

Emotional health and well-being in the artificial intelligence society

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Introduction

In recent decades, we have seen an upsurge of manifestos, revolutions, wars, which show the impotence, the yearning for justice, the concern about behaviors that have been normalized and systematized in society, which has deeply wounded not only all individuals, but all families living together in the world. Economic, political, social, cultural, racial problems, gender violence, global overheating, nuclear weapons, repressions, mass migration, exodus, power hegemonies, reflect nothing more than a profoundly sick society, as would say, in which it would be counterproductive to adapt. Nevertheless, many are subjected to this social pressure, which generates a double discourse. In this sense, the reaction, more than the response, as a mechanism of the human being, to serious of their emotions, play a fundamental role, which is relevant to analyze, because the physical, emotional, spiritual, social health, that peace so longed for, that shocks the human being in a world so turbulent, conflictive and absurdly competitive, has raised a wave of anger, as the first key emotion in this global movement.^{1,2}

At the end of the 19th century, Sigmund Freud, the father of psychoanalysis, argued that individuals are born with an innate sense of love, but that anger and hostility arise when the need for love is not satisfied or is frustrated. Although people all over the world, regardless of culture and age, experience it with some frequency, anger occupies a place among the emotions forgotten by the scientific world in recent times. Sigmund Freud, the founder of psychoanalysis, addressed anger in his work. In other words, anger is considered a response to the dissatisfaction of affective needs. Freud also explored the idea that anger may have roots in early childhood experiences, particularly in relation to relationships with parents and early experiences of frustration. He postulated that how these experiences are handled influences emotional development and the expression of anger in adult life. It is important to keep in mind that the Freudian theory of anger is part of his psychoanalytic approach and is not the only perspective in psychology. Over time, other currents and theories have contributed to a broader and more complex understanding of the emotion of anger in the context of human development and psychology.

Throughout history, scholars both philosophers and psychologists have devoted to anger, recognizing its negative physical, interpersonal and social consequences. Seneca, a leading philosopher, was one of the first to identify the destructive nature of anger, considering it a "disease of human nature." Seneca also highlighted the importance of cognitive factors, such as the interpretation and evaluation of situations, as key elements in experiencing or controlling anger. For their part, Aristotle and Plutarch, other influential thinkers, defined anger as an intense emotion or passion triggered by the perception of pain, harm or contempt on the part of another person, generating a strong desire for revenge that can lead to direct punitive actions. Closer to our time, the first person to identify anger as a form of psychopathology was John Nowname, making a broad description of this emotion and its dysfunctional nature. Years later Darwin proposed a biological relationship between affective experiences, arousal state

and expressive behaviors, the latter being part of the animal repertoire of communication with a high survival value.³ Darwin suggested that the latter are part of the animal communication repertoire and have a high survival value. Darwin argued that emotions fulfill a communicative and adaptive function, linked to the social system, where the experience and expression of emotions play a fundamental role in social communication. In this context, anger was associated with aggressive behavior, reflecting its role in social adaptation and survival.⁴ This more contemporary approach highlights the connection between anger, physiological responses and behavioral expressions, offering a biological and evolutionary perspective on the function of this emotion in human and animal experience.

Following Darwin's line of thought, Sigmund Freud proposed that anger was a weaker expression of more fundamental aggressive impulses and behaviors. Freud argued that all human beings possess an aggressive instinct that drives them to need to express their anger. According to his perspective, aggression and its manifestations, such as anger, hostility, and rage, are natural impulses that resist autonomous control. Freud also established a connection between the expression of anger and depression. He argued that people in a depressed mood often experience anger toward significant people in their lives, but, fearing retaliation for expressing that anger, they choose to direct it at themselves, resulting in intense feelings of sadness. On the other hand, Emil Kraepelin considered hostility and irritability to be part of the clinical picture of manic-depressive disorders. According to the above ideas, he refers to the "hostile attribution bias" in adults, pointing out that this correlates with anger and aggressiveness, especially in personal contexts. This hostile attribution bias refers to the tendency to interpret the actions of others in a hostile or negative way, which may contribute to more aggressive or angry responses.

