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Tech Autobiography

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The Emergence of New Leisure

In the world of Oculus goggles, Apple Vision Pros, and Oura Rings, our every move is shaped by the emergence of new technology in one way or another. These technologies have intertwined themselves with our daily actions, while new generative AI, such as ChatGPT, has shown glimpses of an even greater effect on the relationships between humans and technology. These technologies have allowed greater access to information, more immersive experiences, and more specific and efficient data for users. While it is clear these technologies have a lot of potential for good in providing new ways for personal growth and enjoyment, it is just as important to examine the potential side effects and drawbacks that may come with the emergence of this new technology.

In order to understand how new technology has impacted leisure time, we must look at the manner in which past technology has integrated into a variety of activities. Noted by Vigo (2019), we can better understand recent changes in leisure activities through looking at the bigger picture of how technology of the last 100 years has affected leisure. Vigo details explaining to his daughter what a Walkman is and how its transition from the first sound system afforded users music portability. This same concept can be applied to the introduction of many new technologies such as the portable digital libraries that have replaced books. Vigo also notes that as the nature of using these technologies changes, so does the user input. The number of people reading for pleasure has changed greatly, with more people than ever reading self-growth

and help books as opposed to romance and fiction. Similarly, leisure drives, runs to the bookstore or record store, and many mother activities have been transformed into inconveniences and chores by new technology (Vigo, 2019). However, despite these changes in attitude, leisure time is becoming more efficient, accessible and sustainable for people. Consumers get the books they want in a faster, more efficient, and sustainable manner, while also being able to carry millions of books effortlessly. They no longer need to go to the bookstore just as consumers have billions of songs on a streaming platform instead of having to pay \$1.29 per song, or drive to a record store to buy a vinyl. There's also no need to drive around taking in scenery when you can simulate the experience in virtual reality without traffic.

Generative AI has also aided in these transformations despite its relatively recent introduction. Generative AI is able to recommend user-specific music or book recommendations, create exercise plans, or aid in the hosting of virtual events and competitions. To get a better idea of what this means for the state of leisure activities, I asked ChatGPT to respond to questions about its affects with interview style answers and this is what it gave me:

Generative AI significantly enhances leisure activities by personalizing and enriching entertainment and educational experiences. AI-driven content customization allows users to engage with music, art, and literature tailored specifically to their preferences, enhancing the enjoyment and satisfaction of leisure time. In gaming, generative AI creates dynamic environments and characters, making virtual experiences more immersive and engaging. Additionally, AI facilitates learning new skills during leisure time, with AI tutors adapting to individual learning styles for more effective and enjoyable education. Beyond personal enhancement, AI automates routine tasks, freeing up time for leisure activities. It also enables

more interactive social experiences in virtual settings, allowing for innovative ways to socialize and participate in community events.

In summary, the integration of new technology into leisure time is nothing new, only the added benefits for the newest technology get more enticing. Consumers can forgo inconvenience in almost any conceivable way in order to spend their leisure time more efficiently and productively. There is no debate that it is quicker and easier than ever to find your new favorite music, book, or activity. No matter what you want to get or do in your leisure time, you can be aided by new technology and generative AI. Now, it's understood that when new technologies are integrated, they are integrated because they provide the user some advancement or upgrade, however, their lasting effect is dependent on the drawbacks and potential side effects that come with.

In my own experience with using technology and AI for exercising in my leisure time, there are many positives and negatives. For exercise, I have the ability to develop new training plans from YouTube videos or asking AI to do it for me. This is incredibly more efficient than reading exercise books and developing a plan from there, however there are inefficiencies that could be corrected by AI and technology (Reuss, 2024). The use of fitness wearables could be integrated with the AI programming in order to develop a user-specific plan based on metric performance, however the plan would still lack efficiency in knowing which muscle groups are needed to target for a specific individual. All of this is to say, the emergence of new technology can greatly help the efficiency and productivity of leisure time, yet they lack a required connection to the human that determines whether the technology can help you produce at a higher level than without it.

This leads me into my next point about the potential side effects and ethics that surround this new integration. For this, I chose to ask the source directly and compare responses. When asked about the potential side effects and ethical quarries surrounding technology and leisure time, ChatGPT answered:

Integrating AI and technology in leisure poses several potential side effects and ethical concerns. Privacy risks are prominent, as AI systems collect vast data to personalize experiences, potentially exposing users to data misuse and privacy breaches. Mental health could also be impacted; the addictive nature of engaging AI-generated content might lead to social isolation or physical health issues due to reduced physical activity.

