus, the psychological well-being of an individual in digital spaces is determined not only by the presence of technologies but also by how people engage with these technologies.

Artificial Intelligence and Human–Technology Interaction

The interaction between humans and technology has evolved significantly since the emergence of generative AI, conversational, intelligent assistance, prediction, and emotional technologies. It is no longer limited to the use of technology as a passive means but is capable of providing suggestions, responding, detecting patterns, and adjusting its results based on user input. This brings about a more interactive relationship between a person and technology. The psychological implications of interaction may be different in different cases, depending on various factors including technological literacy and characteristics of an individual. Studies among medical practitioners have shown that technological literacy is significant for the study of such a relationship (Bibi et al., 2025).

AI has also found applications in healthcare and geriatric care for physical and psychological benefits, which shows that human-AI interaction takes place in very private and personally important situations (da Silva, 2025). Moreover, the impact of psychological and social aspects on digital leisure service adoption by elderly people has been studied using AI-based predictions (Hwang et al., 2025). The increased interactivity of AI will have an effect on how the person builds trust, expectations, and dependency. It is possible to see AI as an assistant, information source, and decision-making tool, especially when the system is personalized and always at hand. However, for real human-technology interaction, users need to keep their ability to ask questions about AI output or even refuse to accept it.

Psychological Adaptation to AI-Driven Environments

Adaptation to an AI-based environment is seen as the process of adapting psychological functions such as cognition, emotions, behavior, and social interactions in an environment that involves AI-based intelligent systems. This could mean developing new forms of awareness, digital competencies, trust, and self-control towards AI systems as they become part of people's daily life. Psychological adaptation to AI environments is thus about more than learning how to use AI; it is also about knowing its purpose, its limitations, and retaining human decision-making power.

AI-supported environments may provide positive psychological experiences in cases where technologies are integrated with people's needs. For instance, it has been argued that the use of AI tools in educational contexts has been linked to motivation and psychological well-being, thus indicating that proper use of AI technologies can help create positive psychological experiences (Chen, 2025). In organizational contexts, AI-driven digital transformation has also been discussed with regard to communication, decision-making, and organizational well-being (Nijhum, 2025).

Continuous learning could also be required in psychological adaptation due to the rapid evolution of technologies based on artificial intelligence. A person may have to reconsider their expectations and change their digital competencies as well as coping mechanisms with regard to new kinds of AI. It becomes especially significant in cases where AI shapes work responsibilities, learning experience, healthcare decisions, and even personal habits. Another key point in the area is the necessity to find a balance between adaptation and autonomy. Psychological adaptation is not the same as adopting all technological changes without critical analysis.

Digital Stress, Dependence, and Cognitive Overload

Nevertheless, although there are advantages of the development of artificial intelligence, the growing reliance on intelligent machines may raise problems regarding cognitive load, technological pressure, lack of autonomy, and psychological strain. With the increased presence of intelligent technology in people's professional and personal activities, they may face the necessity to communicate with digital devices all the time and monitor their performance and adaptation to them. This is how AI integration may affect perception of the workload, responsibility, control, and professional identity.

Thus, the relationship between AI integration and psychological well-being may include both positive and negative aspects. The research conducted on health professionals reveals the impact of the integration of artificial intelligence on the psychosocial health of people because, along with technological advantages, there is the risk of experiencing strain (Huma et al., 2026). In addition, it is necessary to point out that the research on the psychological well-being of doctors highlights the role of technological awareness in the AI integration process (Bibi et al., 2025). It means that digital well-being is not only about people's opportunity to use the technologies beneficial for them.

The issue of digital dependence will be especially significant in cases where people will start to rely heavily on AI for the provision of information, recommendations, communication, or decision-making. While such dependence will be beneficial in terms of reduced effort and increased efficiency, an excess will result in a reduction in the possibility of independent evaluation and decision-making. Thus, the capability to understand and identify adequate levels of dependence will be essential to proper digital activity. The issue of cognitive overload may arise in cases where people are provided with continuous information, recommendations, notifications, and outputs by AI. The management of such overload will be based on effective self-regulation and prioritization.