One example that we can draw from studies on these topics addresses the relationship between hostile attribution bias and various

situations, including the marital situation. In the marital context, it is highlighted that dissatisfied spouses tend to make hostile attributions toward each other, which contributes to the degradation of couple satisfaction. It is specifically noted that husbands who perpetrate spousal violence have a greater propensity, in comparable problem situations, to develop a hostile attribution bias toward their partners. This involves attributing responsibility for the situation and malicious intent to their partners. It is mentioned that factors such as jealousy and rejection by the woman may act as aggravating factors in this context. In addition, it is indicated that hostile attribution bias may manifest itself in mothers in the face of their children's ambiguous behavior, especially when they themselves have experienced abuse in their childhood. Even when driving a vehicle, the possibility of developing a hostile attribution bias towards other road users arises. Although the information perceived by the driver may seem clear, the presence of a hostile attribution bias will depend on the person's level of aggression and defiance. This last example highlights how hostile attribution bias can influence the interpretation of everyday interactions, in this case, in the context of road traffic.⁵

Why do we get angry?

As we have read, anger is a powerful human emotion that has played an important role in history in a variety of contexts, impacting for example:

- a) **Revolutions and social movements:** Anger has been a driving force behind many revolutions and social movements throughout history. The anger of the oppressed masses has led to protests, uprisings and revolutions that have changed the course of history, such as the French Revolution, the Russian Revolution and the struggle for civil rights in the United States.
- b) **Conflict and war:** Anger has been an underlying cause of numerous conflicts and wars throughout history. Leaders and nations have often used the anger of their populations as a tool to justify military aggression and mobilize their citizens in times of war.
- c) **Political violence:** Anger has also played a role in political violence, such as political assassinations and terrorist acts. Individuals or groups who feel marginalized or aggrieved often resort to violence as a way to express their anger and seek change.
- d) **Civil disobedience and protests:** Anger can be channeled peacefully through civil disobedience and protests. Historical figures such as Mahatma Gandhi and Martin Luther King Jr. used anger constructively to fight for justice and civil rights through nonviolent methods.
- e) **Destructive consequences:** Unbridled anger has often led to destruction of property, persecution of ethnic or religious groups, and other harmful actions throughout history. Examples include pogroms, lynchings, and the destruction of cities in times of conflict.
- f) **Art and literature:** Anger has also been a source of inspiration for art and literature throughout history. Artists and writers have used anger as a theme in their works to explore the human condition and its inner conflicts.
- g) **Social change:** Anger has been a catalyst for social change in history, driving movements for equality, justice and human rights. Anger can mobilize people to fight oppression and seek a better world; anger has been a driving force in history, with both positive and negative effects. It has played a role in shaping historical events, the struggle for human rights and social change.

Anger can also be linked to the evolution of society in a variety of ways, some of the most important connections:

- A. **Social movements and political change:** Anger has often been the driving force behind significant social movements and political change. When people feel oppressed, marginalized, or unfairly treated, their anger can lead them to unite and fight for equality, justice, and civil rights. Examples include the fight for women's rights, African American civil rights and workers' rights, which have driven significant changes in society throughout history.
 - B. **Revolutions and uprisings:** Anger has been a key factor in many revolutions and uprisings that have reshaped entire societies. The French Revolution is a classic example in which the people's anger against the monarchical system and aristocratic oppression led to a radical change in the political and social structure of France.
 - C. **Changes in legislation and policies:** Public anger can influence changes in legislation and government policies. When people are angry about injustices, abuses or discrimination, they can pressure political leaders to take action. This has led to important reforms, such as the abolition of slavery, the enactment of civil rights laws, and the legalization of same-sex marriage.
 - D. **Changes in culture and social perception:** Anger has also had an impact on the evolution of society through changes in culture and social perception. For example, the feminist movement, angered by gender inequality, has influenced the perception and treatment of women in society.
 - E. **Destructive consequences:** On the other hand, mismanaged anger can lead to violent conflict and social disorder that can retard the development of a society. Anger can lead to property destruction, interpersonal violence and riots, which can have a negative impact on social and economic stability.
 - F. **Technological and scientific advances:** Anger has often been a driving force behind innovation and technological advances. When people feel dissatisfied with the way things are done, they may channel their anger into seeking solutions and improvements in society. Anger at injustice or oppression, for example, has led to the creation of movements and technologies that seek transparency and accountability; anger can be a driving force behind social change and societal evolution. It can inspire reform movements, revolutions, legislative changes and technological advances, but it can also have destructive consequences if not properly managed. Its impact on societal evolution depends largely on how it is channeled and used to bring about positive change.⁴
- Considering that our condition as human beings lies in our complex system of emotions, anger is a natural emotion and, in certain circumstances, can play an important role in human coexistence. However, its importance is relative and can vary depending on how it is experienced, expressed and managed. Here are some points to consider:
- i. **Survival response:** From an evolutionary perspective, anger can be considered important for survival. Anger is a natural response to situations of threat or injustice, and can mobilize people to confront dangers or defend against threats. In this sense, anger can be beneficial by providing the energy and motivation needed to take self-defensive measures.
 - ii. **Boundary communication:** Anger can serve as a signal that personal boundaries have been crossed. In live-in situations, expressing anger appropriately can help establish clear boundaries and expectations in interpersonal relationships.

