INTRODUCTION OF ARTIFICIAL INTELLIGENCE INTO PSYCHOLOGY

Dilfuza Uchkunovna Rakhmanova
Teacher of the Department of Psychology,
Chirchik State Pedagogical University Republic of Uzbekistan
dilfuza.raxmanova.89@mail.ru

Abstract
Artificial intelligence has appeared in the world relatively recently, however, it has managed to infiltrate people's lives with incredible speed. Someone says that neural networks and AI help people by making it easier for them to complete tasks. And someone is afraid of them, because neural networks have already taken away the work of most people. And indeed, many professions that were relevant yesterday are already losing their existence today, or giving up the reins of government to artificial intelligence. Many even say that the profession of a psychologist will soon leave. But is this really the case? Let's look at it in more detail in the article.

Keywords: artificial intelligence neural network digitalization chat GPT technologists, neuropsychology, critical thinking.

Introduction

Artificial intelligence has appeared in the world relatively recently; however, it has managed to penetrate into people's lives with incredible speed. Some say that neural networks and artificial intelligence help people by making it easier for them to complete tasks. And some are afraid of them, because neural networks have already taken the jobs of most people. Indeed, many professions that were relevant yesterday are already losing their existence today, or are giving the reins of power to artificial intelligence.

Many even say that the profession of psychologist will soon disappear. The fact is that artificial intelligence has already taken deep root in our world and scientists continue to actively develop it. Whether we like it or not, artificial intelligence has already become an integral part of our lives, and the fight against it will lead humanity to a dead end, due to the fact that the majority of the population is FOR the introduction of such technologies into our daily lives.

It is logical that instead of fighting such a phenomenon, it would be reasonable not to stop in one's own development and to introduce artificial intelligence into the sphere of activity that a person is engaged in. In this case, let's consider the introduction of artificial intelligence into the work of a psychologist.

Today, only the lazy do not talk about artificial intelligence technologies. Indeed, over the past 5-7 years there has been an explosion of applications that use Artificial Intelligence [1]. And the concept that science fiction writers and writers talked about decades ago is becoming more

real and tangible. And any modern person who has at least some kind of smartphone or car has already encountered artificial intelligence many times, i.e. artificial intelligence finds its application in a huge number of areas, ranging from medicine and health care, and various machines, from cars to entire automated factories, as well as in finance, copywriting, social media, education, and of course, in the field of e-commerce.

Main part. Why is it that today people hear about artificial intelligence from almost "every iron"?

There are three main factors due to which the last 15 years have seen the development of such technologies, which everyone calls artificial intelligence [2]:

The gigantic digitalization of human life. Everything that a person does today, one way or another, leaves a certain digital trace. Whether it is if a person walks around the city, goes to a cafe, etc. and at this time, phones leave signals in cellular networks, which leave traces. Even if a person visits some educational institutions, watches videos on the Internet, goes through various video cameras and various access systems. And even many conversations are recorded thanks to new digital technologies. All this can be processed, and various useful conversations and connections can be extracted.

Distribution and availability of powerful computers.

Many technologies Artificial intelligence, which were developed 30-50 years ago, have received a new life today, precisely because today it has become possible to apply machine learning not only on an industrial, affordable computer by a student or scientist, but also on a regular desktop computer. And what's more, many things that could previously only be done on scientifically expensive and very powerful machines are now performed in capacities comparable to a regular smartphone.

Over the past 15-20 years, a huge number of open, freely distributed libraries have appeared, programs that allow you to build artificial intelligence.

We are talking about machine learning libraries.

It is this factor that makes a huge contribution to the development of these technologies. After all, 20 years ago, all these developments, all inventions in the field of data science and computer science were strictly guarded by large corporations. And today, both Google and Yandex and other large companies are making this publicly available.

And in general, now absolutely anyone can do artificial intelligence, even with relatively little training and qualifications. And absolutely anyone who has a smartphone can write texts and draw through neural networks, even without any specific knowledge.

But before discussing and implementing it, we need to understand what it is. Artificial intelligence is not a technical term, it is a term that came to us from cybernetics and the philosopher Artificial Intelligence. In a way, this is an idea of smart machines that will replace humans somewhere, in some way [3]. And it must be said that the specialists themselves who are developing

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Artificial intelligence is also not a binary quality, but a kind of continuous, extended quality, and can be more or less intelligent [3].

And psychologists especially, now it is worth actively developing in this area too, so as not to be left out of technical progress later. Because if we look at businesses, we can easily notice that those businesses that have not moved to the online format have either suffered greatly or "died". And unfortunately, the same thing can happen to other professions, even to a psychologist, if you do not grasp innovations from the very beginning of their emergence.

It is critically important to understand the fact that today, artificial intelligence has become smarter than humans. And if earlier it was just a machine, today it is already a full-fledged intelligence that can independently think and solve problems in 3 seconds, which people used to spend a lot of time on. And this fact can now only be understood, accepted and started to use. And most importantly, learn to get benefits from it.

So how to apply artificial intelligence to work as a psychologist?

