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PREFACE

It is our pleasure that we have been able to publish our June, 2026, issue of our journal. We are grateful to our members for their continuous support and hard work. We have tried our level best without any compromise with the quality of the journal. We hope we shall be carrying out the publication of the journal in future. Our journal has been recognized all over the world which is a great achievement to us. A beautiful painting from renowned artist Basudev Mondal, has been placed on the cover page of the journal as usual, who is also a member of our journal society. The title of the painting is "Linear Melodies".

Basudev Mondal is Assistant Professor & H.O.D, Bengali at Dr. B. R. Ambedkar Satabarshiki Mahavidyalaya, Helencha, W.B. Apart from his teaching profession he is a renowned artist. He is one of the members of the board of associate editors of our journal. He has achieved various awards and honours in the field of art and painting. Some of the achievements are mentioned here:

Awards:

1. Triple Champion Medalist, Calcutta University.
2. Honour and Felicitation from Kolkata Theatre for Human Development at Rabindra Sadan Kolkata.
3. Bina Pani Samman from Barasat Suti Sanskriti Sanstha, 24 Pgs(N).
4. Honour and Felicitation from Bongaon Charukala Parsad, 24 Pgs(N).
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6. Honour from 'DOUR' Bengali Magazine, 24 Pgs(N).
7. Honour from 'NOUKA' Bengali Magazine at Bangla Academy, Kolkata.
8. Honour from 'BALMIKI' Bengali Magazine



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Always our effort is to present a good quality journal before the society as a whole and before the intellectual community in particular. Any valuable suggestion for the betterment of the quality of this journal from your end is highly appreciated.

Thank you.

**Dr. Barin Kumar Roy,
Editor-in-Chief, IJIRD.**



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HUMAN COMPANIONSHIP TO ALGORITHMIC DEPENDENCY AND ITS INFLUENCE ON SELF-ESTEEM

(Paper published on 1st June, 2026.)

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Abstract:

The study was designed to analyse the effects of Artificial Intelligence on human self-esteem. Today's world is dynamic, and artificial intelligence has become an inseparable aspect of human lives. The present generation, including students, teachers, and young adults, spends considerable time interacting with artificial intelligence to obtain knowledge, emotional support, decision-making, and sometimes simply having fun. This provides them with prompt responses and a non-judgmental feeling of company. The study has been conducted to analyse the shift from human companionship to algorithm-based companionship. The primary purpose of conducting the research was to assess the impact of emotional dependency on artificial intelligence on human self-esteem.



as an individual's evaluation of oneself and their worth, including their qualities, strengths, weaknesses, and values. It can also be seen as the manner in which a person sets boundaries for himself and respects his own self-worth.

Nevertheless, in this modern era, humans rely heavily on AI. When people get a little free time from their work and start using their phones or any other device, they get lost in their mobile phones and social media platforms. Instead of engaging with people around them or spending their time with their parents or friends, many people today find happiness in getting a notification, like, or comment from anyone through social media sites. There are several digital media sites, such as YouTube, Facebook, Instagram, Twitter, etc., that have made their mark in today's world. Besides these sites, AI has also found its way into our regular activities. AI keeps track of the things we watch, how long we spend scrolling, what kind of videos we like to watch, etc. After observing all these details, AI algorithms generate fresh content for us.

Since such systems provide immediate responses and services, individuals start to develop a habit of using them daily. The users stop looking for the answer to their queries, entertainment or even emotional support through human interaction. On the other hand, they look towards digital platforms that function through AI. This kind of routine eventually builds up into a habit where people start to use technology for many parts of their daily lives.

The dependence on technology that provides individuals with all these kinds of conveniences is termed digital dependency. Digital dependency is defined as the point at which people start to depend on digital technologies not just for communication, searching, or decisions, but even for expressing emotions. Though these technologies have made people's lives easier and more efficient, people's dependence on them will result in fewer social interactions, which might affect their relations with others in

decision-making capabilities and, thus, cause self-confidence problems. The over-reliance of human beings on artificial intelligence harms their self-esteem. The individuals became