iii. Social change: Anger can be an engine for social change and the pursuit of justice. When people are outraged by oppression, discrimination, or injustice, they can mobilize to promote positive change in society.

iv. Dangers of uncontrolled anger: Despite its potential benefits, uncontrolled or inappropriate anger can be detrimental to coexistence. It can lead to conflict, violence, relationship breakdowns and both physical and mental health problems.⁶

v. Anger management: The key to successful coexistence is learning to manage anger appropriately. Effective communication skills, conflict resolution and self-control are essential to channel anger in a constructive way and prevent it from causing damage to relationships and society in general.

The relationship between anger, politics and religion, on the other hand, is complex and multifaceted. Anger can play a significant role in politics in a variety of ways, which in turn, as in religion, generates extreme ideological positions that in turn lead to violent scenarios:

a) Protest movements and social change: Anger is often a driving force behind protest movements and social change. When people feel aggrieved by government policies, social injustices or abuses of power, they may channel their anger into participation in demonstrations, marches and protests to express their discontent and push for political reforms.

b) Political change: Anger can influence political change by mobilizing voters. Political leaders who can capture and channel public anger can often gain support and ultimately influence elections and political decision making.

c) Political rhetoric: Political rhetoric often involves the use of anger as a tool to mobilize the voter base. Politicians may use forceful and angry speeches to highlight issues or challenge opposition policies.

d) Polarization and confrontation: Anger can contribute to polarization and confrontation in politics. When politicians and their supporters express anger toward their opponents, it can result in an increasingly divided and hostile political atmosphere.

e) Impulsive decision making: Anger can lead to impulsive and emotional decision making in politics, which is sometimes not beneficial to effective governance. Impulsive policies based on anger may not be well thought out and may have unintended consequences.

f) Political scandals: Anger can also be related to political scandals. Public anger at corruption or bad governance can trigger investigations and demands for accountability.

g) Charismatic leadership: In some cases, charismatic political leaders can use the anger of their followers to consolidate their power and leadership. The ability to channel public anger can be an effective political strategy.

However, anger has played a significant role in the genesis and development of conflicts and wars throughout history⁸ some ways in which anger is related to wars could be:

A. Cause of conflict: Anger, particularly pent-up anger due to grievances, injustices, and oppression, has often been an underlying cause of conflict and war. Societies experiencing strong collective anger may be willing to take action to address what they perceive as grievances.

B. Conflict escalation: In the course of a conflict, anger can be a contributing force to increased hostility and escalation of violence. When parties involved in a conflict are angry or resentful, they are more likely to take aggressive action.

C. Mobilization of the population: Anger can serve as a means to mobilize the population in support of a war or conflict. Political and military leaders often resort to the rhetoric of anger and outrage to justify their country's involvement in a war.

D. Revenge and retaliation: Anger can lead to acts of revenge and retaliation, which can perpetuate a cycle of violence in an armed conflict. Warring parties often justify their violent actions as a response to past grievances.

E. Violence on the battlefield: Anger can be a common emotion on the battlefield, where tensions and danger are constant. Soldiers may experience anger toward the enemy, and this emotion can influence their behavior in combat.

F. Devastating consequences: Anger in the context of war can have devastating consequences, as it can lead to the destruction of lives and property. Anger-driven conflicts often result in high human and economic costs.

G. Peace negotiation: Despite its role in starting and escalating wars, anger can also be a motivation to seek diplomatic solutions and peace agreements. When parties involved in a conflict are tired of violence and loss, they may be willing to negotiate a peaceful end. Anger and wars are related in several ways. Anger can be a cause of armed conflict and can influence its development, but it can also be a motivating factor in the search for peaceful solutions. Proper anger management and the promotion of conflict resolution are essential to prevent armed conflict and reduce violence in society.