In November 2023, the GPT chat became openly available to everyone and it took 5 days for 5 million users to start using it [4]. This is the fastest growing and fastest-spreading technology of the fastest monetization Artificial intelligence.

And if earlier people thought that writing poetry and paintings is only available to people, today this is no longer the case. Now, on the contrary, all this is mainly done only by neural networks. For example, many writers are already ordering illustrations and covers not from artists or illustrators, but from neural networks. And this applies not only to images, but also to writing texts.

It is necessary to understand that artificial intelligence works not only when a person uses it, but also develops on its own. For example, you can imagine that it, i.e. artificial intelligence, has read all the books, watched all the films, watched all the reviews of scientific videos and even read all the scientific articles that are available in the public domain on the Internet.

At first, such an approach seems unthinkable, but this is a real fact. All the information that is at least partially contained on the Internet is already familiar and accessible to artificial intelligence.

And even if you write the following phrase in the artificial intelligence chat:

- write me a short summary of the novel "War and Peace"

Then, in 5-10 minutes artificial intelligence will actually write a full-fledged summary of this novel.

The first accessible method for psychologists is to start applying it to their situations and to their decisions.

For example, you can ask any situation in the GPT chat, and even use it instead of a psychologist. And that is why the psychologist himself should start talking to him as if he were at a consultation with another psychologist, sorting out his own problems. At the same time, at the end of the consultation with artificial intelligence , you can ask him what methods he used, and he will tell you. Due to which, you can take some methods into service in your own work. You can also ask artificial intelligence to show various methods and ways of working with a particular problem.

In short, this chat can be used for full-fledged training of yourself as a specialist, because in addition to holding consultations, you can ask artificial intelligence about sharing experiences and other methods.

And what's also interesting:

If a psychologist has agreed on a consultation with a client and discussed his request, but does not know how to deal with it correctly, then before the start of the consultation, artificial intelligence can work through the same situation with the artificial intelligence chat and get advice and methods from it that can be applied. In addition, sometimes artificial intelligence gives a complete action plan, according to which a person can act in stages. Whether it be questions about family therapy, artificial intelligence, whether with a child or in the business sphere. And you can also ask him to give various exercises to combat this or that problem.

And very often artificial intelligence gives really useful and effective advice.

But, of course, in such an approach and practice with artificial intelligence, the psychologist should actively use his critical thinking in order to analyze the information received. Because, although artificial intelligence is an independent, smart intellect, it can also make mistakes, and the psychologist is responsible for his client. Therefore, the psychologist must filter the information and understand which methods can be used with the client, and which are not suitable in this situation.

In addition, you need to understand that artificial intelligence can lie (which scientists have repeatedly caught him on), so you should always turn on critical thinking and trust your own knowledge, but do not neglect the help of artificial intelligence.

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Second: ask artificial intelligence to help write various scripts for your own text consultations. For example: with the help of such texts, a psychologist can send scripts to potential clients, and thus attract them for his consultations.

The world of social networks is actively developing and more and more people prefer correspondence to live communication. And thus, a psychologist should take into account that many people today prefer live consultationsArtificial intelligence to text. And today's psychologists, fortunately, can provide their clients with such an opportunity.

And for scripts, and in general, to understand how it all works, you can also ask for help from artificial intelligence, learn, see how it could work in practice, and also ask him to write scripts to start a consultationArtificial intelligence , as well as to identify the true request of a potential client.

Artificial intelligence can help psychologists in a number of areas [5]:

- automation of routine tasks;
- collection of informationArtificial intelligence about clients;
- storage of data about clients;
- comparison of a quick and accurate diagnosis (for psychotherapists);
- selection of treatment for a particular diagnosis;
- assistance to psychologists in conductingArtificial intelligence therapyArtificial intelligence;
- can also be used to conduct virtual, therapeutic programs.

In general, artificial intelligence can help conduct diagnostics/consultations, help find a solution or diagnosis faster (for psychotherapists), and generally improve the results of therapyArtificial intelligence, which allows psychologists to work more effectively with the client.

However, we should also not forget that artificial intelligence, although a fairly smart system, still needs a person. But! This does not exclude the fact that the psychologist should relax and stop worrying about the fact that neural networks will soon be able to take his job away from him, because such a risk, unfortunately, is still present.

A psychologist is a profession in which you need to constantly develop and improve your own qualifications, because in order to help a person adapt to the modern world, the psychologist himself needs to be aware of what is happening in this modern world.

Should we be afraid of artificial intelligence?

First of all, we need to understand HOW modern technologiesArtificial intelligence artificial intelligence can improve our understanding of human behavior, thinking, and emotions. Study, adapt, and implement the acquired knowledge and skills in our work.

Conclusion. It is critically important to understand the fact that today, Artificial Intelligence has become smarter than humans. And if earlier it was just a machine, today it is already a full-fledged intelligence that can independently think and solve problems in 3 seconds, which people used to spend a lot of time on. And this fact can only be understood, accepted, and used. And most importantly, learn to get benefits from it.

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