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"Incomplete Without Tech": Emotional Responses and the Psychology of AI Reliance

Mriganka Biswas and John Murray

University of Sunderland, Sunderland, UK

Abstract. The increasing integration of Artificial Intelligence (AI) technologies into daily life raises questions about our evolving relationship with technology. While quantitative studies have explored usage patterns and potential addiction-like behaviors, these models often fail to capture the depth of the psychological connection some individuals form with their devices. This mixed-methods study investigates the phenomenon of feeling "Incomplete Without Tech," exploring how reliance, trust, and emotional responses differ based on self-reported technical savviness. Quantitative analysis revealed significant differences in reliance on AI-powered recommendations and predictions for the tech-savvy group, but not for general AI usage or habit formation. Qualitative analysis of open-ended responses unpacked themes of convenience, task-specific trust, and concerns over autonomy and accuracy. Crucially, narratives surrounding tech absence revealed strong negative emotions, including a sense of 'incompleteness' across tech-savviness levels. This suggests reliance on AI might extend beyond functional utility and fulfill psychological needs traditionally met by other means. Findings challenge the adequacy of addiction-based models and highlight the need for new frameworks to understand how AI might shape our sense of self, potentially influencing well-being and resilience in an increasingly tech-saturated world.

Keywords: AI reliance, tech dependence, Incomplete Without Tech.

1 Introduction

The omnipresence of technology in contemporary life is undeniable. From smartphones to social media platforms, our daily actions and interactions are intertwined with digital tools. While research into technology dependence often centers around usage patterns and addiction models (Griffiths, 1996; Kuss & Griffiths, 2011), emerging evidence suggests the need for a nuanced understanding focused on the emotional and psychological dimensions of our relationship with technology.

The current study's mixed methods approach found an interesting pattern in the qualitative responses where some of the participants mentioned they could potentially be feeling 'incomplete' in the absence of AI technologies. This subjective state points to a potential reliance that extends beyond the simple need to complete tasks. Existing literature on technology dependence often focuses on functional impairments or compulsive use (Billieux, 2012). The feeling of incompleteness can stem from a sense of lacking something essential to one's sense of self or purpose. Psychologically, this aligns

with self-determination theory, which posits that unmet needs for autonomy, competence, and relatedness can result in a feeling of deficiency (Ryan & Deci, 2000). This sense of incompleteness might manifest as a lack of fulfillment, disconnection, or a pervasive feeling that something is missing in one's life. By delving into such "Incomplete" response, this work aims to illuminate the possible psychological drivers underpinning individuals' deeply felt connections to their devices.

Initial quantitative and qualitative analyses reveal a statistically significant association between participants' self-described experiences without technology and their emotional intensity scores. Responses such as "frustration" and "uneasy" correlated with lower emotional intensity, while the "Incomplete" responses group demonstrated significantly higher intensity rankings. This aligns with a growing concern that for some individuals, technology might fulfill needs not strictly defined by functionality but rather by its impact on self-perception and social identity (Turkle, 2011). Drawing upon object relations theory (Winnicott, 1953) and the potential extension of Maslow's hierarchy (Koltko-Rivera, 2006), this study hypothesizes that tech absence induces feelings beyond practical inconvenience. For those who described themselves as "incomplete," technology potentially acts as a transitional object or even an extension of self. Disruption of this bond might evoke emotional responses mirroring separation anxiety or a threat to their sense of self. Through a mixed-methods approach, this paper investigates the "Incomplete Without Tech" phenomenon which reveals valuable implications for understanding healthy versus potentially harmful tech relationships in the context of individual well-being and societal adaptation in increasingly technology-saturated environments.

2 Background

The ubiquity of technology in modern life has fundamentally reshaped our relationship with the world around us. From instant communication to seamless access to information and entertainment, digital tools have become an extension of our daily routines and social interactions. While the convenience and efficiency benefits of technology are undeniable, a growing body of research suggests a critical need to delve deeper into the psychological implications of this ever-present digital presence.

