



AI and Emotional Intelligence in Family Relationship

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Introduction:

As AI technologies become increasingly pervasive, the impact of emotional intelligence on children's future success and well-being gains even greater significance. AI's ability to automate routine tasks and process vast amounts of data poses challenges to traditional employment patterns, potentially rendering certain job roles obsolete. In this context, emotional intelligence becomes a distinct advantage, as it encompasses skills that are difficult to replicate or automate. Emotional intelligence enables individuals to engage in complex social interactions, demonstrate empathy, and navigate situations requiring nuanced judgment and decision making. Therefore, fostering emotional intelligence in children becomes an essential strategy for preserving the unique value of human skills in an AI-dominated world. The influence of various factors on the development of emotional intelligence in children cannot be understated. Parenting styles, cultural norms, social experiences, and genetic predispositions all contribute to shaping children's emotional development. Understanding how these factors interact and impact emotional intelligence is crucial for implementing effective strategies to promote its development.

Artificial Intelligence (AI) has revolutionized many aspects of contemporary

society, significantly influencing the lives of minors in terms of safety and privacy, as well as communication between parents and children ([Basso, 2023](#)). In this sense, it is redefining the way they interact with technology, acquire new information, and build their social identity ([Lai et al., 2023](#)). Decades of work on trust in socio-technical systems show that young users' attitudes toward novel technologies evolve through repeated interaction and continuous “calibration” of expectations and outcomes ([de Visser et al., 2023](#); [Hancock et al., 2011](#)). In particular, adolescents represent a population group particularly exposed to the effects of such innovations, as they are at a particularly delicate stage of emotional and cognitive development. The increasing use of AI-based tools in educational platforms, social media, and digital communication systems has opened up new opportunities for improving learning and social interaction, but it has also raised various concerns about safety, privacy, and the impact on psychological well-being.

Global legal and ethical frameworks, including those by UNESCO, the OECD, NIST, the European Union, and the Global Partnership on AI (GPAI), are analyzed to evaluate their readiness for AI integration into family life. The paper emphasizes the urgent need for culturally adaptive regulations, data protection laws, and AI personhood debates,

especially as AI systems collect sensitive emotional and behavioral data within domestic environments.

Emotional intelligence and its significance for children's development:

Emotional intelligence encompasses a range of different components that contribute to emotional competence (See Table 1). These components include: a) Emotional Awareness that involves recognizing and accurately identifying one's own emotions and understanding how they influence thoughts, behaviors, and decision-making processes. b)

Emotional Regulation that incorporates effectively managing and controlling one's emotions, particularly in challenging or stressful situations. It encompasses strategies such as impulse control, adaptive coping mechanisms, and the ability to modulate emotional responses. c) Empathy that refers to the capacity to understand and share the emotions of others. It entails recognizing and responding to others' emotional cues, demonstrating sensitivity, and showing genuine concern for their well-being.

Table 1

Components	Description
Emotional Awareness	The ability to recognize and understand one's own emotions
Emotional Regulation	The capacity to manage and control emotions effectively
Empathy	The ability to understand and share the feelings of others
Social Skills	Proficiency in building and maintaining relationships and networks

AI and emotional intelligence can influence family relationships by providing both support and challenges. AI companions can offer emotional support, reduce loneliness, and assist in learning and communication, but they cannot replicate genuine human empathy and are prone to misinterpreting complex human emotions, creating a risk of over-attribution of feelings. While AI can enhance family dynamics through personalized communication and caregiving, it also raises ethical concerns about privacy, dependency, and the potential displacement of human-to-human connection, leading to a redefinition of familial roles and bonds.

Ways AI can impact family relationships:

Emotional Support and Companionship:

AI companions and chat bots can provide a sense of connection, offer comfort, and help ease loneliness, particularly in eldercare or for those facing difficult times.

Enhanced Communication:

AI-powered tools can bridge communication gaps, for example, through real-time translation for multilingual families or by facilitating communication for people with disabilities.

Personalized Assistance:

AI can provide customized support for family members, from personalized educational resources for children to helping manage daily schedules and home security.

Family Learning:

AI can create engaging and collaborative learning experiences within families, transforming shared time into meaningful knowledge-building activities.

Risks and challenges:

Lack of True Empathy:

AI lacks consciousness, subjective experience, and the ability to truly understand emotions, meaning its responses are simulations rather than genuine feelings.

Emotional Over-attribution:

Humans may mistakenly interpret AI's programmed emotional responses as sincere emotional connections, leading to misinterpretations of the relationship.

Ethical and Privacy Concerns:

The widespread use of AI in families raises questions about data privacy, security, and the ethical implications of AI's role in intimate relationships.

Potential for Dependency and Isolation:

Over-reliance on AI for emotional support could hinder the development of healthy human-to-human interactions and potentially lead to emotional dependency.

Impact on Social-Emotional Development:

Excessive AI-driven screen time may negatively impact children's ability to recognize nonverbal emotional cues and

hinder their overall social and emotional development.

The future of AI in family relationships:**Redefining Family:**

AI's increasing integration into family roles challenges traditional concepts of family, kinship, and human relationships.

Ethical Considerations:

Future development of emotional AI needs to consider its impact on human social interaction, moving beyond technological innovation to address potential ethical risks.

Bridging the Gap:

The goal is to use AI to augment human capabilities, creating tools that foster genuine human connection rather than replace it.



Here are some tips on improving one's self-awareness:

- Ask for constructive feedback from others.
- Keep a journal of one's thoughts and feelings.
- Practice mindfulness – try meditating.
- Pay careful attention to one's thoughts and emotions.
- Pursue one's passions and do what makes one happy.
- Learn new skills and set goals for oneself.
- Reflect on one's experiences and be grateful.
- Use positive self-talk daily.

- Work on building a growth mindset.

For Parents and Families:

1. Encourage children to talk about their emotions openly and build offline social bonds.
2. Limit unstructured screen time and promote engagement in cause-based or value-driven online communities. Use parenting apps or AI-enabled guidance tools to monitor emotional patterns sensitively.

Recommendations:**1. Enhance Household AI Literacy:**

Develop family-wide awareness programs focusing on the psychological boundaries and functional limitations of AI systems. Understanding AI's non-sentient nature is critical in managing expectations and preventing emotional over-reliance.

2. Establish Ethical Use Boundaries:

Families should create shared values and guidelines around the use of AI—particularly distinguishing between functional support (e.g., reminders, mobility) and emotional replacement (e.g., companionship, grief processing).

3. Prioritize Human Connection:

AI should remain an assistive layer, not a substitute, for genuine familial interaction.

Fostering meaningful in-person relationships must remain central to child development, elder support, and overall emotional well-being.

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