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Integrating Artificial Intelligence to Streamline Everyday Processes in the Professional Environment

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Abstract. *In today's digital world, AI is important for making business operations easier and more efficient by offering new ways to boost productivity and cut costs. This article looks at how AI can improve workflows, working hours, and resources, with a focus on automating repetitive tasks, advanced data analysis, and making decisions in real time. It also talks about the problems that come up during the implementation process, the things that make it hard for businesses to change, and the new chances that the digital revolution has brought. The goal of the research was to find out how AI affects work and helps make everyday tasks easier. A poll was used to find out what people thought about the pros and cons of artificial intelligence. The results support the main idea that AI makes business processes better and cuts down on the time people spend working. Seventy-one percent of respondents said that AI has made them more productive, and seventy-nine percent said that it has cut down on the time they spend on repetitive tasks. But there are issues with data security, job loss, and how open the decision-making process is. So, for AI to work well, there needs to be a balance between automation and human interaction, which can be achieved through clear rules and tailored solutions.*

Keywords: integration of artificial intelligence, workplace efficiency, digital transformation, resilience to change, work productivity, automation.

Introduction

Researchers have found that artificial intelligence has been around for a long time, even though the term and idea are still fairly new. Because of this, the Greek inventors had long dreamed of making machines that could think. We can think of the famous inventors Pygmalion, Daedalus, and Hephaestus in this case. We can also remember that Galatea, Talos, and Pandora were given fake lives. At the time, this was a hard idea to understand, and even now, things don't always make sense in terms of how people see the world (Goodfellow, Bengio, Courville, 2016). Philosophers, mathematicians, writers, and others have talked about robots or other artificial beings that have their own intelligence in their works. For example, Jules Verne's books had an impact on inventors who made computers and AI systems for decades, even though he didn't come up with the term. There are many works that look at automation, smart machines, and cutting-edge technology, such as Journey to the Center of the Earth (1864), 20,000 Leagues Under the Sea (1870), An Island with a Propeller (1895), Robur the Conqueror (1886), and others. Artificial intelligence research is all about studying intelligent agents, which are any devices that can sense their surroundings and do things that make it more likely that they will reach their goals. Wikipedia.org says that artificial intelligence is the intelligence of robots. Kaplan and Haenlein (2018) say that artificial intelligence is the ability of a system to accurately read input from the outside world, learn from that data, and use what it has learned to reach specific goals or complete specific tasks with adaptable flexibility.

According to Professor Ng Andrew (2018), artificial intelligence is about to change every industry, just like electricity did 100 years ago. By 2030, it will add about $13 trillion to the GDP, thanks to the huge value that Google, Microsoft, and Facebook have already created. Ng Andrew

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(2018) suggests a practical guide for using and changing AI in business. It's based on what he learned from the leaders of Google Brain Team and Baidu AI Group. It's called Playbook and has five steps: 1. Start small with pilot projects to get things going; 2. Create an internal AI team; 3. Give a lot of AI training; 4. Create an AI strategy; 5. Improve communication inside and outside the company.

Russell and Norvig (2020) say that AI is the study of smart agents that see what's going on around them and act on it. The authors point out that each agent has a job that turns perceptual sequences into actions. They also look into different ways to represent these functions, such as reactive agents, real-time planners, and theoretical decision-making systems. This book is a basic introduction to artificial intelligence. It is set up as a 27-chapter course that covers algorithms, techniques, and applications.

The European Commission says that a strong and unified approach to the growth of artificial intelligence (AI) is necessary because of competition from other countries. The European Strategy for AI was made public in 2018. Its goal is to create a technical framework that reflects European values and benefits society as a whole.AI could help with big problems like climate change and protecting democracy, as well as making businesses more productive and competitive. The Commission suggests steps to make Europe a global data hub and encourages the growth of the industrial and technological skills needed to do so. The European strategy focuses on innovative, ethical, and trusted AI in order to make decisions about the next steps in regulating and deploying AI. It also involves a lot of work with academics, businesses, and civil society (COM, 2020).