Historically, investigations into technology dependence have often focused on compulsive behaviors and usage patterns, drawing heavily on addiction models (Griffiths, 1996; Kuss & Griffiths, 2011). These frameworks provide valuable insights, but they might not capture the full spectrum of human-technology interaction. A nuanced understanding requires acknowledging the potential for psychological reliance beyond mere usage frequency. This study takes a step in this direction by exploring a unique phenomenon: the feeling of being "incomplete" in the absence of technology. This subjective experience goes beyond simple frustration or inconvenience; it hints at a deeper psychological attachment. Participants expressing this feeling during the initial survey demonstrated a statistically significant increase in emotional intensity compared to those describing less intense emotions during tech absence.

To fully grasp the potential significance of the "Incomplete" response, we must examine established psychological theories that illuminate human motivation and the nature of our relationships with objects. One potential framework is Object Relations Theory (ORT), developed by Donald Winnicott (1953). This theory posits that humans rely on transitional objects, often physical items, to bridge the gap between self and the external world (Winnicott, 1953). These objects provide a sense of comfort and security, particularly in the early stages of development. Drawing a parallel to Winnicott's notion, technology, for some individuals, could fulfill a similar function.

Furthermore, Maslow's hierarchy of needs (Maslow, 1943) offers a valuable lens through which to understand the potential drivers of technology dependence. Maslow proposes a hierarchy of human needs, progressing from basic physiological needs to more complex ones like esteem and self-actualization. While Maslow's original framework doesn't explicitly consider technology, some researchers (Vedechkina and Boronovi, 2021; Atske, 2021) suggest that technology might play a role in fulfilling needs beyond the purely functional. For example, social media platforms can contribute to a sense of belonging and social connection, potentially addressing esteem needs. Similarly, access to information and educational resources might facilitate self-actualization aspirations. In this context, the "Incomplete" feeling could signify a reliance on technology to fulfill needs that extend beyond basic functionality, potentially impacting the way individuals perceive themselves and interact with the world. While the current study offers a starting point, existing literature on the psychological dimensions of technology dependence offers a foundation to build upon. Turkle's (2011) work on "The Alone Together" phenomenon highlights society's paradoxical state of hyperconnectivity alongside increasing feelings of isolation. This suggests a potential reliance on technology to address social needs, even if the fulfillment itself is incomplete. Similarly, Przybylski et al. (2013) explore the concept of "Facebook Depression," suggesting that for some users, social media use can negatively impact self-esteem and well-being. Understanding these complexities is crucial for a comprehensive analysis of the "Incomplete Without Tech" phenomenon. The current study aims to delve deeper beyond existing quantitative findings by employing a mixed-methods approach. Qualitative exploration will shed light on the underlying narratives and experiences surrounding the "Incomplete" feeling, potentially revealing how technology functions to address psychological needs, shape identity, and influence emotional responses.

While previous work on technology dependence has provided substantial insights, certain limitations must be acknowledged. Firstly, a significant focus on quantifiable aspects, such as screen time or frequency of compulsive behaviours, neglects the potential depth of the psychological relationship between individuals and their devices. The intensity of an emotional response to tech absence offers a qualitative dimension often overlooked in traditional models (Przybylski et al., 2013). Moreover, existing addiction-based models might not fully encapsulate the complex nuances of tech reliance for certain individuals (Billieux, 2012). While these models provide a valuable framework to assess problematic behaviours related to excessive online gaming or social media use (Kuss & Griffiths, 2011), they may fall short in explaining a dependence driven primarily by psychological needs beyond the compulsion to use. However, by acknowledging the limitations of these models, particularly their focus on quantifiable aspects,

we can explore the emotional dimensions of tech reliance through the concept of feeling "incomplete" in its absence.