AUTHOR & YEAR	FOCUS OF THE STUDY	METHODOLOGICAL ORIENTATION	KEY FINDINGS	IDENTIFIED GAP
Al-Obyadi & Pikart (2026)	Examines emerging AI addiction and behavioural dependency	Conceptual literature review	Frequent interaction with conversational AI may lead to dependency-like behaviour.	The impact of AI dependency on users' self-esteem has not been examined.
Gur & Maaravi (2025)	Explores human-AI companionship and relational bonding	Integrative literature review	Users perceive AI as responsive and companion-like agents	Transition from companionship to dependency and its effect on self-esteem remains unexplored
Jussupow et al. (2020)	Studies algorithm trust and aversion	Behavioural decision-making literature review	Trust in Algorithms depends on reliability and emotional reactions	Emotional companionship with algorithms is not addressed.
Liu (2024)	Examines the psychological impact of ChatGPT interaction	Conceptual Psychological Analysis	AI interaction influences cognition and communication behaviour	Long-term effects on self-esteem have not been studied
Patel et al. (2023)	Introduces algorithmic attachment Disorder			



Zhai et al. (2024)	Examines over-reliance on AI dialogue systems in education	Empirical Quantitative study	Excessive AI reliance reduces independent cognitive engagement	Effect on confidence and Self-esteem not examined
Pantic (2014)	Explores social networking and mental health	Review-based psychological synthesis	Digital interaction affects mental well-being and self-worth.	AI companionship vs social media impact on self-esteem has not been compared.
Madhavan & Wiegmann	Studies trust in human vs. automation interaction.	Theoretical framework study	Automation trust depends on reliability and predictability	Emotional companionship with Automation and its impact on self-esteem has not been studied.

dependent on artificial intelligence in terms of critical analysis and decision-making.

Moreover, many students are not eager to use academic books and scholarly resources, but prefer the answers provided by artificial intelligence. In addition to that, the younger generation seems to become more dependent on artificial intelligence compared to their peers when discussing sensitive issues. They prefer communicating with artificial intelligence rather than human beings. Although the use of artificial intelligence allows people to receive quick replies to their questions, it is devoid of human emotions.

Literature Review

Today, Artificial Intelligence plays an important role in the life of humankind. Previously



of such applications is making any activity much easier and faster for individuals. Nonetheless, AI cannot show empathy since it lacks human emotions.

Jussupow et al. (2020) examine the problem of algorithm aversion. It implies that individuals usually tend not to trust AI's decision more than human judgment. Nevertheless, the more intelligent the technology becomes, the more dependent users become on it.

Moreover, the relationship between Internet usage and mental disorders should be discussed. The research by Pantic (2014) states that excessive involvement in digital communication can cause social loneliness and less social interaction. Even though the paper is slightly outdated, it provides important insights into digital trends and patterns.

Lastly, Madhavan and Wiegmann (2007) claim that trust towards automated systems arises due to their reliability. Nonetheless, such trust is rather misleading since AI does not have true feelings and intentions that belong to a person.

From the review of literature, it could be concluded that AI is gradually getting integrated into human emotional and social existence. While providing comfort and assistance, it also makes people less willing to interact socially, think independently and negatively affects the level of self-respect. Nevertheless, there is insufficient scientific evidence on the connection.

Overall, the existing studies show that AI-based interaction is gradually becoming an important part of people's emotional and social lives. Some researchers suggest that AI companions can provide temporary comfort and may help reduce feelings of loneliness. However, other studies point out that too much reliance on AI for emotional support can create psychological dependency. Despite these findings, only a few studies have directly examined how the shift from human companionship to AI interaction may influence individuals' self-esteem. Therefore, the present study attempts



Objective

The primary purpose of this study is to identify the impact of Artificial Intelligence on self-esteem in contemporary society. The study primarily targets college-going students and young adults who employ artificial intelligence in their daily lives.

The primary objective of this study is to analyse the expanding use of Artificial Intelligence in daily activities, particularly in communication, information seeking, creative thinking and the decision-making process.

To examine the relationship between reliance on Artificial Intelligence and individuals' sense of self-esteem and self-confidence. Overreliance on AI technology is affecting the independent thought and self-confidence of the individual. Moreover, this research seeks to examine how interaction with AI technology affects the individual perception of self-worth, self-value, and capability.

To explore the idea of Artificial Intelligence companionship and understand how it differs from traditional forms of human companionship. Furthermore, it seeks to explore if individuals prefer artificial intelligence companionship over human interaction.

To identify possible psychological and behavioural potential outcomes associated with long-term frequent interaction with AI technologies, especially in relation to independence of thought and social interaction.

To review existing academic literature on AI dependency and human psychology to understand the current scholarly perspective on the issue.

The study is based on secondary empirical findings reported in previous research, and therefore relies on existing scholarly literature rather than primary data collection. This study seeks to explore the impact of AI technology in terms of its advantages and disadvantages on human behaviour.



Artificial Intelligence, people are increasingly using AI in their day-to-day lives. It is necessary to determine how such increased usage is affecting human minds.