The Regional Development Agency in 2024 looks at national and European AI strategies, focusing on international partnerships and ethical initiatives like the Ethical Charter on the use of AI in courts. When it comes to artificial intelligence, there are big differences between countries. For example, the global AI rankings by Tortoise Media rank countries based on deployment, innovation, and investment and give an overall score. Germany, the Netherlands, and France are in the top ten, and some countries are leaders in certain areas. For example, Poland, Slovenia, Lithuania, Slovakia, and Luxembourg are at the top of the list for operating environment, and the UK has the highest score (after the US and China) because it is home to the leading AI companies like Ocado and DeepMind, which is the AI development superstar behind the AlphaGp/AlphaZero (ASR,2024) programs.

the need for retraining, resistance to change, and the challenges of bringing AI into the fold.

A few decades ago, words like "digitization," "artificial intelligence," "ChatGPT," and "chatbots" were only used in science fiction. Now, we're talking about how digital technology, and AI can help us in every part of our lives.

We need to look at the need for retraining and resistance to change in addition to the benefits of using AI. These are important problems that need to be looked at and solved. Businesses that successfully use AI in a balanced way will have a competitive edge in the long run because they will have spent money on training their employees.

Geoffrey Hinton, who won the Nobel Prize in Physics in 2024, said, "We don't know what it's like to have things smarter than us." There will be many great things about it, but we also need to be worried about a lot of bad things, especially the chance that things will get out of hand (Costreie, 2025). This concern is also based on the fact that very few companies in Romania offer ICT training to their employees. We are at 6%, while the EU average is 20%. Even though the number of ICT specialists has gone up a little in recent years, they still make up a smaller part of the workforce than the EU average of 2.6% compared to 4.5%. Digital skills also affect how likely

AI will be used on a large scale. The Digital Economy and Society Index 2022 says that 28% of people aged 16 to 74 have at least basic digital skills (54% in the EU) and 41% have at least basic software skills (66% in the EU) (Romanian Government, 2024). Table 1 shows the problems that come with integrating AI, such as people not wanting to change and the need for retraining.

Table 1. Challenges of AI integration, resistance to change and the need for retraining

Challenges of AI integration	Resistance to change	The need for retraining
High implementation costs (investment in technological infrastructure, software, cybersecurity, employee training)	Fear of job loss (some see AI as a threat)	Creating new skills digital skills (to develop in analyzing data, using AI algorithms and operating new digital systems)
Lack of specialists in the field (machine learning engineers, data analysts and cyber security experts)	Rigid organizational culture (some companies have well-established traditional structures, and adapting to new flows is difficult)	Training should combine digital competences with skills such as critical thinking, decision-making, creativity and empathy
Data security (data privacy is essential but difficult to manage)	Lack of trust in technology (distrust in the correctness of decisions made by AI algorithms, especially in medicine, finance, human resources)	Creating a culture of lifelong learning (investing in training programs and developing new skills to stay relevant in the job market)
Lack of trust and transparency (reluctance to use AI due to a lack of understanding of how algorithms work and automated decision-making)	Reluctance to learn and adapt (for some employees retraining is perceived as a burden or a threat to career stability)	Partnerships between companies and educational institutions or training centers to offer courses in AI
Integration with existing systems (incompatibility between old and new IT infrastructures)	Lack of regulation and control, fear that AI could increase social and economic inequalities	Ensure transparency in how AI makes decisions and protects people's data

Source: Sfetcu, N. (2024), Provocări și limitări în utilizarea inteligenței artificiale, IT & C, 3:1, 3-10, DOI: 10.58679/IT76296, https://www.internetmobile.ro/provocari-si-limitari-in-utilizarea-inteligentei-artificiale/

People often don't want to use AI because of the changes in the economy, politics, culture, and other areas that we see but can't do anything about. It's not just a problem with technology; it's also a problem with the mind, the economy, and society. There are many reasons for the reluctance, such as a lack of knowledge and education, not understanding how AI works, the fact that AI algorithms are not clear (like black box AI), which makes it hard to explain the choices they make, and the fear that AI might make mistakes, especially in important areas like medicine, justice, and finance. Some examples are: Amazon used an AI-based recruiting algorithm that was biased against women (it was later taken down). In many hospitals, doctors are hesitant to use AI for diagnosis because they are more comfortable with traditional methods. Some people won't use voice assistants because they are afraid they won't be heard. People are worried that machines could become dangerous for people because of what Elon Musk has said about the risks of AI. For example, facial recognition algorithms have been banned in some US cities because they could be used for abusive surveillance. All of this can be handled slowly, through education, offering retraining programs to learn new skills, making decisions clear, and setting very clear rules to stop people from abusing AI.