Research Gap

However, existing studies have brought some important understanding about individual applications of AI to improve psychological well-being, the educational process, healthcare, lifestyle management, support for mental health, and organizational transformation. Nevertheless, existing literature still lacks a unified conceptual approach to discuss the AI-driven environment, psychological adaptation, digital self-regulation, human agency, autonomy, and digital resilience. In addition, existing studies often concentrate on particular technological solutions without looking at the problem of digital well-being as a more complex process of adaptation to AI-driven society. Thus, there is a need for an integrated model that would take into consideration both opportunities and challenges presented by AI while concentrating on psychological well-being and human agency in using technology. In addition, existing studies often concentrate on particular technological solutions without looking at the problem of digital well-being as a more complex process of adaptation to an AI-driven society. Thus, there is a need for an integrated model that would take into consideration both opportunities and challenges presented by AI while concentrating on psychological well-being and human agency in using technology.

Another gap is related to the interlinked nature of the dimensions involved in digital well-being. While psychological adaptation, self-regulation, autonomy, agency, and resilience are considered independently despite their possible

interaction with each other in the context of AI-enabled environments, for instance, technological awareness can contribute to self-regulation, and the latter in turn can promote autonomy and minimize over-reliance on AI. In addition, there is not much conceptual integration of digital well-being in different contexts, including education, healthcare, work, mental health, lifestyle management, as well as digital interactions in everyday life. In this respect, a more comprehensive framework would be able to highlight common psychological and behavioral processes involved in digital well-being. Thus, the study will address the aforementioned gap through conceptualization of AI-enabled digital environments, psychological and emotional adaptation, digital self-regulation, human agency and autonomy, and digital resilience in a single framework. The developed framework will provide a human-centered perspective on digital well-being as well as guidelines for future empirical studies on the topic.

Digital Well-Being and Psychological Adaptation Framework

AI-Enabled Digital Environments and Psychological Adaptation

AI-powered digital ecosystems serve as the technological base of the framework and encompass generative AI, intelligent assistants, recommendation engines, AI-powered healthcare solutions, smart home technology, digital learning systems, and personalized lifestyle apps. Such systems offer personalized services, recommendations, information, and decision support. The impact of these systems hinges on variables like frequency of use, degree of personalization, level of automation, and users' involvement in decision-making processes.

Psychological and emotional adaptation refers to the capability of people to adapt to AI-based interactions without jeopardizing their emotional stability and psychological state. It involves technological literacy, emotional intelligence, coping mechanisms, and understanding of appropriate dependency on AI systems. The right adaptation allows people to gain benefits from using AI systems while remaining capable of doubting, changing, and refusing AI suggestions when it is required. Furthermore, the level of psychological adaptation might differ from person to person, from the specific nature of an AI system used, and even from the context of an interaction itself. People can use AI systems for convenience and saving effort; however, the process of regular interaction with automated tools demands adaptation to novel communication, decision-making, and information processing patterns.

Digital Self-Regulation, Human Agency, and Autonomy

The concept of digital self-regulation encompasses the capacity to regulate the use of technologies according to one's personal needs, obligations, values, and objectives concerning well-being. It entails managing one's digital behavior, assessing the information produced by AI, setting proper boundaries, and ensuring healthy moments of disconnection from technology. Such self-regulation may help to avoid over-reliance on technology and to promote its balanced use.

Human agency and autonomy are required to preserve human beings as active participants in AI-based environments. In an AI environment, people must have an opportunity to stay in control and not be replaced by automated processes in such spheres of life as judgment, responsibility, creativity, and decision-making. The importance of preserving autonomy grows especially high in the case of using AI in health, education, work, relationships, and lifestyle spheres. Digital self-regulation includes understanding situations in which one requires AI assistance and the moments when human judgment is better. People should be capable of differentiating recommendations and decisions and staying responsible for important decisions in their lives.

Digital Resilience and Integrated Digital Well-Being

Digital resilience relates to the capacity to deal with uncertainties in technology, technological change, misinformation, system limitations, digital stress, and the growing capability of AI systems. A digitally resilient person will have the capacity to adjust to changes in technology, maintain psychological integrity, and uphold their personal values in the midst of technological change. Moreover, digital resilience also entails recovering from bad digital encounters and adjusting to the changing digital environment and changes in the AI system. Learning, digital awareness, critical evaluation, and availability of support mechanisms can help improve one’s digital resilience.

The unified framework links AI-supported digital environment, psychological adaptation, digital self-regulation, human agency and autonomy, and digital resilience. All these dimensions contribute to digital well-being by helping individuals derive benefits from AI while still retaining psychological integrity, healthy use of technology, autonomy of decision-making, and resilience. Hence, digital well-being is conceptualized as a state of healthy human-AI interactions.