The landscape of technology dependence is further complicated by the increasing integration of Artificial Intelligence (AI) across various digital tools and platforms. AI algorithms personalize content delivery, anticipate needs, and create an increasingly seamless user experience (Sodiya *et al.*, 2024). This personalization creates a feedback loop that can potentially reinforce reliance by catering to anticipated desires and shaping user behaviour in subtle ways (Fogg, 2009). Habit formation theories emphasize the role of repetition, rewards, and environmental cues in establishing habits (Aarts and Dijksterhuis, 2000). AI-powered platforms, through continuous user engagement and personalized content delivery, might leverage these habit formation principles, potentially heightening feelings of incompleteness without their familiar digital environment. The Technology Acceptance Model (TAM) (Davis, 1989) sheds further light on the factors influencing tech use. TAM suggests that perceived usefulness and perceived ease of use are key drivers of technology adoption and continued use. However, TAM doesn't explicitly account for the emotional aspects of the user-technology relationship. The "incomplete" feeling in the current study delves beyond perceived usefulness to explore a potential emotional attachment that transcends purely utilitarian motivations. Moreover, it could mean beyond simple inconvenience or frustration associated with a lack of access to basic functionalities like emailing or browsing the web. It signifies a more profound emotional response, characterized by a sense of unease, anxiety, or even a perceived loss of a crucial part of oneself. Participants who described themselves as "incomplete" demonstrated significantly higher emotional intensity scores compared to those who reported less intense emotions during technology absence. This qualitative difference suggests a deeper psychological reliance that warrants further investigation. By focusing on the emotional intensity associated with tech absence, we can gain valuable insights into the perceived role that technology plays in individuals' lives. Is it a tool for connection, a source of information that fosters a sense of self-actualization, or something more complex and multifaceted? Exploring these questions through qualitative analysis allows us to delve into the subjective experiences of those who feel "incomplete" without technology, potentially revealing a deeper understanding of the psychological mechanisms at play.

3 Methodology

The study recruited 65 participants through an online survey hosted on Microsoft Forms. Advertisements distributed among peers and colleagues described the research focus on AI in everyday life and sought participation in the brief online survey. Inclusion criteria included regular use of various technological devices, like smartphones, computers, tablets, or smart speakers, along with a willingness to share their encounters with AI features. This approach ensured the participation of individuals who routinely integrate AI into their daily lives, encompassing a range of technical expertise levels. The online questionnaire comprised multiple sections aimed at gathering the following data:

- **Demographics:** Participants provided information about their age, gender, ethnicity, education level, and geographic location.
- **Daily used AI habit & reliance:** Likert-scale items (1-7, strongly disagree to strongly agree) assessed participants' self-reported comfort and proficiency with technology. Open-ended items to understand participant's perceptions, reliance, trust, using habits etc.

Questions probed areas like their confidence navigating new software, willingness to experiment with new devices, and ability to troubleshoot basic technological problems. Additionally, information was taken on their daily hours of AI technology uses, potential number and types of devices and their years of experiencing of using such technologies to understand a correlation between their self-assessment results on tech-savviness compared to device no., daily usage, and long-term habit. This comprehensive questionnaire (Figure 1) examines participants' complex relationships with various AI-powered technologies, delving into trust, reliance, and the emotional impact of technology absence. It begins by exploring practical usage patterns across AI assistants, health trackers, and language models. Questions then assess trust levels in AI-driven predictions (weather, travel, pricing) and personalized content recommendations (Netflix, Spotify, and news feeds). Beyond functionality, the questionnaire probes deeper, gauging overall tech reliance, comfort levels without devices, and even a hypothetical scenario prioritizing tech over survival essentials. Specific questions investigate potential emotional attachment to technology, including reactions to malfunctions, conversational tendencies, and anthropomorphising.