Opportunities created by integrating artificial intelligence into the workplace

People want to meet as many of their needs as possible, as quickly as possible, and with the best quality. This has led them to use their imagination and creativity to make smart tools, machines, and technologies that will make their jobs easier and more efficient. Businesses can be more productive, creative, and grow over time with AI in the workplace. Table 2 shows some examples and possibilities that have come about because of the use of artificial intelligence.

Table 2. Opportunities and examples created by the integration of artificial intelligence

The opportunity	Impact	Example
Increase productivity by automating processes	- reduce time spent on repetitive tasks - reduces errors and speeds up administrative operations - frees employees for more strategic activities - SmartBill is software that integrates AI to extract data from electronic or scanned invoices and automatically processes it in the accounting system. This technology uses Optical Character Recognition (OCR) and machine learning techniques to extract the relevant information and feed it directly into the accounting records.	In accounting, AI can automate invoice processing and financial reconciliations, as for example Deloitte Romania or KPMG Romania are implementing AI solutions in their financial services to reduce costs and improve data accuracy.
Data-driven decision-making	- IA analyzes large volumes of data to detect patterns and trends that would be difficult to identify - Machine Learning algorithms can predict market evolution and consumer behavior	In commerce, retailers are using AI to optimize inventory and personalize product recommendations. A concrete example of the use of AI in commerce is Amazon's online store.
Personalizing the customer experience	- faster and more relevant interactions - chatbots and voice assistants offer 24/7 support - analyze user behavior to create personalized offers	Netflix and Spotify use AI to recommend personalized content based on user preferences
Optimizing human resources recruitment and management	- Faster and more objective selection of candidates - IA filters CVs and identifies the most suitable candidates for a job - Sentiment analysis algorithms can assess employee satisfaction and predict staff turnover	LinkedIn uses AI to match candidates with available jobs
Increasing cyber security	- detect cyber threats early, before cyber attacks cause damage - Machine Learning algorithms continuously learn from new threats to improve data protection	Banks are using AI to detect fraudulent transactions in real time. For example, Banca Transilvania has implemented an AI-based system within its payments platform.
Reducing operational costs	- IA optimizes the use of energy, transport and materials, reducing waste - predictive algorithms can prevent equipment failure through predictive maintenance	Airlines use AI to anticipate the need for aircraft repairs or component changes, avoiding costly delays. Blue Air uses an AI-based predictive maintenance system to analyze data from sensors installed on its aircraft.

The opportunity	Impact	Example
Facilitating remote working and collaboration	- AI optimizes communication and efficiently manages projects by automating tasks and analyzing productivity - virtual assistants help organize meetings and prioritize important emails	Microsoft Team and Zoom use AI to generate automated transcripts and meeting summaries. In Romania the implementation of Microsoft Teams and Zoom solutions took place in Banca Transilvania.
Developing innovative products and services	- IA speeds up research and development and quickly tests new ideas - Generative design algorithms help create optimized and more efficient products	The pharmaceutical industry is using AI to discover new drugs in the shortest possible time. A concrete example, Antibiotice Iași, a major Romanian drug manufacturer
Social responsibility and reducing environmental impact	- AI can monitor and reduce resource consumption in smart factories and buildings - optimized algorithms help develop more sustainable supply chains	Google uses AI to reduce energy consumption in its data centers. Orange Romania uses AI-based solutions to optimize energy consumption in its data centers.

Source: European Commission. (2022). *Report – Study on opportunities and challenges of artificial intelligence (AI) technologies for the cultural and creative sectors,* https://digital-strategy.ec.europa.eu/ro/library/study-opportunities-and-challenges-artificial-intelligence-ai-technologies-cultural-and-creative

Numerous businesses in Romania have implemented artificial intelligence solutions to streamline their operations and spur innovation across a range of industries. Ten businesses that have integrated artificial intelligence into their operations are featured in Table 3.