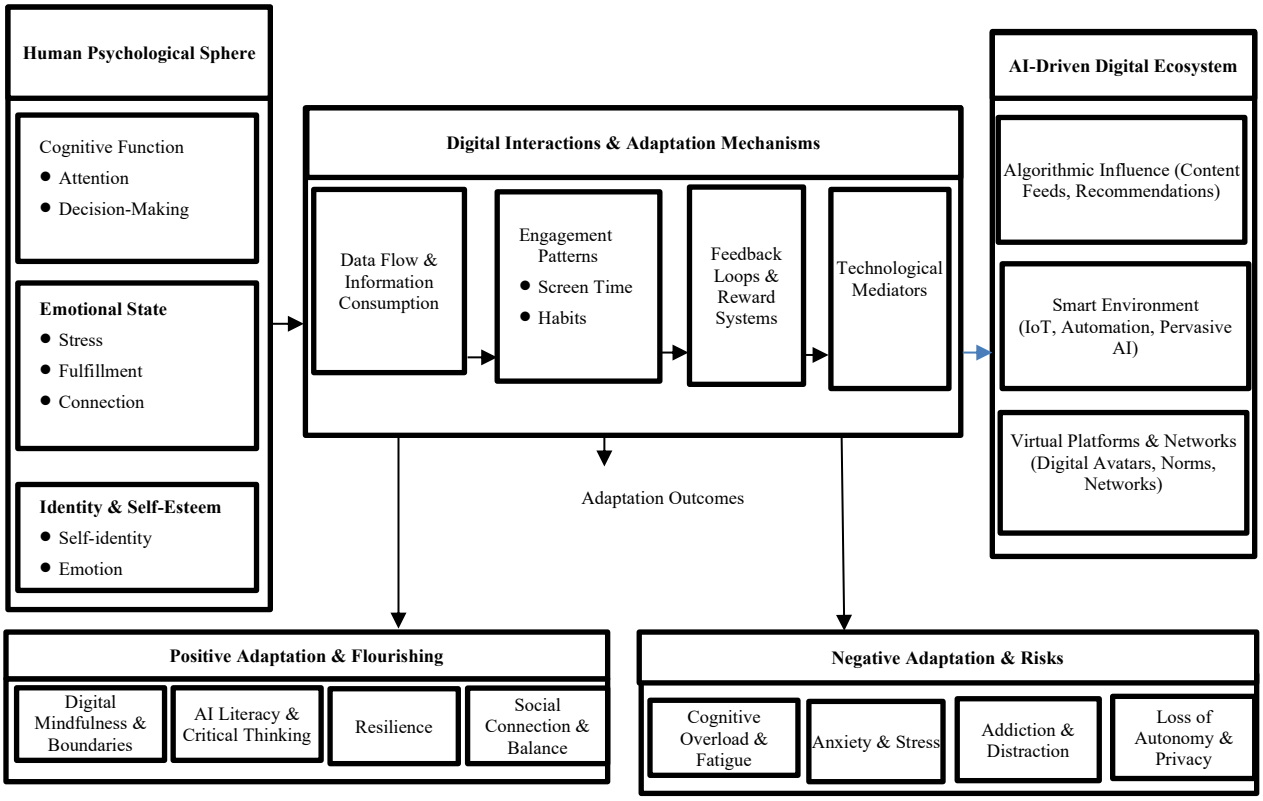


Fig. 1: Human Psychological Adaptability and Wellness within an AI-Enabled Digital System

Fig. 1 demonstrates the interactions between the human psychological world and the digital environment, enabled by digital engagement, feedback loops, and technology mediation, which impact psychological adaptation. The interaction of the two can result in positive effects like resilience, digital mindfulness, and social balance, or negative impacts like cognitive overload, stress, and dependence.

Methodology

Conceptual Research Design for Studying Digital Well-Being in AI-Driven Societies

The paper applied a conceptual and qualitative methodology in exploring the topic of digital well-being and psychological adaptation in the context of AI societies. Instead of collecting primary numerical data, the author used the existing body of academic literature in order to determine key ideas, connections, and aspects of human adaptation to digital environments enabled by the use of AI technologies.

The research utilized secondary sources from the academic world covering topics of artificial intelligence, digital well-being, psychological health, human-technology interaction, mental health, organizational transformation, digital lifestyle, and psychological adaptation. Journal articles, scholarly works, review articles, and conceptual articles were used depending on their relevance to the research objectives. Literature included different domains such as education, health care, organization, mental health care services, lifestyle, and elderly participation in the digital era. Literature was deemed highly relevant if it involved the link between AI implementation, psychological experience, human behavior, and well-being. Conceptual design allowed the research to study the concept of digital well-being from various angles and not confine its analysis only to one psychological or technological variable. This provided the researcher with information regarding the ways in which technology attributes and individual abilities interrelate.

