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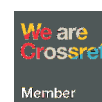
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Article

Maintaining spiritual and balance technology in the AI era

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ABSTRACT

Artificial intelligence (AI) technology has brought about profound changes in many facets of human existence, posing new difficulties that have an impact on mental and spiritual equilibrium. With an emphasis on how people might stay connected to spiritual parts of life in the face of rapid change, this study examines the significance of preserving balance between spiritual ideals and technological advancements. To lessen the effects of "techno-stress" and alienation that people frequently experience in the digital age, an integrative strategy that incorporates mindfulness, religion-based ethics, traditional practices like meditation and dhikr, as well as universal moral standards, is suggested. While stressing the risks of utilizing AI technology without a solid ethical basis, this article also explores how it may aid in human spiritual development, for instance, through applications that promote meditation and introspection. Society may use AI as a tool to enhance life quality rather than merely increase efficiency if it embraces spirituality as a key component of interactions with the technology. This study provides guidance for creating a more meaningful and balanced existence in the high-tech age.

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Introduction

The advancement of artificial intelligence (AI) technology has revolutionized many aspects of human life, including economics, education, culture, and health. AI presents significant obstacles despite its enormous potential for advancement, particularly when it comes to preserving mental and spiritual equilibrium. In addition to altering how people work and interact, the existence of modern technology has an impact on people's attitudes, values, and relationships with God and themselves (Arberry, 1979; Atjeh, 1994; Munawir, 1997).

Humans are at risk of "techno-stress," or psychological strain brought on by reliance on technology, in this digital age. Being engrossed in a never-ending flow of information and digital interactions is causing many people to lose time for self-reflection, prayer, or meditation, a phenomenon known as alienation from spiritual life. Without understanding it, if technology is not used responsibly, it can actually undermine spiritual depth and purpose (Imran & Syarifuddin, 2024; Syarifuddin, 2019).

Finding balance between technology and spirituality is crucial in this situation. How might AI be used by humans to enhance spiritual growth rather than to replace it? How can technology advancement adhere to humanitarian standards while incorporating ethical and religious values?

In order to preserve spiritual equilibrium in the face of swift technical advancements, this study suggests the dhikr approach. One of the fundamental rituals in the Islamic spiritual tradition, dhikr,

is thought to have the power to improve divine consciousness, foster inner peace, and deepen people's relationship with God. It is anticipated that by using this approach, people would be able to meet the challenges of the AI era without sacrificing the spiritual principles that form the cornerstone of their life. This study uses an integrated method to investigate in further detail how dhikr contributes to spiritual equilibrium, ensuring that human life is meaningful and harmonious in a time of rapidly advancing technology (McGhee, 2024; Shiddieqy, 2009; Yunike et al., 2023).

The technology of artificial intelligence (AI) is still evolving quickly and has a big influence on many facets of human life (Lubis, 2018; Purwadaksi, 2004). This technology has altered how people work, interact, and think in a variety of fields, including education and the economy. Behind the advancements made, nonetheless, a number of issues surface that jeopardize the spiritual equilibrium of humanity. People are becoming more and more disconnected from the spiritual principles that guide their life as a result of the fast-paced, stressful world that the digital age has created (Abidin, 2021; Rimban, 2024; Sarnoto, 2023).

The "techno-stress" phenomenon, which is the mental and emotional strain brought on by prolonged use of technology, is one of the primary obstacles. This illness frequently causes people to lose their mental and spiritual equilibrium, which limits their time for meditation, prayer, and introspection. Ultimately, this has an impact on the whole quality of life, both emotionally, socially and spiritually (Ardhana & Ariyanti, 2023; Jackelén, 2021; Syarifuddin, 2019; Vicky, 2024).

Furthermore, more harm might result from using technology without moral and spiritual guidance. AI that is created without strong moral principles runs the risk of causing exploitation, dehumanization, and societal injustice (Lee, 2018; Shihab, 2009; West, 2018). In order for AI to assist human life as a tool for productivity as well as a way to enhance the spiritual and human aspects of life, efforts must be made to integrate technology and spiritual ideals. The practice of dhikr is an important and pertinent remedy in this situation. Dhikr serves as a reminder to God (Allah) and is crucial for preserving inner peace and enhancing spiritual consciousness. In addition to assisting people in managing life's stressors, Dhikr offers a strong spiritual basis for responsible technology use (Fahrurrozi, 2013; Nur, 2008; Rahmadi et al., 2021).