Table 3. Companies that have adopted artificial intelligence solutions in Romania

Company	Scope and source
UIPath	The company is a global leader in robotic process automation. Software robots take over repetitive tasks, freeing up employees for more creative and strategic activities. UiPath, a company founded in Bucharest in 2015, has signed the largest funding raised so far by a Romanian tech start-up - $30 million from Accel Partners (https://adevarul.ro).
Druid	The company has created an advanced chatbot platform used in industries such as banking, retail and healthcare. Druid chatbots improve customer interaction by providing fast and efficient customer support. DRUID is helping banks by deploying chatbots for transaction management, customer support and financial recommendations, developing virtual assistants for HR, and helping retail companies and providing customer support services.(https://albadesign.ro)
TypingDNA	Using AI for biometric authentication, the technology analyzes how users type, providing a unique way to secure online accounts and prevent fraud. Offers 3 products: ActiveLock for continuous authentication, Verify for two-factor authentication and an authentication API (https://albadesign.ro)
Zaya AI	It has developed an AI-assisted telepathology platform for physicians specializing in pathological anatomy, with the help of which rapid and accurate diagnosis of conditions is achieved. The products include ZayaAI Dx, an AI model dedicated to pathology diagnostics, and ZayaAI Telepathology Dx, a telepathology platform that enables remote analysis of digital images, facilitating collaboration and second opinion diagnosis (https://romaniahub.ro)
Cyber Swarm	It has developed a neuromorphic ecosystem, i.e. an artificial brain, integrated into a processor which allows machine learning algorithms to run directly on hardware, providing advanced cybersecurity solutions (https://romaniahub.ro)
Hyperhuman	It is a platform that allows health&fitness companies to create and distribute video content across multiple channels and streamlines the video production and publishing process, saving time and resources (https://romaniahub.ro)
Electrica	In January 2024, the company implemented an AI-based system to monitor energy consumption in real time, helping to make energy consumption more efficient (https://futureeconomy.ro)

Life is Hard	Developed the Antonia virtual system that interacts with customers via WhatsApp, and allows you to check and renew your RCA insurance policies in chat, simplifying the process for users (https://futureeconomy.ro)
Happy Recruiter	The company has developed the Dora bot, which uses AI to recruit staff via social media, saving time and resources for employers (https://adevarul.ro)
TARA Interactive	The company offers software development and consultancy services, among the projects include email sorting, chatbots development and transport route optimization (https://www.romaniapozitiva.ro)

Source: Author's own research.

Only 3.1% of Romanian businesses with ten or more employees use artificial intelligence (AI) technologies, according to Eurostat statistics from 2023. This is a much lower number than the 13.5% European average. In terms of business adoption of AI, Romania is now at the bottom of the EU. By contrast, the adoption rates of AI in nations like Denmark, Finland, and Luxembourg are 15.2%, 15.1%, and 14.4%, respectively. This indicates that a large number of Romanian businesses have not yet included AI technology into their daily operations. Romanian companies must invest in digital transformation and personnel technology skill development if they want to reap the benefits of AI (Românialiberă.ro).

Literature review

Finding answers to problems that are easy for people but hard to put into words—like recognizing faces in pictures or spoken words—has turned out to be the real problem for artificial intelligence. The authors talk about how letting computers learn from experience and see the world in terms of a simpler hierarchy of ideas is the answer to these intuitive problems (Goodfellow et al., 2016). In 2023, Google did an experiment in which an L3 level software developer was given ChatGPT questions. ChatGPT passed all of the tests, which is very worrying. The most important question was whether AI would eventually take the place of software engineers. ChatGPT also answered this question by saying that AI can't yet fully replace a human software engineer's creativity, problem-solving skills, and critical thinking skills. However, everything will be possible in 20 years. Still, AI should help human software engineers instead of taking their jobs completely (Forlini, 2023).

ChatGPT-4 finished almost half of the hard tasks it could find and all of the easy ones on Leetcood. It is best known for helping students get ready by giving them problem descriptions, sample solutions, and automated testing for the code they provide. The study also shows that the model couldn't answer any hard questions and only got 69% of the problems it had never seen before right. This means that the model didn't always remember all the problems and their solutions. This study says that live coding interviews will change the way businesses work in the future (Svetkin, 2023).

According to Devenport's (2018) research, technologies that allow for a lot of freedom in thought and action could lead to many possible increases in productivity. This means that fewer people could do the same amount of work. This says that the most important thing for the economy to do well in the 21st century is to make workers more productive. Nursing, education, and professional services are some of the jobs where productivity gains are lowest. Most of us wouldn't benefit from smart machines doing some of these jobs.

MRI, CAT, and ultrasound are now as good as many human radiologists because medicine has come a long way. However, this hasn't made imaging costs lower; in fact, they've gone up.

