



Student Mental Health and Well-Being Supported Through AI Systems

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Abstract

The integration of Artificial Intelligence (AI) into student support services marks a paradigm shift in promoting mental well-being and academic success. This paper explores how AI-powered tools provide personalized mental health interventions by tracking mood fluctuations and offering real-time mindfulness exercises. These digital tool empower students by fostering self-efficacy and autonomy in managing their emotional health. Studies suggest that students experiencing high level of distress are more likely to engage with AI platforms due to their non-judgmental nature and ease of use. However, the successful implementation of AI in education requires addressing key challenges, including data privacy, algorithmic bias, and the preservation of human empathy. This abstract advocates for the development of ethically grounded, culturally sensitive AI systems that prioritize student safety. Ultimately, AI represents a scalable solution to address the global shortage of mental health professionals in academic institutions.