Economically, there's a risk that access to advanced AI technologies could widen socio-economic disparities, privileging those who can afford them. Ethically, the proliferation of AI in creative fields might devalue human creativity, affecting artists and cultural dynamics.

Addressing these issues involves implementing strict regulations, ensuring transparent data use policies, and maintaining a balance that enhances rather than diminishes human engagement and creativity in leisure activities.

In conclusion, there are many risks and benefits to the emergence and integration of new technology and AI with leisure time but it's not the first time we've witnessed a shift in integration of technology and leisure. The less controversial portion of this is that as a society we collectively develop new technology every day to solve problems and become more efficient. The more important portion of this investigation is how the technology changes the behavior that it's not directly targeting. My prediction is that for the most part, we continue to follow the same pathway as when previous technology was intertwined with leisure. We will continue to accept technology and AI that makes us more efficient so that we can spend more time intimately

engaging in technology. The emergence of technology continues to make tasks more and more efficient while we forget why we've become so efficient. In the end, it is my opinion that we will continue to give information, data, and time to technology so that we can spend more time immersing in technology.

Bibliography

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Reuss, Maj. "The Future of Hobbies: How Ai Is Shaping Our Leisure Time ." *Trilateral Research*, 18 Apr. 2024, trilateralresearch.com/emerging-technology/the-future-of-hobbies-how-ai-is-shaping-our-leisure-time.

Chat GPT Transcript

ME

Hi GPT, can you help answer a few questions about the integration of new technology and generative AI and their affect on leisure time and activites?

ChatGPT

Absolutely, I can help with that! Integrating new technologies, especially generative AI, into various aspects of life can have profound effects on how we spend our leisure time and engage in activities. Here are a few ways this integration can influence leisure

Enhanced Entertainment Options: Generative AI can create customized content such as music, art, or even video games tailored to individual preferences. This can lead to more engaging and diverse entertainment options, potentially increasing the quality of leisure time.

Learning and Development: AI-driven platforms can make learning new hobbies or skills more accessible and efficient, from playing musical instruments to learning new languages or artistic skills. This might encourage more people to use their leisure time to develop new interests.

Social Interactions: Technologies like virtual reality (VR) combined with AI can create more immersive social experiences, allowing people to interact in virtual spaces in ways that closely mimic real life. This might redefine social gatherings and interactions during leisure time.

Physical Activity and Sports: AI can also enhance physical activities and sports, providing personalized training programs, performance tracking, and even virtual competitions. This could make physical activity more appealing and accessible, changing how people engage in sports during their free time.

Streamlining Daily Tasks: By automating routine tasks, AI can free up more time for leisure activities. Smart home technologies and AI personal assistants can handle chores and errands efficiently, giving people more time to relax and engage in activities they enjoy.

Accessibility and Inclusion: AI can help make leisure activities more accessible to people with disabilities, providing adaptive technologies and interfaces that enable everyone to participate in a wide range of activities.

Changing Work-Life Balance: As AI technologies automate more workplace tasks, there could be shifts in work patterns and potentially shorter work weeks, leading to more leisure time.

How AI and new technologies affect leisure will depend on various factors including societal norms, economic conditions, and individual choices. If you have specific aspects or examples you'd like to explore further, feel free to ask!

ME

Could you answer almost as if I'm interviewing you? I ask the question and you respond in a short essay form answer.

ChatGPT

Of course! Please go ahead and ask your first question, and I'll respond in a short essay form.

ME

What role can generative AI play in affecting leisure time and activities?

ChatGPT

Generative AI, an emerging frontier in artificial intelligence, holds significant potential to transform leisure time and activities across various domains. By automating and enhancing processes, it can not only expand the possibilities for entertainment and recreation but also improve the quality and accessibility of leisure pursuits.

One of the most visible impacts of generative AI in leisure is through personalized content creation. AI systems can analyze individual preferences and generate content such as music, art,

and literature tailored to specific tastes. This personalization means that users can enjoy uniquely satisfying leisure experiences, engaging with content that resonates deeply with their interests and moods. For instance, AI-driven platforms like Jukebox by OpenAI can create new music in any style, providing fresh and enjoyable experiences for music lovers.

In the realm of video gaming and virtual reality, generative AI takes the form of dynamic game design. AI algorithms can create endless and ever-changing game environments, develop complex non-player characters (NPCs), and tailor challenges to the player's skill level, making gaming more immersive and engaging. Such technologies not only enhance the gaming experience but also extend the replay value of games, ensuring that leisure time spent in virtual worlds remains compelling and diverse.