Similarly, many organizations and movements seeking and defending human rights, justice, equity, equality, have unleashed protests influenced by this natural response, e.g., the relationship between anger and world peace is complex and can influence world peace in a variety of ways, both positive and negative, for example:

a. Injustice and conflict: Cumulative anger due to injustice, oppression and inequality at national and international levels can be an underlying cause of global conflicts and tensions. Populations that feel aggrieved may be more likely to support movements or conflicts that seek justice and equity.

b. Nationalism and ethnic conflicts: Anger can play a role in ethnic and nationalistic conflicts. Ethnic and national tensions often involve people who feel a strong identity and loyalty to their group, which can generate anger toward other groups perceived as threats.

c. Confrontational rhetoric: Political and national leaders sometimes use angry and confrontational rhetoric to mobilize their citizens and gain support on international issues. This rhetoric can increase international tensions and hinder diplomacy and cooperation between nations.

d. Mobilization in armed conflict: Anger can be used as a means to mobilize the population in support of participation in wars and conflicts. Intense emotions, such as anger, can lead to people's willingness to engage in military activities.

e. Obstacle to peace: Anger can be an obstacle to world peace if it translates into a willingness of conflicting parties to maintain hostility and revenge instead of seeking peaceful solutions. Peace negotiations can be difficult when the parties involved are dominated by anger.

In turn, anger can also play a positive role in the pursuit of world peace:

- I. Peace movements:** Anger at violence and conflict can motivate individuals and organizations to seek peaceful solutions and promote peace.
- II. Fight for justice and human rights:** Anger at injustice can mobilize individuals and communities to fight for justice, human rights and equality, which can contribute to long-term peace and stability.
- III. Pressure for accountability:** Public anger at human rights violations and abuses can pressure the international community and governments to take action for accountability and conflict resolution, the relationship between anger and world peace is ambivalent. Anger can be a driver both of conflict and tension and of peaceful movements and the search for just solutions. Proper anger management and the promotion of conflict resolution are crucial to preventing armed conflict and promoting peace in the world.

Finally, anger and social violence are related in several respects, although it is important to note that not all people who experience anger resort to violence. The relationship between anger and violence may vary depending on how anger is experienced, expressed, and managed, among some examples:

- A. Trigger for violence:** Intense anger can be a trigger for violence. When people are extremely angry, they may be more likely to resort to physical or verbal aggression as a way of expressing their anger.
- B. Domestic violence:** Anger is often related to domestic violence, where a family member may express anger in a destructive manner toward other family members. This can have serious consequences for victims and family dynamics.
- C. Aggression in the work environment:** Anger can also lead to conflict and aggression in the work environment, which can affect productivity and relationships between coworkers.
- D. Violent crimes:** Anger can be related to violent crimes, such as assaults, homicides, and physical attacks, especially when anger is out of control or not properly managed.
- E. Mental health problems:** In some cases, uncontrolled anger can be a symptom of mental health disorders, such as intermittent explosive disorder, which can lead to episodes of impulsive violence.
- F. Violent social manifestations:** In situations of social or political conflict, collective anger can lead to violent demonstrations, riots and generalized violence.

It is important to note that not all people who experience anger resort to violence; proper anger management is essential to prevent violence. Anger management strategies may include effective communication, conflict resolution, and seeking professional support when necessary. In addition, anger is not always destructive; in some circumstances, it can be a motivating emotion that leads people to take positive action to address injustices, fight for equality, and promote social change. The key is to learn how to channel anger constructively and prevent it from escalating into violence.

In conclusion, we have that, in recent years, anger has emerged as a significant force in societal behavior worldwide, and significantly

projects collective health in societies, countries, institutions; some points to consider in exploring the importance of anger in this context:

Social movements and protests

- a) By raising social consciousness, anger has been a key catalyst for social movements seeking to address pressing issues such as racial justice, gender equality and the climate crisis. The collective expression of anger has led to an increase in social consciousness and a demand for meaningful change.
- b) Global mobilization, anger has translated into a global mobilization through digital platforms and social networks, allowing the connection of people from different parts of the world who share similar concerns.⁷

Political and social discontent: protests against governments: Anger has manifested itself in mass protests against governments perceived as corrupt or incompetent. This discontent has led to political change and has been evident in movements such as the protests in Hong Kong or in various countries during the COVID-19 pandemic. Anger has also contributed to political polarization, where differences of opinion are expressed with emotional intensity, affecting political and social stability.