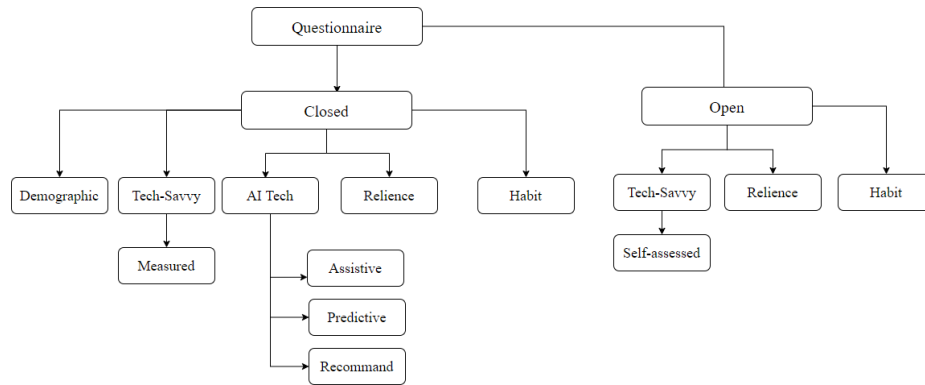


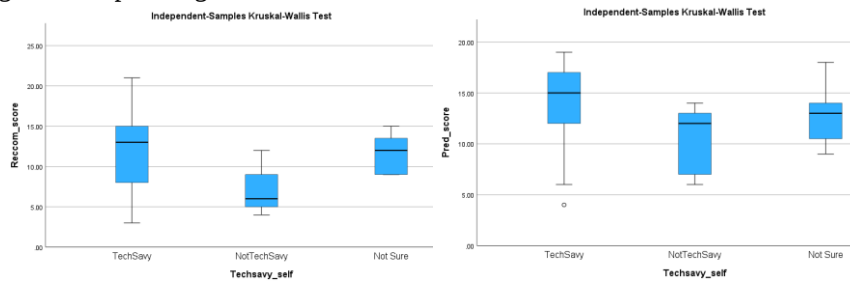
Figure 1: Questionnaire structure

Crucially, open-ended descriptive questions invite participants to explain the factors influencing their trust or distrust of specific AI applications and detail their feelings and behaviours during tech absence. This qualitative element promises rich insights into themes of control, emotional attachment, and how AI shapes daily routines.

4 Result analysis & Discussion

This study first explores how self-reported levels of tech-savviness relate to various aspects of AI reliance, contributing to the understanding of the "Incomplete Without Tech" phenomenon. A non-parametric, the Kruskal-Wallis test, revealed intriguing nuances.

The results (Plot 1) show a clear connection between tech-savviness and reliance on AI-driven recommendations. The Kruskal-Wallis test statistic (7.803) was significant at $p=.007$, indicating differences in how participants categorized as "Not Tech Savvy," "Not Sure," and "Tech Savvy" rely on AI recommendations (Reccom_score). Pairwise comparisons further supported this, with "Tech Savvy" individuals differing significantly from both "Not Tech Savvy" and "Not Sure" groups. This suggests that those who perceive themselves as more knowledgeable about technology are more likely to integrate AI recommendations into their decision-making processes, potentially contributing to a feeling of being "incomplete" without such technologies. A similar pattern emerged with trust in AI predictions. The Kruskal-Wallis test statistic: 7.405 and $p=.025$ again show a significant effect. Here too, pairwise comparisons reveal the "Tech Savvy" group placing significantly higher trust in AI predictions (Pred_score) compared to the "Not Tech Savvy" group. This suggests that self-perceived technical expertise might lead to a greater willingness to rely on AI for tasks like weather forecasting or travel planning.



Plot 1: Kruskal-Wallis test statistics on Recommendation and Prediction scores

Interestingly, tech-savviness didn't significantly impact reliance on AI assistants (Assist_score) or general tech reliance (Relien_score). The Kruskal-Wallis test statistics for these scores (3.806 and .991 respectively) were not significant ($p>.05$). This highlights that the "Incomplete" feeling, while potentially influenced by how people use certain AI features, might also depend on psychological factors beyond self-reported technical skill. The same was true for AI-related habits (habit_score) where the Kruskal-Wallis test (statistic: 2.051, $p=.359$) did not yield a significant result. This indicates that tendencies to converse with technology, personify devices, or experience difficulty when tech malfunctions might not be strongly linked to a person's self-rated tech-savviness. Overall, these results add to the growing body of research on the "Incomplete Without Tech" phenomenon. It suggests that while technical knowledge might contribute to reliance on some AI implementations, reliance on others and the deeper

emotional attachment to technology might be driven by more complex psychological needs that require further investigation.

The analysis of open-ended responses reveals a complex landscape of decision-making processes surrounding AI reliance. The responses to the question "*What specific factors influence your decision to rely on or avoid AI technology in different situations?*" reveal the multifaceted considerations at play in navigating an increasingly AI-saturated world. A recurring theme is balancing the perceived benefits of AI against lingering reservations (Table 1). Convenience and speed emerge as primary drivers of reliance, particularly for information-seeking, aligning with the earlier findings on trust in AI predictions and utilization of recommendations. However, a strong counter-current of concern surrounds accuracy, privacy, and the potential loss of autonomy if reliance becomes excessive. This tension suggests that for many participants, the "Incomplete Without Tech" feeling might stem from a complex calculation – acknowledging its utility while fearing over-reliance and the potential erosion of skills, judgment, or even a sense of self if the technology were unavailable.