According to a 2023 survey by Jobs for the Future's Center for Artificial Intelligence and the Future of Work (JFF), 66% of Gen Z and millennial respondents said they need to update and improve their skills to stay competitive. Most respondents also said they will need new skills to meet the needs of an AI-driven job market. A 2023 study by the American Psychological Association called "Workplace in America" found that people who don't want to change and are worried about how AI will affect the workplace are very stressed and anxious, and they also get burned out at work (Dobrescu, 2024).

The Vodafone Foundation did a study called "Artificial Intelligence in European Schools" with 7,000 students aged 12 to 17 from seven European countries: Germany, Great Britain, Greece, Portugal, Romania, Spain, and Turkey. The study found that there is a competitive gap in the field of artificial intelligence (AI) because, even though it has a lot of potential, there are still not enough resources in the classroom. So, more than 54% of the students said that their schools taught them how to use AI, and more than 70% said that AI will be a big part of their professional lives (REPLICA-INFO HD, 2025).

Methodology

We performed a questionnaire-based poll from January 15, 2025, to examine the effects of AI application in the workplace. We received 115 replies to the 15-question survey, which was created using Google Forms and disseminated online, via email, and on social media. We note that the modest sample size (115 responses) makes this a pilot poll, and I intend to enhance the questions' content and methodological clarity going forward. I began this investigation with a few goals in mind: How do AI users view the advantages it offers, both professionally and commercially?
; How well-informed are users on artificial intelligence (AI) and its applications? What issues have users encountered while integrating AI in their workplaces, or what are their primary concerns? What are the main obstacles to integrating AI into their daily work, and how do they view its potential to boost productivity? What the benefits and drawbacks of using AI are, and what changes they might recommend to attain the best level of pleasure in the workplace. The quantitative process entails presenting the instructions that the subjects received at the beginning of the questionnaire, followed by the insertion of questions that provide information regarding gender, age, and residence environment. The sample consists of 115 respondents, with over 50% of them coming from the economic-financial environment.

General hypothesis: Does the use of AI affect daily operations and work?
The association between the use of artificial intelligence and perceived productivity at work was examined using a quantitative research approach based on the answers to a structured questionnaire. The study's primary hypothesis—that the employment of AI facilitates the simplification of routine job procedures—was tested using an econometric analysis. The degree to which certain AI-related elements affect respondents' perceptions of their level of productivity at work was quantitatively evaluated using a multiple linear regression model.

The statistical program SPSS was used to process the regression model, which had the following definition:

$$Productivity = \beta 0 + \beta 1 x TimeReductioni + \beta 2 x ProcessEmprovementi + \varepsilon i$$

where:
On a scale of 1 to 5, productivity is the respondents' self-rated increase in productivity as a result of AI; time reduction is the degree to which AI has decreased the amount of time spent on repetitive

tasks; process improvement is the degree to which respondents agree with the statement, "AI helps me to improve and streamline daily processes in my work"; and ε_i is used to indicate the error term, which represents all factors that affect the dependent variable but cannot be observed.

Results and discussions

The majority of respondents, 61%, are between the ages of 18 and 25. Twelve percent are between the ages of 26 and 35, 11% are between the ages of 36 and 45, and 4% are over the age of 60 (see Fig.1). Seventy-one percent of respondents live in cities, while 28.7% live in rural areas (see Fig.2). Young people can improve some of their digital skills much more easily than older people. This is mostly because of school programs and curricula, but also because they take courses and workshops to learn how to use new tools and technologies and better deal with the changing job market.

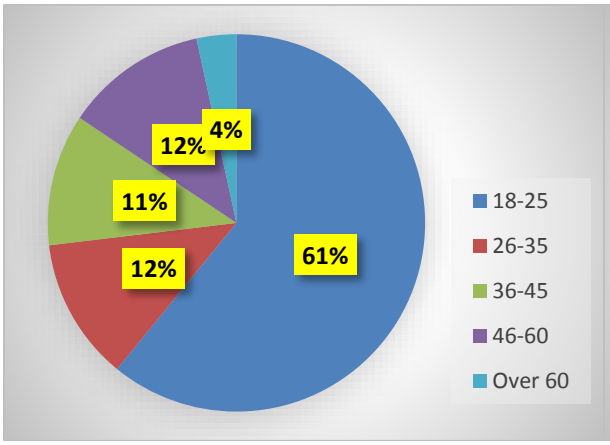

Figure 1. What age category are you in?

