

## Reflections of a Psychologist in Interaction with the Chat GPT

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### **“Applications, fear and bewilderment at the inclusion of the AI”**

The concept of health has evolved, and from related professions we have understood that the approach to existing problems can only be from a perspective and integral approach.

The concept of beings biopsychosocial HE has restructured and includes the dynamic and interaction technology as a determining factor. The new advances and the digital age propose a transformation of learning processes, where the analog needs to be rebuilt.

### **But as avoid feel displaced by resources new that represent he fear of be replaced by a device without face?**

Technological inclusion has been a topic of increasing relevance in today's society. He Access to technology has become a crucial factor for development in various areas of life. In this context, the emergence of GPT Chat, a tool for artificial intelligence that can generate texts autonomously raises questions about his use and its possible repercussions.

According to Amy Cuddy, a social psychologist at Harvard University, technology can have effects on our way of communicating and relating to others. in his book “Presence: Bringing Your Boldest Self to Your Biggest Challenges”, Cuddy argues that the Excessive use of technology can diminish our ability to read the emotions of others. others and to communicate by way of effective.

For her part, Sherry Turkle, Professor of Social Sciences and Technology at MIT and former Professor of Psychology at Harvard, has pointed out that the use of technology can affect our ability to have meaningful relationships. In his book “Alone Together: Why We Expect More from Technology and Less from Each Other”, Turkle argues that the use excessive of the technology can make us feel alone and disconnected of others.

Another Harvard psychologist, Daniel Gilbert, has stressed that technology can affect our ability to make decisions. In his book “Stumbling on Happiness”, Gilbert points out that the excess of information can lead to paralysis of analysis, which makes it difficult to take of decisions effective.

In this sense, it is necessary to continue promoting education and digital literacy for that the people they can do a use critical and responsible of are tools.

Today the discussion, No can focus from the inclusion either absence of these resources, already that result non-viable a world without they.

Likewise, it is necessary to continue researching and developing measures that guarantee the privacy and the security of the information.

In conclusion, technological inclusion and the emergence of GPT Chat are important issues that require reflection and analysis critical.

Those of us who are part of research and teaching spaces have the obligation moral of continue exploring as are new technologies they can affect our shape to relate and communicate with each other; In order to develop strategies that promote responsible and conscious use of these tools, taking into account the perspectives and findings of various experts in the subject.

According to contemporary philosopher Zygmunt Bauman, technology allows us to connect with the world, but at the same time distances us from the human, creating a sensation of emptiness and loneliness Therefore, it cannot be seen as a magical solution to problems of today's society, but as a tool that must be used critically and reflective.

Uncertainty in the face of the new that is posed as unknown must be resolved with information and exploration responsible, that determines the subsequent steps.

Cautiously, but without fear. Blessed are the years that lie ahead, surely they will be amazing.

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