Table 1: Thematic qualitative analysis of the 1st open-ended question

Theme	Explanation	Example quotes highlights
Convenience & Efficiency	AI's ability to save time and simplify tasks redefines the perception of 'needs.'	finding answers faster, helps saving time, easy
Trust, Accuracy, & Reliability	Trust in AI's output and concerns about misinformation influence reliance decisions.	fast and accurate, depends on how reliable, avoid when replicating artwork
Personal Control & Autonomy	A desire to maintain agency, avoid over-dependence, and make independent choices.	perform certain tasks myself, should be able to function without them, not become too dependent
Ethical & Societal Concerns	Privacy violations, potential biases, and misuse of AI lead to avoidance in specific domains.	avoid...mimic people's voices, privacy concern, job displacement
Task-Specific Suitability	AI is favoured for simple, factual needs; creative tasks and high-stakes decisions often warrant human input.	research, mundane tasks vs. medical emergencies, creative ideas

The thematic analysis (Table 1) reveals three core influences shaping decisions around AI reliance: perceived benefits, concerns, and task nature. The prominence of convenience and efficiency within the benefits theme emphasizes the potential fulfilment of basic needs (Maslow, 1943), suggesting that AI-driven tools might become integrated into a revised hierarchy for certain individuals. Speed and accessibility in obtaining information or completing tasks could foster a sense of competence, potentially contributing to the "incomplete" feeling experienced in their absence. However, concerns around accuracy, privacy, and autonomy signal that psychological needs extend beyond practicality. Object Relations Theory (Winnicott, 1953) helps us understand this. The emphasis on maintaining control and agency could suggest an unconscious fear of technology replacing a core part of the self – the ability to think, reason, and make choices independently.

The qualitative analysis of the second open-ended question unveils a nuanced relationship between participants and AI, marked by varying levels of experience, degrees of trust, and diverse motivations for adoption. A key theme is **task-specific trust**, with participants expressing greater confidence in AI for well-defined tasks like navigation and weather forecasting. This mirrors the earlier quantitative results, where tech-savvy individuals showed a stronger tendency to rely on AI recommendations and predictions. However, a deeper dive into the "Why?" behind this reliance reveals a complex interplay of factors. We explicitly asked participants, *"Are there any specific types of AI technology you find more reliable than others? Why or not?"* Their responses paint a rich picture of reliance, scepticism, and underlying concerns about the transformative power of AI. This tension highlights the potential for a double-edged sword: AI integration might fulfil needs and enhance capabilities, yet some participants grapple with a sense of unease regarding the potential for over-reliance and the erosion of their own skills and decision-making abilities.

Table 2: Thematic qualitative analysis of the 2nd open-ended question

Code Category	Percent of Responses	Key Themes
AI Experience Level: Novice	Low	Reasons for non-use
AI Experience Level: Selective	High	Emphasis on specific tasks, scepticism exists alongside use
AI Experience Level: High-Reliance	High	Potential for overconfidence in certain AI tools
Trust Fluctuation: Task-Specific	Very high	Weather apps, navigation vs. creative tasks
Trust Fluctuation: Generally Sceptical	High	Existential concerns, lack of transparency
Trust Fluctuation: Unquestioning	Low	May be linked to tech-savviness
Tool vs. Threat: Tool Mind-set	Low	Focus on augmentation
Tool vs. Threat: Substitution Concern	Medium	Skill erosion, loss of originality
Lure of Convenience: Convenience	High	Entertainment, ease-of-use
Lure of Convenience: Utility	Medium	Problem-solving, efficiency

The thematic analysis (Table 2) reveals distinct experience levels and a complex interplay of trust and reliance. The high percentage of 'Selective Users' highlights a nuanced approach, suggesting the integration of AI occurs alongside healthy scepticism. This underscores the importance of task-specific trust, with participants readily accepting AI for predictable tasks (weather, navigation) but hesitant about those involving creativity. Notably, a significant portion harbour a general scepticism rooted in existential concerns and a desire for AI transparency. This aligns with the "Incomplete Without Tech" theme— if AI can generate creative outputs, some individuals might question their own unique contributions and potentially feel diminished in its absence.

