



COVERAGE OF THE ISSUE OF EMOTIONAL DEPENDENCE ON ARTIFICIAL INTELLIGENCE IN THE RESEARCH OF UZBEK SCHOLARS

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ABSTRACT

In the Republic of Uzbekistan, accelerating digital transformation, introducing artificial intelligence technologies into the economy, education, and public administration, and enhancing the digital competencies of young people have been identified as priority directions of state policy. The "Uzbekistan–2030" Strategy emphasizes the widespread implementation of digital technologies, the preparation of innovative, independent-thinking, and highly skilled young professionals, and the improvement of educational quality in accordance with international standards [8]. Under these conditions, developing students' culture of responsible and rational use of artificial intelligence technologies, fostering a healthy psychological attitude toward technology, preventing emotional dependence, and designing psychological mechanisms that support real-life social interactions have become issues of considerable scientific and practical significance.

Introduction

The rapid development of digital technologies, particularly the integration of artificial intelligence (AI) systems into various spheres of human activity, has created new directions of research within psychology. While foreign psychological studies extensively examine emotional attachment to AI, technological dependence, and virtual communication, Uzbek psychological research addresses the theoretical foundations of these issues through studies on personality psychology, information-psychological security, communication processes, youth psychology, social relationships, and the influence of the digital environment on human consciousness.

Main Part

In the scientific works of Uzbek psychologists, the relationship between individuals and technological environments is not discussed directly through the concept of **"emotional dependence on artificial intelligence."** Instead, it is interpreted through individuals' behavior in the information space, attitudes toward virtual communication, psychological needs, and the culture of using digital technologies. These scientific approaches provide an important theoretical basis for explaining the national psychological characteristics of emotional dependence on artificial intelligence.

One of the prominent Uzbek psychologists who studied personality development, interpersonal relationships, and the interaction between individuals and the social environment is **Sh.R. Barotov**. His research focuses on socio-psychological characteristics of personality, communication processes, interpersonal relations, and psychological services. According to Barotov, personality develops within a system of social relationships, and psychological stability largely depends on real social interactions, communication experiences, and the level of social support.

This theoretical perspective is highly relevant for explaining emotional dependence on artificial intelligence. Interaction with AI may partially satisfy an individual's communicative needs. In particular, people who experience interpersonal difficulties, loneliness, or a strong need for emotional support may perceive AI as a convenient communication partner.

In our opinion, based on Barotov's theory of interpersonal relations, emotional dependence on artificial intelligence can be interpreted as the result of the interaction between natural human social needs and the communicative opportunities provided by technology. Artificial intelligence should not be regarded as a complete substitute for genuine human relationships but rather as a communicative object capable of temporarily satisfying certain psychological needs.

V.M. Karimova is one of the leading Uzbek psychologists who has extensively studied family psychology, interpersonal relationships, social psychology, and personality development. Her scientific works emphasize the importance of social environment, personal values, and communicative characteristics in personality formation. Karimova highlights the decisive role of family environment, social relationships, and moral values in human development [26].

These ideas provide an important methodological foundation for studying emotional dependence on artificial intelligence. An individual's attitude toward technology is closely related to early social experiences, communication needs, and systems of emotional support. If a person does not receive sufficient emotional support within the real social environment, they may use virtual technologies, including AI, as a means of psychological compensation.

In our view, Karimova's theoretical perspective suggests that the quality of family and social relationships is a significant factor influencing the development of emotional dependence on artificial intelligence. The more adequately an individual's emotional needs are satisfied in real life, the lower the likelihood of excessive attachment to AI.

Z.T. Nishonova has made substantial contributions to developmental and educational psychology. Her research focuses on psychological development, self-awareness, motivation, and social adaptation among young people [28].

Today, young people represent one of the primary groups actively using artificial intelligence technologies. Therefore, Nishonova's theory of personality development is highly relevant for understanding the relationship between youth and AI. During adolescence and early adulthood, self-awareness, independent decision-making, and the acquisition of social experience become especially important developmental processes.

In our opinion, Nishonova's theoretical framework indicates that emotional dependence on artificial intelligence among young people should be examined in relation to their stage of psychological development, level of independence, and communicative needs. Particularly

among university students, artificial intelligence may function not only as an intellectual assistant but also as a source of emotional support.

The studies of **N.M. Dolimova** and **N.M. Usmonova** investigate socio-psychological characteristics of personality, communication processes, and transformations in interpersonal relationships within modern society. Their research emphasizes the importance of individuals' relationships with society, communication needs, and personal characteristics [22].

This perspective demonstrates that emotional dependence on artificial intelligence is closely associated with individual psychological characteristics. Individuals with high levels of anxiety, social withdrawal, or communication difficulties may perceive interaction with AI as more comfortable than communication with other people.

In our opinion, based on the ideas of these scholars, it is possible to identify the individual psychological determinants of emotional dependence on artificial intelligence. In this context, communicative needs, emotional stability, and social activity emerge as key influencing factors.

The scientific views of **X.X. Jabborov**, **A.R. Aliev**, **M.A. Abdurahmonov**, and other Uzbek researchers concerning personality psychology, thinking, human activity, and contemporary social processes also possess important methodological value for understanding human interaction with artificial intelligence. Their studies explain the mechanisms through which individuals perceive the external environment, process information, and develop behavioral patterns [24,12,14].

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