Student Mental Health and Well-Being Supported Through AI Systems

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Abstract

In the contemporary digital era, Artificial Intelligence (AI) has emerged as a transformative force in enhancing human planning and overall well-being. This paper explores how AI-supported systems can effectively assist individuals and organizations in developing structured plans while simultaneously promoting mental, emotional, and social well-being. AI-driven tools such as predictive analytics, intelligent decision-support systems, personalized recommendation engines, and adaptive learning platforms play a crucial role in optimizing planning processes by analyzing large datasets, identifying patterns, and providing real-time insights.

Furthermore, the study highlights the role of AI in well-being management through applications in mental health monitoring, stress detection, work-life balance optimization, and personalized wellness programs. AI systems can offer timely interventions, customized guidance, and continuous feedback, thereby empowering users to make informed decisions and maintain a healthy balance between professional and personal life.

The paper also discusses ethical considerations, data privacy, and the need for human-centered AI design to ensure that technological advancements genuinely support well-being rather than replace human judgment. The findings suggest that when integrated thoughtfully, AI systems can serve as reliable partners in planning and well-being enhancement, contributing to sustainable development and improved quality of life in diverse social and organizational contexts.

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