The 'Tool vs. Threat' dimension (Table 2) highlights anxieties about technology replacing human abilities. While convenience remains a powerful motivator, the concern

about skill erosion hints at the potential for reliance to breed dependency. This tension between AI as an aid and a potential threat to self-sufficiency directly relates to the concept of feeling "Incomplete." Participants might question their capabilities if the technology that augments them is unavailable, suggesting a reliance that goes beyond mere convenience.

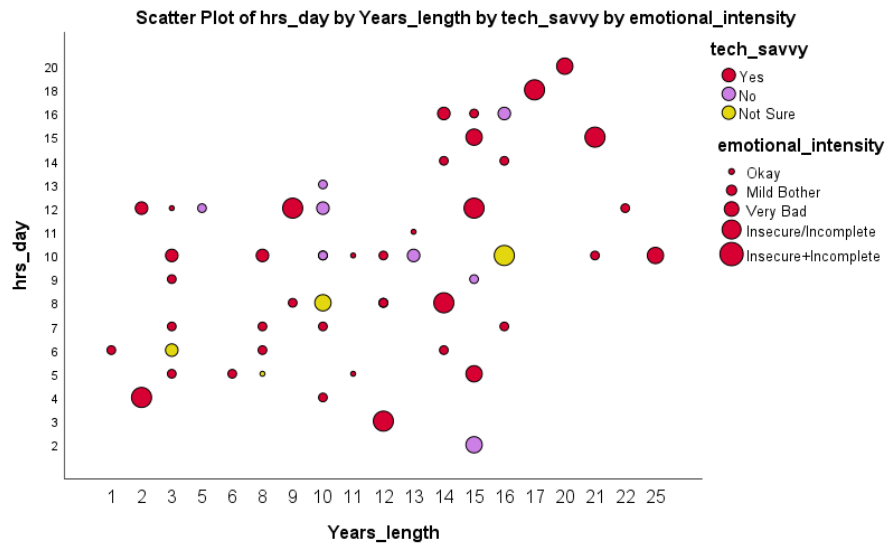
The third open-ended question directly probes the core of the "Incomplete Without Tech" phenomenon. Responses to "*Briefly describe any specific feelings or behaviors you experience when you are unable to access your technology.*" promise to unveil the depth of attachment participants have formed with their devices. By bridging these narratives with the levels of reliance and specific concerns outlined earlier, a clearer picture emerges (Table 3). If feelings of frustration or anxiety are predominant, this suggests a dependence deeper than mere utility. If specific behaviors highlight a scrambling for alternative ways to complete tasks or connect with others, this could indicate that AI-supported tools and social platforms have become so tightly woven into daily life that their absence creates a deeply felt void.

Table 3: Thematic qualitative analysis of the 3rd open-ended question

Tech Savviness	Common Responses (Illustrative, Not Exhaustive)
Yes	* "Frustration", "Anxious", "Incomplete", "Restless"... (Many express strong reliance)
Yes	* "Boredom", "Mild Annoyance"... (Some show low-intensity impact)
Yes	* "Just wait...", "Disturbed" (Outliers showing unexpected negativity)
No	* "Frustrated", "Anxious", "Helpless" ... (Emotional impact can be strong)
No	* "Not a big deal...", "I can easily switch..." (Signs of healthy adaptability)
Not Sure	* Varied range of emotions, some negative, some neutral
Not sure	* "Can solve it myself..." (Potential for self-reliance even with uncertainty)

Moreover, our exploration of emotional responses (Table 3) to tech absence takes a fascinating turn when we consider how participants perceive their own tech-savviness. While a clear correlation between self-reported tech skills and emotional impact might be expected, the data paints a more nuanced picture (Plot 1).

The finding that a significant portion (75%) of tech-savvy individuals experienced intense negative emotions when denied access to technology directly challenges the core assumption that those who consider themselves technologically adept can easily adapt in tech-absent situations (Plot 1). This suggests a deeper psychological reliance that goes beyond mere functional needs. Participants described feelings of frustration, anxiety, and even a sense of being "incomplete," echoing the study's central focus. These powerful responses invite us to reconsider how technology might now be intertwined with core human drives. Could the distress expressed by the 'savvy' group indicate that some AI tools now fulfill needs for belonging, esteem, or even self-actualization traditionally met through other means? Revisiting Maslow's hierarchy in the modern context becomes essential to understand this shift and its potential consequences for an individual's well-being during periods of tech absence.



