



Leveraging Artificial Intelligence to Strengthen Student Well-Being and Resilience

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Abstract

Now a day the cases of stress, depression and academic burnout are very common amongst students which has increased the need for having mental health support for them within the educational institutions. Innovative approaches are being offered by Artificial Intelligence (AI) systems which complement traditional counselling services. These systems help in developing personalized interventions and regular emotional support by detecting issues at an early stage. Various AI systems like chatbots, sentiment analysis tool etc. can help educators in identifying early signs and symptoms of psychological distress by monitoring various behavioural and academic indicators. Present study will shed light on various AI-driven tools that can help in enhancing well-being of students by addressing issues related to stress, anxiety and other similar issues. Apart from this, in the present paper the challenge of data security, informed consent and privacy will also be discussed. The risk of biasness, misdiagnosis and over-reliance and importance of human-centered and ethically grounded approach for using AI for well-being of students will also be studied to understand every aspect of integrating AI. The paper will conclude with the fact that when AI systems are implemented responsibly, it can play a transformative role in promotion of proactive, inclusive, and accessible mental health support for the students which can ultimately foster health and resilience among them.