Literature Sources on AI, Well-Being, and Psychological Adaptation

The thematic analysis method was employed in order to find out common concepts and connections between them within the selected literature. Specifically, themes such as AI-enabled environment, psychological well-being, emotional adjustment, digital stress, technological awareness, digital self-regulation, human agency, autonomy, and digital resilience were analyzed. The same concepts were grouped together in order to identify more general dimensions of digital well-being. The connection between them was then explored.

AI-enabled environment was identified as the technological dimension of interaction, and psychological and emotional adjustment as individual reactions to AI. Digital self-regulation was identified as the method to maintain healthy technology use, and human agency, autonomy, and digital resilience as individual capacities to maintain control over technology and adapt to changes in technology. At the same time, literature was reviewed for both positive and negative aspects of AI interaction. Positive ones included personalization, accessibility, convenience, decision support, learning support, and constant access to information. Potential challenges may include overdependence, digital stress, misinformation, loss of independence in decision-making, and problems in adjusting to rapidly changing technology. Comparison of these aspects allowed us to identify major dimensions of the proposed model.

Thematic Synthesis of Adaptation Dimensions and Framework Construction

The framework has been created by relating AI-enriched digital environments with individual psychology and behavior. The identified themes have been placed into a conceptual structure, which includes AI-enriched digital environments, psychological and emotional adaptation, digital self-regulation, human agency and autonomy, and digital resilience. The interrelations among these dimensions have been explored in order to illustrate the possibility of achieving psychological balance by interacting with intelligent technologies. The process of framework development has also taken into account some human-centered approaches, such as independent decision-making, responsible technological use, psychological balance, and healthy digital behavior. Thus, the resulting framework presented digital well-being as a complex phenomenon of interaction between the technological environment and human adaptive capabilities.

This conceptual structure can be helpful for the analysis of how humans can reap benefits from AI while preserving autonomy, resilience, self-regulation, and psychological well-being. In addition, it takes into account the fact that these dimensions are interconnected but not independent. For instance, increased awareness of AI can promote self-regulation; self-regulation can develop human agency and decrease dependency. Also, digital resilience can promote psychological adaptation in case of encountering technological uncertainty or negative experiences of using digital technologies.

Findings and Discussion

AI-Enabled Environments and Psychological Adaptation

The study showed that AI-enabled digital experiences and psychological adjustment were among the critical factors of digital well-being. AI-supported learning platforms, AI-powered health apps, AI-driven intelligent assistants, recommendation systems, smart home systems, and mental health technologies offered personalized experiences, accessibility, ongoing help, and support in decision-making. Nevertheless, more frequent engagement with intelligent systems meant that people had to adjust their expectations, behaviors, emotions, and coping mechanisms. Psychological adjustment entailed understanding the advantages and drawbacks of AI and retaining psychological equilibrium and healthy human–machine relationships.

It is also apparent from the study results that the impact of AI-based environments would depend on the extent to which the user is involved as well as on the goal of AI interaction. Those systems that facilitate assistance but let users have control would promote participation and adaptation. On the other hand, too much automation or reliance on technology would limit the chances for independent decision-making. Hence, adaptation psychologically would involve a balance of acceptance of helpful AI assistance as well as involvement of people. AI-based environments would also assist in learning, accessibility, and personalization. In case people knew how AI systems work and what their limitations were, they could use them effectively.

Digital Self-Regulation, Human Agency, and Resilience

The results emphasized digital self-regulation, human agency, autonomy, and digital resilience as critical means through which well-being is sustained. For healthy technology usage, individuals had to regulate the frequency and intent of interactions with AI, assess the information from the AI systems, set proper digital boundaries, and prevent overreliance. On the other hand, human agency and autonomy helped individuals preserve their capacity to think independently while making use of AI suggestions and decision-making systems.

Results also reveal that there is a strong relationship between self-regulation and autonomy. Those who evaluate the advice provided by AI and regulate their use of technology are much more likely to stay responsible for the choices they make. This aspect becomes very important in cases when AI systems give advice in such areas where people are not ready to follow suggestions automatically. The capacity to critically assess the AI output will promote autonomous

decision-making. Digital resilience, in turn, becomes a very effective tool in terms of overcoming technological uncertainty and adverse digital experiences.