Among the major questions, the first one is how individuals are incorporating Artificial Intelligence technologies into their everyday communication and information-seeking practices.

The other important issue in this regard is whether such dependency on AI has any negative impact on people's self-esteem. Is there a possibility that the excessive use of AI makes people lose their individuality and self-confidence?

Moreover, this study will also attempt to comprehend what forms of psychological responses or behavioural patterns emerged from frequent engagement with Artificial Intelligence technologies.

Lastly, this study aims to discover whether the effect of AI on self-esteem, both in terms of magnitude and nature, is a good one for mankind.

Methodology

This particular study is qualitative in nature. The prime purpose of the study, to understand how the emergence of Artificial Intelligence affects human self-esteem, makes it important to focus more on behaviour and thought.

In general terms, the data will be collected using secondary sources. The data regarding the use of Artificial Intelligence will be collected from research articles and journals. This will help analyse the way AI interacts with people and its effect on their psyche. In this context, the research is focused on students and young adults as these age groups make the most use of the artificial intelligence technology.



Similar concerns have been discussed by several scholars in the field of technology and human behaviour. For instance, Sherry Turkle has highlighted how digital technologies can sometimes weaken the depth of human relationships. Nicholas Carr has also argued that continuous dependence on digital systems may influence the way people think and process information. In more recent discussions, researchers such as Lee (2014) and Patel et al. (2023) have pointed out that growing digital and AI dependency may have psychological and social implications, particularly among younger users who interact with technology on a daily basis.

Overall, the discussion suggests that while artificial intelligence offers many advantages and practical benefits, it is also important to understand its influence on human behaviour and emotional well-being. Maintaining a balance between technological assistance and meaningful human interaction may therefore become increasingly important in the future.

Conclusion

The present study attempted to understand the relationship between artificial intelligence dependency and self-esteem. In recent years, the use of AI-based tools has increased significantly, especially among students and young users. Many people now use AI for academic work, information searching, problem solving, and sometimes even for casual interaction. Considering this growing use of AI in everyday life, the study tried to examine whether such dependency may have any influence on individuals' confidence, thinking ability, and social behaviour.

From the review of different studies, it can be understood that artificial intelligence provides many advantages in terms of convenience, quick information, and academic support. For students, these technologies often make learning tasks easier and faster. However, the literature also suggests that excessive reliance on AI systems may gradually affect certain personal abilities and social experiences.



In conclusion, the study highlights that artificial intelligence is becoming an important part of modern life. While it provides useful support in many areas, understanding its influence on human behaviour and self-perception is also necessary. Further research in this area may help in developing a clearer and deeper understanding of how technology and human well-being can be balanced in the digital age.

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Frege's Argument against Mill's View

1. According to Mill, we cannot construct a definition of $2 = 1+1$, $3 = 2+1$, and so on unless we observe the facts referring to these definitions. Frege says that it is right; we cannot define the number 3 as $(2+1)$ until we add any sense to $(2+1)$. But that does not mean we have to see a collection or separation of objects referred to it all the time. If so, then it would be difficult to explain the number 0. Because no one until now has 'touched' or 'seen' 0 pebbles¹⁸.

2. Mill says that every number corresponds to physical objects or facts. But Frege says that it is only possible for smaller numbers, not for bigger numbers like 100000000000. So, Mill's view cannot define these kinds of numbers because there are no objects associated with this number, and it becomes limited for that reason¹⁹.

3. According to the Mill symbol "+," express the relation between the "parts of a physical body or a heap and the whole body or heap"²⁰. However, Frege argues that there is a difference between the meaning of a *representation* and *the application of that representation*. He says that "the process of heaping up" is one of the applications of the symbol '+'; it is not the meaning of it. He says that Mill was confused between these distinctions. He rejects



supposing that a situation could be raised that would overthrow a mathematical truth"²⁵. But Ayer says that this kind of situation would not be raised ever²⁶.

