

A Safety Net for Mental Health

Edit and Issue

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Will artificial intelligence change our relationship with other people?

AI stands for Artificial Intelligence. With the significant improvement in computer performance, computers and machines are now able to “learn”, which is known as machine learning, the core technology of AI today. This technology uses various sensors to receive and process information such as images, text, and sound. It is beginning to play a major role in human intellectual activities such as translation, autonomous driving, medical image diagnosis, and strategic games like go and shogi.

Meanwhile, research on developing human-like AI that may make mistakes and exhibit unusual reactions is currently underway. One such AI model is based on the “prisoner’s dilemma,” a well-known game theory problem. In this scenario, two prisoners are given certain conditions. If they cooperate with each other and keep silent, their sentences will be lighter. However, if each prisoner chooses to confess to make their own sentence lighter, a contradiction arises, resulting in heavier sentences for both. The research aims to imbue AI with more human-like qualities by studying behavioral choices under various conditions and processes.

We are often faced with making choices in various aspects of society. In these moments, we experience a conflict within ourselves, or a dilemma, feeling torn between knowing what to do and being unable to act on it. It is interesting to know that similar themes are being explored in cutting-edge technology.

Recent studies have shown that, although resolving dilemmas requires various conditions, cooperative behavior is essential. So, even if you would end up finding you don’t need human friends any longer because you enjoy conversations with generative AI so much, you are advised to consider in advance how to practice cooperative behaviors under critical situations.

Due to the widespread use of the Internet and social media, our communication styles have undergone significant changes. We now engage in less face-to-face conversations than before, which makes it more challenging to share subtle nuances of language with other people. Despite these changes, and however further artificial intelligences would advance, it is crucial to remember the value of human connections that make cooperative behaviors possible as a crucial lifeline at the time we face tough decision-making.


[References]

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- “AI tte nani? (What is AI?)” Ministry of Education, Culture, Sports, Science and Technology. <https://www.mext.go.jp/kids/find/kagaku/mext_0008.html>


Counselor’s Oasis

I am currently addicted to patchwork. This summer, I spent a lot of time indoors keeping air conditioner on. One day, I noticed some oddly sized pieces of fabric in a corner of the room. Without any intention of making anything particular, I just cut the fabric and stitch the pieces together bit by bit. Every now and then, I stop and praise, “Oh, it has got bigger! It looks good!” I just keep stitching them together without thinking about anything. I am now experimenting how big I can make the handiwork.

Schedule a counseling appointment

 0 1 2 0 - 7 8 3 - 7 4 4

Office hours: (excluding holidays)
Monday through Friday 10:00~20:00
Saturday 10:00~18:00

 E-mail :
sodan@humanfrontier.co.jp

※We will reply to you within two business days after receiving your message.

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counseling appointment
through the LINE app.

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