Impact of the pandemic: Frustration and discontent: Anger has increased in response to the management of the pandemic, the restrictions imposed and the economic consequences. Frustration and discontent have led to demonstrations and expressions of anger against government measures.

Socioeconomic challenges: Inequality and unemployment: Anger has arisen in response to growing economic inequality, unemployment and lack of access to basic resources. This has been evidenced in movements such as Occupy Wall Street and protests over wage inequality.

Impact of social networks: Anger as viral: Social networks have amplified the expression of anger, allowing emotions to go viral quickly. This has led to the rapid mobilization and visibility of social problems.

Mental health and social welfare: Mental health: Ongoing anger can contribute to individual and collective mental health problems. Mental health concerns have become more relevant, highlighting the importance of addressing anger constructively.

Global challenges: Climate crisis and international conflicts: Anger has manifested itself in response to global challenges such as the climate crisis and international conflicts. Younger generations express anger at the perceived inaction of previous generations.

Cultural changes: Social norms: Anger has contributed to a re-evaluation of social and cultural norms, prompting conversations about issues that previously might have been marginalized or ignored.

In addressing the importance of anger in societal behavior in recent years, it is critical to recognize its role in both driving movements for change and the challenges it presents to social and political stability. Considering how to channel and manage this emotion constructively becomes essential for the well-being and evolution of society globally, highlighting the need to channel anger constructively to avoid destructive consequences. Society can benefit from approaches that convert anger into positive action and meaningful change.

Finally, from the role of educators, roots and connections are established, which cannot be lost, since the incidence of artificial

intelligence, conducive to repetitive work, does not replace the role of emotions in social coexistence, it can emulate and identify patterns of conduct and behavior, but attention, affection, teamwork, are part of the dynamics of support networks and cohesion among human beings, an emotionally stable educator will be key to the motivation and performance of the student, which will be reflected in a more harmonious system. Have we ever wondered if there is a relationship between the emotional health of the educator and his environment?

Yes, a teacher's emotional influence can have a significant impact on student performance. A teacher's emotions can affect the learning environment, student motivation, and student engagement in class. Here are some ways a teacher's emotions can influence student performance:

Emotional classroom climate, safety and emotional health: A teacher who creates an emotionally safe and positive classroom environment can foster higher student achievement. Students tend to learn better when they feel safe, accepted and respected.⁹

Motivation, excitement and enthusiasm, assertive influence: An enthusiastic and motivated teacher can inspire students and foster an active interest in learning. The teacher's passion for the subject matter can be contagious and stimulate students' intrinsic motivation.

Empathy and interpersonal relationships, emotional connection and exchange: Empathy and the teacher's ability to understand students' emotions can strengthen interpersonal relationships. An environment where students feel understood and emotionally supported tends to promote better academic performance.

Affective communication, understanding: An emotionally intelligent teacher can communicate effectively, ensuring that instructions and expectations are clear. Lack of clarity or negative communication can lead to confusion and affect student achievement.

Stress management and stress management, emotional skills: How a teacher handles stress and pressure can influence how students manage their own emotions. Positive emotional management can model important life skills and academic performance.

Constructive feedback, impact on self-esteem: Teacher feedback, especially when delivered in a constructive and encouraging manner, can have a significant impact on students' self-esteem and confidence. This, in turn, can affect their academic performance.

Teacher expectations, pygmalion effect: A student's performance can become a self-fulfilling prophecy. If a teacher expects and shows confidence in a student's success, the student may be more likely to meet those expectations.

It is important to emphasize that the emotional influence of the teacher is part of a broader set of factors that affect student achievement, including the family environment, school culture, and individual student characteristics. The relationship between teacher and students is a key aspect of the educational process, and the emotional intelligence of the teacher plays a crucial role in creating an environment conducive to learning and academic achievement.^{10,11}

Are we prepared to face the challenges of technology, especially artificial intelligence? The investment in recent years has intensified in this vital aspect for economic development, but the future scope of its effects is also unknown. The most important thing would be to rescue what artificial intelligence can NOT replace, emotions, empathy, companionship, cooperation, and it is in this systemic and holistic support that we can continue to have a society that is not so unstable and unpredictable. The management of emotions, their management, self-knowledge, introspection, are fundamental to teach, because they will be an indispensable part not only for health, but to survive and adapt to changes as complex as those we have lived, and will continue to happen, but, that we have the ability to face them from a more solid personal and collective maturity.

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Conflicts of interest

The author declares that there are no conflicts of interest.

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