Plot 1: How the emotional intensity is related to the tech using times daily and tech using time in years, and self-reported tech-savvy measures.

The spectrum of reliance even within the "Yes" category underscores the nuanced nature of tech dependence. It highlights that not all tech-savvy individuals are equally vulnerable to experiencing negative emotions during tech absence. Individual differences in personality, the specific technologies used, and potentially pre-existing anxieties likely play a role in shaping this response. Focusing on the outliers – those tech-savvy participants who reported utter helplessness and those less savvy who demonstrated surprising resilience – promises to illuminate the crucial factors governing reliance versus adaptability. These insights can contribute to building targeted interventions and digital well-being practices in the future. The very existence of a "Not Sure" category regarding tech-savviness compels us to question our definitions. In a world saturated by technology, does true "savviness" reside in the unquestioning adoption of the latest gadgets, or could it instead prioritize critical thinking and a mindful approach to technology use? This hints at the importance of AI as not just a physical absence of tech, but a mindset – the ability to function effectively without constant reliance.

The current findings resonate with philosophical concerns about technology's role in shaping our existence. Heidegger's (1977) worries about technology becoming the sole lens through which we experience the world gain new relevance in light of the anxiety exhibited by tech-savvy individuals. When we question our ability to think and navigate challenges without our devices, we highlight the necessity for a balanced relationship. The goal should be to leverage AI in empowering ways without diminishing our unique human capacity for independent thought and action.

5 Conclusion

This study's exploration of the "Incomplete Without Tech" phenomenon has revealed a complex and evolving relationship between individuals and AI-powered technologies. The combination of quantitative findings and open-ended qualitative investigations provides insights into a core question from our background discussion: how does technology reliance relate to traditional models of addiction and habit formation? While significant differences in reliance on AI recommendations and predictions suggest that tech-savviness plays a role, the emotional responses and deeper concerns about autonomy and creativity highlight limits to these models. The "Incomplete" feeling experienced in tech absence likely signals a reliance that extends far beyond mere compulsive usage or simple habit formation.

Qualitative analysis directly addressed the study's central questions. Participants' descriptions of their decision-making processes around AI adoption highlight a constant tension between convenience and the potential for over-reliance, hinting at the need to move beyond solely measuring tech use to understand its impact. The notion of task-specific trust emerged as vital. While clearly favouring the use of AI for well-defined, predictable tasks, many participants expressed deep hesitation about outsourcing functions involving creativity, complex decision-making, or those with high personal stakes. Here, questions raised about the Technology Acceptance Model (TAM) become crucial – perceived usefulness and ease of use might not be the sole determinants of adoption when tasks become tied to one's sense of self and individual expression.

Perhaps the most striking revelations came from the narratives surrounding experiences of technology absence. The prevalence of strong negative emotions like frustration, anxiety, and even a sense of "incompleteness" across all tech-savviness levels challenged assumptions about the limitations of addiction-based models in explaining our relationship with AI. These accounts suggest that while AI might initially be integrated through mechanisms like habit formation, the emotional response upon tech absence indicates the formation of a deeper psychological attachment. This finding emphasizes the need for new theoretical frameworks specifically designed to address the unique ways in which deep reliance on AI might influence our sense of self, well-being, and resilience.

This study leaves us with crucial questions for future research. We must redefine "tech-savviness" to include not only technical expertise but also the mindful ability to disconnect when necessary. Further investigations should explore the thresholds at which reliance on AI starts to hinder skill development, critical thinking, and an individual's sense of self-efficacy. As AI fulfills needs like belonging and esteem, we should consider if Maslow's hierarchy of needs requires revision in the modern era, particularly for those who feel "Incomplete Without Tech." This understanding of deep reliance has implications for developing new well-being tools and perhaps even therapies designed for an AI-driven world. Most importantly, this study underscores the continued need to critically evaluate the impacts of ever-present technology. As AI becomes even more advanced, ongoing research and a willingness to question our own reliance will be key in ensuring that the integration of human and technological capabilities enhances our lives rather than diminishes the skills and sense of self that make us uniquely human.

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