This study attempts to investigate how, in the age of artificial intelligence, dhikr might be used constructively to preserve human spiritual equilibrium (Nur, 2004). By using this method, it is hoped that this article will be able to shed new light on the significance of spirituality and technology coexistence and provide helpful advice for people and society in overcoming the difficulties of the AI era without sacrificing fundamental spiritual principles (Amiruddin & Muzakkir, 2018; Koesoema, 2010; Siregar, 2020).

The term artificial intelligence, or AI, is no longer unfamiliar to us. Practically every part of our life has been impacted by this technology. But what is artificial intelligence (AI) and how much of an impact does it have on people? The modeling of human thought processes in computers that are designed to learn from mistakes, adjust to new knowledge, and carry out tasks similarly to those of people is known as artificial intelligence (AI). From the original idea of thinking machines to the advancement of computer technology that makes this idea possible, artificial intelligence has a lengthy history.

Methods

This study examines how important it is to maintain harmony between technological advancement and spiritual beliefs, with an emphasis on how people might remain connected to spirituality during rapid change. Integrative practices that incorporate mindfulness, agnostic etika, and traditional practices like meditation, dzikir, and universal moral principles are proposed as solutions to lessen the "techno-stress" and alienation that people frequently experience in the digital age. This article also discusses how AI technology might support human spiritual development, for example, through applications that facilitate meditation and self-reflection (Basrowi & Suwandi,

2008). It also discusses how homes may be affected if this technology is used without significant ethical concerns. By emphasizing spirituality as the primary element in interactions with AI, the general public can use this technology as a tool to improve living quality rather than as a productivity indicator.

Results and Discussion

The advancement of AI may have an impact on how people perceive spiritual purpose and life's meaning. For instance, an increasing number of individuals are beginning to rely on technology to solve difficulties in their lives, such as artificial intelligence (AI) to identify health issues or offer guidance. This may give rise to worries that people have become disconnected from traditional beliefs and spiritual ideals that emphasize the significance of prayer, reflection, and spiritual awareness.

Direct human engagement tends to decline in societies where technology is increasingly prevalent. This may have an effect on interpersonal bonds based on kindness, empathy, and compassion all of which are crucial components of spiritual practice. A life that is more and more centered around gadgets and algorithms can keep people from engaging in meaningful social interactions, which could impede their spiritual development (Syafi'i, 2011).

The unethical use of technology is one of the main problems facing the AI era. AI has the potential to worsen social issues including the propagation of prejudice and bigotry, deceive information, and influence people's thoughts. This contradicts the moral and ethical precepts found in many spiritual traditions, which emphasize justice, compassion, and love toward others.

In the midst of technical advancement, there is a propensity to evaluate the universe solely from a materialistic and scientific standpoint, ignoring the spiritual aspect. Even though AI can solve issues and offer data-driven solutions, it frequently overlooks aspects like profound spiritual experiences that defy scientific explanation. There is a chance that this secularization will lessen understanding of the significance of the non-material aspect of human existence (Austin et al., 2001; Barkatullah & Syahrida, 2019).

Despite these obstacles, artificial intelligence (AI) holds enormous promise for fostering spiritual growth in a number of ways:

Through digital platforms, applications, or chatbots that offer information about different religious beliefs and spiritual philosophies, artificial intelligence (AI) can facilitate access to spiritual knowledge. AI can be used, for instance, to read and comprehend holy scriptures, engage in tafsir studies, or learn about different spiritual traditions' concepts. Additionally, AI-based technology has been created to assist with stress reduction and meditation. More focused and individualized spiritual experiences are made possible by AI-based meditation applications, such as those that employ biometric monitoring and voice recognition technologies to assist users in personalizing their meditation sessions. AI can assist people in finding inner peace and concentrating better during meditation by utilizing data from the body and brain.

AI can be utilized to create globally accessible curricula or spiritual training modules. Islamic boarding schools or other spiritual institutions can use technology to offer remote instruction in spiritual ethics, religious knowledge, and the application of morality in daily life, giving anybody, anywhere, access to spiritual education (Harahap et al., 2023; Hidayatullah, 2021).