Carl G. Hempel's response on Mill's View

Like Ayer, Hempel says that suppose, for example, in the case of the Law of Gravitation, one can show the evidence in what circumstances this law will not work. But is it possible to find out any circumstance where one can show ' $3+2=5$ ' would not work? He gives an example and says that even if such cases are found, one cannot disconfirm the above mathematical proposition. Suppose one is testing the microbes on a slide, and he first puts down the three microbes and, after those, the other two microbes. And then he tries to count whether he is getting number 5 by adding those 3 and 2 instances together. But suppose one gets 6 by counting those microbes. Then Hempel asks, will it be the case where we can disconfirm the mathematical proposition like ' $3+2=5$ '? He answers, "Clearly not."²⁷ Because maybe that person made a mistake in counting the microbes, so he got the wrong result. Otherwise, it is not possible. And he said,

"This is so because the symbols " $3+2$ " and " 5 " denote the same number; they are synonymous by virtue of the fact that the symbols " 2 ," "



“Logical propositions, though being purely tautologous, and logical deductions, though being nothing but tautological transformations, have significance for us because we are not omniscient. Our language is so constituted that in asserting such and such propositions we implicitly assert such and such other propositions—but we do not see immediately all that we have implicitly asserted in this manner. It is only deduction that makes us conscious of it.”⁴⁰

Ayer argues that if we accept mathematical truth as *apriori* and analytic, there is no conflict between the necessity and utility of mathematics; rather, it supports the foundation of logicism.

Now, it can be concluded by saying that grasping the nature of mathematical truth necessitates moving beyond any single theory of truth. It is through the interaction of logic, experience, and meaning that the fuller character of mathematical truth becomes manifest.

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The catch is quality. About 20% of loose Ayurvedic powders sold online have had heavy metals in them because of bad manufacturing. So buying from GMP-certified brands matters. The herbs work, but only if they're clean.

Yoga and Meditation: Not Optional Extras

In Ayurveda, yoga isn't just exercise. The poses are chosen based on your dosha. Vata people need slow, grounding poses to stop them from floating away. Pitta people need cooling, non-competitive flows so they don't turn yoga into a contest. Kapha people need vigorous movement to get them out of the couch.

Pranayama—breathing exercises—directly calm Vata, which lives in the nervous system. Nadi Shodhana, alternate nostril breathing, is famous for anxiety. Sheetali, where you curl your tongue and sip air, cools Pitta down fast. Meditation builds sattva, which means clarity and peace. Brain scans now show that eight weeks of meditation actually thickens the prefrontal cortex and shrinks the fear center of the brain. The old texts said it calmed the mind. MRI machines agree.

Ayurveda Today: Spas, Science, and Hospitals

Walk into any wellness resort today and you'll see Shirodhara, Abhyanga, and Kizhi on the menu. The global Ayurveda market crossed 10 billion dollars



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বাক্যঘটকীভূত পদসমূহের দ্বারা উপস্থাপিত পদার্থসমূহের পারস্পরিক সম্বন্ধ জ্ঞানই হল শব্দজ্ঞান বা শব্দবোধ। প্রত্যক্ষাদি প্রমাণজন্য ঘটাদি পদ থেকে ঘটাদি অর্থ উপস্থাপিত হলেও ঐ ঘটাদি অর্থ ঘটাদি পদ জন্য শব্দজ্ঞানের বিষয় হয় না বরং নৈয়ায়িকগণের মতে, বৃত্তি নামক

বোধনিষ্ঠপ্রকারতানিরূপিত বিশেষ্যতাবাচ্ছন্ন ঈশ্বরের ইচ্ছাবত্ত্বই 'গঙ্গা' পদের বাচ্যত্ব। আর, এই আকারের ইচ্ছা তীরে বিদ্যমান না থাকায়, গঙ্গা পদের শক্য তীর হয় না। সেকারণে 'গঙ্গা' পদ থেকে তীররূপ অর্থ প্রাপ্তির জন্য 'গঙ্গা' পদের লক্ষণা অবশ্যই স্বীকার করতে হবে। ফলতঃ ঈশ্বরের ইচ্ছাকে শক্তিরূপে স্বীকার করলে লক্ষণার উচ্ছেদের যে আপত্তি করা হয়েছিল – তা সঙ্গত নয়।¹⁴ কিন্তু প্রশ্ন হল – যে স্থলে লক্ষণা হয়, সেখানে ঈশ্বরের ইচ্ছা নয়, বরং

¹³)“ঘটপদজন্যবোধবিষয়ত্বপ্রকারকেশ্বরেচ্ছায়া ইত্যর্থঃ। বিশেষ্যতাসম্বন্ধেন তৎপদজন্যবোধবিষয়ত্বপ্রকারকেশ্বরেচ্ছাবত্ত্বং ন তৎপদবাচ্যত্বম্, যেন পূর্বোক্তদোষৌ স্যাताम्। অপি তু তৎ পদজন্যবোধবিষয়ত্বনিষ্ঠপ্রকারতানিরূপিতা যা ঈশ্বরেরচ্ছানিরূপিতা বিশেষ্যতা