Beyond entertainment, generative AI also promotes educational and developmental activities during leisure. AI tutors can provide customized learning sessions in various fields such as languages, science, and arts, adapting to the learner's pace and learning style. This personalized learning approach makes self-improvement more accessible and effective, allowing individuals to use their leisure time to acquire new skills and knowledge in an enjoyable manner.

Social interactions, too, are being redefined by generative AI through more sophisticated social media platforms where AI algorithms generate interactive and engaging content that fosters community and connection. Additionally, virtual reality powered by AI can simulate realistic social settings for events like virtual concerts or meetups, allowing people to socialize and experience events together from the comfort of their homes.

Finally, by automating routine tasks and decision-making processes, generative AI can help free up more time for leisure activities. Smart home technologies can handle chores efficiently, and AI personal assistants can optimize schedules, both contributing to a smoother daily routine that affords people more time to relax and engage in activities they truly enjoy.

In summary, generative AI's role in leisure revolves around enhancing personalization, immersion, and efficiency in leisure activities. It not only enriches the quality of entertainment and educational pursuits but also promises to redefine how leisure time is structured and enjoyed, making it a pivotal element in the evolution of how we spend our free time.

ME

Please keep the interview style answers to a 150 word max.

ChatGPT

Understood! Here's a more concise response to your question:

Generative AI significantly enhances leisure activities by personalizing and enriching entertainment and educational experiences. AI-driven content customization allows users to engage with music, art, and literature tailored specifically to their preferences, enhancing the enjoyment and satisfaction of leisure time. In gaming, generative AI creates dynamic

environments and characters, making virtual experiences more immersive and engaging. Additionally, AI facilitates learning new skills during leisure time, with AI tutors adapting to individual learning styles for more effective and enjoyable education. Beyond personal enhancement, AI automates routine tasks, freeing up time for leisure activities. It also enables more interactive social experiences in virtual settings, allowing for innovative ways to socialize and participate in community events. Thus, generative AI plays a transformative role in both expanding and enriching how leisure time is spent, making it more personalized, engaging, and efficient.

ME

What do you think are some of the potential side effects and ethical quarries surrounding the use of technology and AI for leisure time?

ChatGPT

The integration of technology and AI in leisure activities, while offering numerous benefits, also raises several potential side effects and ethical concerns. One major issue is privacy. As AI systems require vast amounts of data to personalize leisure experiences, there is a risk of intrusion into personal privacy and potential misuse of sensitive information. Users may unwittingly expose personal preferences and behaviors to corporations or malicious actors, leading to targeted advertising or more nefarious uses like identity theft.

Another concern is the impact on mental health. Prolonged exposure to highly engaging AI-generated content could lead to addiction or decreased engagement in physical activities, potentially exacerbating issues like social isolation or physical health problems. The constant stimulation provided by AI-driven media can make it difficult for some individuals to disconnect, possibly leading to burnout or anxiety.

From an ethical standpoint, there is also the risk of economic disparity where access to advanced AI technologies could widen the gap between the socio-economic classes. Those with access to cutting-edge technology can benefit from enriched leisure activities, while others might be left behind, deepening societal divides.

Finally, there's the concern about the diminishment of human creativity. As AI becomes more capable of generating artistic and entertainment content, there could be a reduction in the value and appreciation of human-made art, potentially impacting artists and creators economically and culturally.

Addressing these side effects and ethical concerns requires careful regulation, transparent policies about data use, and a balanced approach to integrating AI into our leisure activities, ensuring that these technologies enhance rather than detract from the human experience.

ME

Please limit your responses to 140 word

ChatGPT

Certainly! Integrating AI and technology in leisure poses several potential side effects and ethical concerns. Privacy risks are prominent, as AI systems collect vast data to personalize experiences, potentially exposing users to data misuse and privacy breaches. Mental health could also be impacted; the addictive nature of engaging AI-generated content might lead to social isolation or physical health issues due to reduced physical activity.

Economically, there's a risk that access to advanced AI technologies could widen socio-economic disparities, privileging those who can afford them. Ethically, the proliferation of AI in creative fields might devalue human creativity, affecting artists and cultural dynamics.

Addressing these issues involves implementing strict regulations, ensuring transparent data use policies, and maintaining a balance that enhances rather than diminishes human engagement and creativity in leisure activities.