The significance of incorporating ethical considerations into the creation of their technology is becoming more and more apparent to certain AI engineers. This is consistent with spiritual beliefs that place a high value on empathy, wisdom, and justice. AI created with ethical concerns might lessen possible harmful effects on society and help guarantee that technology is used for greater causes.

It is possible to develop a virtual spiritual support system using AI technology. Through conversation-based apps, AI can serve as a guide to offer counsel or emotional support, assisting people in times when they need introspection or spiritual direction. AI can be a helpful tool, but it cannot take the place of a spiritual teacher.

By offering apps or gadgets that track a person's physical and mental health, artificial intelligence (AI) can assist personal meditation and spirituality practices. By using biometrics (such as heart rate, respiration, or brain wave detection), AI-based technology can customize meditation sessions to more successfully help people achieve inner calm or mindfulness. This enables a more quantifiable and customized spiritual experience. AI technology, for instance, is employed by meditation applications like Headspace and Calm to provide users personalized guided meditation, assisting them in achieving spiritual balance through more concentrated practice.

Artificial intelligence-based chatbots that may offer moral direction or spiritual guidance are one example of how AI might offer a 24/7 virtual spiritual support service. This virtual support can aid people who need guidance, whether in times of stress, perplexity, or other life issues, but it cannot take the place of direct guidance from a spiritual teacher (Arifin, 2021; Daniswara & Faristiana, 2023).

Additionally, certain AI-based applications, such as Replika, allow interactions that resemble human speech and can offer emotional support, such as assistance with the pursuit of spiritual understanding or life's purpose (Tegmark, 2017).

AI's capacity to digest data from several sources can facilitate more inclusive and in-depth interreligious discourse, which in turn can promote interreligious cooperation and appreciation for variety. AI can be used to find common spiritual values, ease tensions brought on by differences, and improve communication across groups with various religious backgrounds or beliefs.

AI-powered platforms can facilitate interfaith dialogues, enabling people from many traditions to exchange spiritual insights, value variety, and foster mutual respect among religious communities.

However, spirituality may potentially suffer as a result of AI.
Declining Collective Spirituality and Social Connectivity
People becoming more isolated as a result of their reliance on technology is one of the potential drawbacks. People may lose the social connection that is fundamental to the traditions of many spiritual teachings if they would rather turn to apps or electronic gadgets for solace or answers. As part of spiritual development, many religious traditions stress the value of community in worship and volunteer work. Living a technologically disconnected existence can limit opportunities to directly experience these ideals.

The social and collective aspects of spirituality might be diminished when personal experience through applications takes the place of community worship, which has profound spiritual value in some religions (e.g., mass in Christianity or congregational prayer in Islam).

It can lessen the significance of guiding and take the place of a spiritual instructor.
AI is helpful, but it cannot take the place of a spiritual mentor or instructor with extensive knowledge and insight. While AI may provide extremely technical or computational solutions, a spiritual teacher's wisdom, compassion, and life experience are frequently beyond its capacity to comprehend. A person's spiritual path may lose depth and significance as a result of this substitution of interpersonal engagement. This is due to AI's inability to perceive or comprehend a person's profound emotional or spiritual background, which is crucial when offering counsel or direction. People may lose depth in their quest for life's purpose as a result of this.

Dehumanization, in which technology takes the place of interpersonal relationships and turns spiritual experience into something individualized and mechanistic, is another more significant and concerning effect. The human warmth and empathy that are important to many spiritual teachings may be lost when AI is used to communicate with individuals in a spiritual setting.

AI will never be able to demonstrate the same empathy and compassion as a human when it comes to offering spiritual assistance that is warm and kind, even though it might be able to offer sound counsel based on the facts currently available.

Conclusion

When used properly, artificial intelligence (AI) has the potential to significantly improve human spirituality by expanding knowledge, strengthening spiritual practices, and helping people live more purposeful lives. However, in order to prevent AI from harming human life's fundamental moral values, spiritual depth, and social interactions, it is necessary to consider the risks and difficulties associated with an excessive reliance on technology and its misuse. Therefore, technology may be a useful instrument to promote spirituality with a careful and considered approach, keeping the two in balance and helping each other deal with today's issues.

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