Integrated Framework and Implications

This study generated the concept of the digital well-being framework encompassing the relationship between AI-enabling environment, psychological adaptation, self-regulation, human agency, autonomy, and resilience. It showed that the concept of digital well-being involved a multidimensional process that kept on developing continuously rather than being just the lack of adverse experiences within digital contexts. AI could help promote psychological well-being through personalization, accessibility, emotional support, and decision-making support, although these contributions depended on ethical use of AI and human engagement. Implications of the framework included digital literacy, healthy technology use, human-centered AI, autonomy, and psychological well-being.

Moreover, the framework shows that the digital well-being of people is influenced by the interplay between the technological and the psychological elements. AI-enabled environment represents the technological context; psychological adaptation helps people adapt to these environments, self-regulation facilitates the balance between technology usage, and autonomy keeps human agency intact. The digital resilience helps to increase the capacity of dealing with technological change and uncertainty. As for the organizational and institutional level, the framework stresses the significance of establishing environments that motivate people to use technologies responsibly without losing their humanity. In educational and work environments, people may acquire digital literacy, critical evaluation, and technology boundaries. Technology designers may apply human-centered approaches that will offer transparency, user control, and human decision-making possibilities. Thus, it is possible to state that the advantages of AI technologies for digital well-being will persist when technological capacities are combined with psychological ones.

Table 1: Dimensions of Digital Well-Being in AI-Driven Societies: Opportunities, Challenges, and Expected Outcomes

Dimension	Opportunities	Challenges	Expected outcome
AI-enabled digital environments	Personalization, accessibility, continuous assistance, decision support	Digital dependence, technological pressure	Benefits from AI without loss of balance
Psychological and emotional adaptation	Personalized emotional and mental health support	Emotional adjustment, uncertainty, cognitive demands	Emotional stability and realistic expectations of AI
Digital self-regulation	Healthy, purposeful technology use	Excessive engagement and over-reliance	Balanced technology use with clear digital boundaries
Human agency and autonomy	Informed use of AI recommendations	Reduced autonomy and weaker independent judgment	Active participation in AI-supported decisions
Digital resilience	Coping with technological change	Digital stress, misinformation, system limitations	Psychological stability under technological change

Table 1 below presents the five dimensions of the digital well-being framework that are proposed by providing the opportunities, challenges, and outcomes related to each of these dimensions. This is done with an emphasis on the importance of adaptation, self-regulation, autonomy, and digital resilience.

Conclusion

The study created a conceptual framework to better understand the notion of digital well-being and psychological adaptation in AI-driven societies. AI-driven digital environment, psychological and emotional adaptation, digital self-regulation, human agency and autonomy, and digital resilience were defined as interrelated dimensions of digital well-being. The results of the study showed that AI may benefit the fields of education, healthcare, mental well-being, lifestyle regulation, communication, and decision-making but may also give rise to the necessity of psychological adaptation and responsible use of technology. Thus, a human-centered approach was stressed in which an individual was a dynamic participant in the AI-powered environment while staying psychologically balanced and autonomous.

Moreover, the study made it clear that the concept of digital well-being should be treated as a dynamic process. While technological development will proceed, people will need to periodically adjust their digital habits and expectations

and cope with them. The involvement of human judgment and control over the technology becomes especially important when making personal, educational, professional, and health-related decisions. Knowing the capabilities and limitations of AI can also contribute to proper involvement in technology.

Implications for people, businesses, educators, health professionals, technology creators, and lawmakers were drawn from the findings of the research. Digital literacy, self-regulation, human-centered design of AI technologies, and psychologically healthy technology usage could assist in creating better relationships with the technology. Awareness of the need for responsible technology usage could be fostered in organizations and institutions of learning, while technology creators could integrate features of transparency, control, and human supervision in their creation.

However, this study is a conceptual study and has made use of secondary literature, which implies that the theoretical framework suggested here is not empirically tested. This theoretical framework may be empirically tested in future research using survey methods, interviews, longitudinal studies, experimental studies, and cross-cultural studies with special emphasis on AI dependence, psychological resilience, autonomy, self-regulation, and digital well-being in the long run. In the future, research may also focus on the changes in these dimensions with an increase in the frequency of AI interactions and among various age groups, different occupational groups, and cultural contexts. Thus, this theoretical framework provides the basis for the understanding of the relationship between AI-supported environments and psychological adaptation of humans. Here lies the significance of ensuring that technological development does not deviate from human necessities and values. With such an approach, individuals may reap the benefits of AI technology while maintaining their healthy patterns of digital interaction.

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