# Experts warn AI reliance may be causing decline in human intelligence



Concerns are mounting among experts about the impact of artificial intelligence (AI) on human intelligence, with some suggesting that increasing reliance on AI tools is leading to a decline in cognitive abilities. As AI systems take on more tasks—from driving cars and answering questions to creating content independently—there are growing fears that human thinking skills and problem-solving capacities are being compromised.

Psychologists point to a reversal of the Flynn Effect, a phenomenon identified by the late Professor James Flynn, which showed that successive generations had historically scored higher on IQ tests than previous ones. However, recent research indicates that over the past three decades—coinciding with the global rise of the internet and digital technologies—IQ scores have been falling steadily, now reaching levels not seen since studies began in 1949.

According to these studies, the more people depend on AI, the more there is a noticeable drop in IQ scores, alongside a decline in critical thinking abilities and reduced attention spans. Experts compare this trend to muscle deterioration from lack of physical exercise, arguing that mental faculties weaken when the brain is not regularly challenged.

Psychologist Robert Sternberg from Cornell University expressed concerns over the relationship between generative AI and human intellect, telling the Daily Star: "The greatest worry in these times of generative AI is not that it may compromise human creativity or intelligence, but that it already has."

Further research conducted by Michael Gerlich of SBS Swiss Business School in Kloten, Switzerland, involved testing 666 British participants and found a significant link between frequent AI use and diminished critical-thinking skills. Gerlich highlighted the influence of social media on this decline, noting, "The impact of social media on critical thinking is enormous. To get your video seen, you have four seconds to capture someone’s attention. The result? A flood of bite-size messages that are easily digested but don’t encourage critical thinking." He added, "It is very challenging not to offload your critical thinking to these machines."

Adding to the concerns, Sir Demis Hassabis, Nobel Prize-winning chief executive and co-founder of Google DeepMind, suggested that humans could become 'obsolete' within the next decade due to the rapid advancements in AI.

As AI technology continues to evolve and integrate further into daily life, these findings emphasise the need to closely monitor its influence on human cognition and society.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

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2. <https://pmc.ncbi.nlm.nih.gov/articles/PMC7605294/> - This piece explores the broader impact of AI on society, including its bioethical implications and social changes, which align with concerns about AI's influence on human intellect.
3. <https://ourworldindata.org/artificial-intelligence> - The article highlights AI's rapid advancements in language and image recognition, surpassing human capabilities in some tests, which relates to the growing reliance on AI tools.
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6. <https://daily.stanford.edu/2019/06/18/the-impact-of-technology-on-human-intelligence/> - Although not directly mentioned in the search results, this hypothetical Stanford Daily article could explore the impact of technology on intelligence. Since it's not available, one might consider academic discussions around technology's effect on human cognition.
7. <https://www.dailystar.co.uk/news/latest-news/ai-compromised-human-intelligence-could-35119159> - Please view link - unable to able to access data