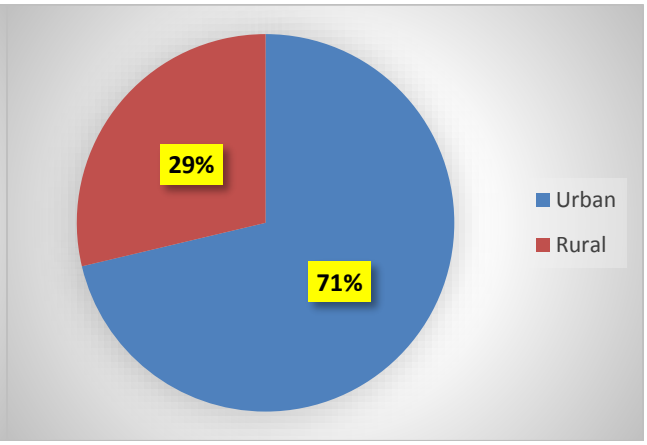

Figure 2. Residence environment

Source: Author's own research.

In terms of field of activity, the largest share of respondents, 37.4%, work in the economy, 13.9% in finance, 8.7% in public administration and education, health 7.8%, construction and IT 5.2%, services 4.3%, production 3.5% and in very small proportions other fields (see Fig.3). As we can see, more than 50% of the respondents indicated that they use AI in the economic-financial field, which is the best performing field in terms of AI implementation, at least at national level.

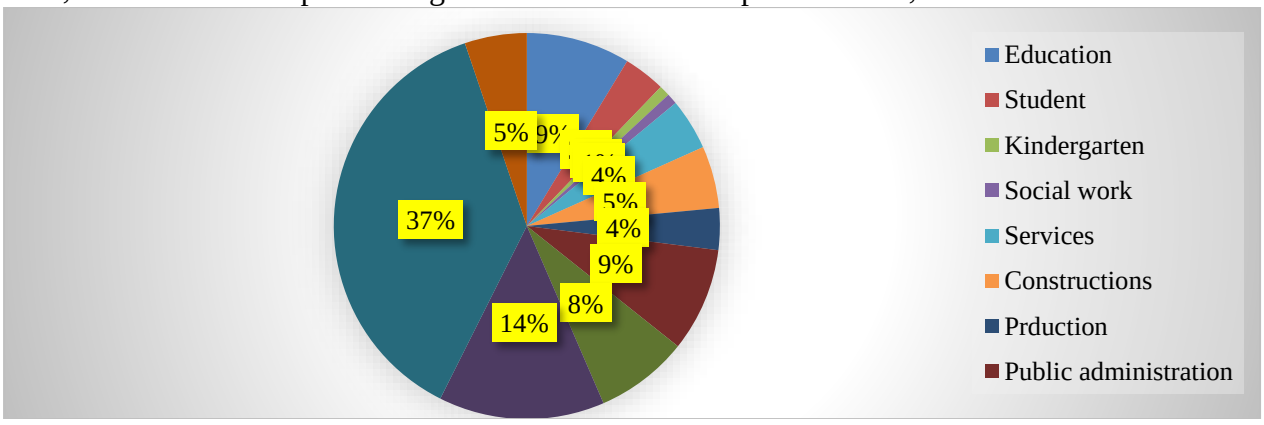

Figure 3. What is your field of activity?

Source: Authors' own research.

We asked people to try to define artificial intelligence, and here are the definitions we got back: advanced technological processes; AI is the ability of machines to learn, think, and make decisions by simulating or replacing human intelligence; a way to improve human performance in the workplace; digitization and robotization of economic processes; intelligent technologies and thinking machines; the ability of a software system to reproduce human tasks or activities based on decisions that are not human intervention; an innovative technique used in task facilitation; technology that automates processes and mimics human thinking; an algorithm that analyzes data and makes decisions for humans; machines that can perceive, reason, decide and act intelligently; a system that interprets data and generates intelligent solutions; advanced software that enables machines to think; a field of computer science concerned with the development of systems and algorithms that can simulate human intelligence, etc. Most definitions are about the development of new automated technologies, machines, and tools that can think, make decisions, and act like people. Most of the definitions are about how new automated technologies, machines, and tools can replace human intelligence in thinking, making decisions, and acting. This means that people know how powerful AI can be and that bringing it into daily life would be good for both individuals and businesses by lowering costs.

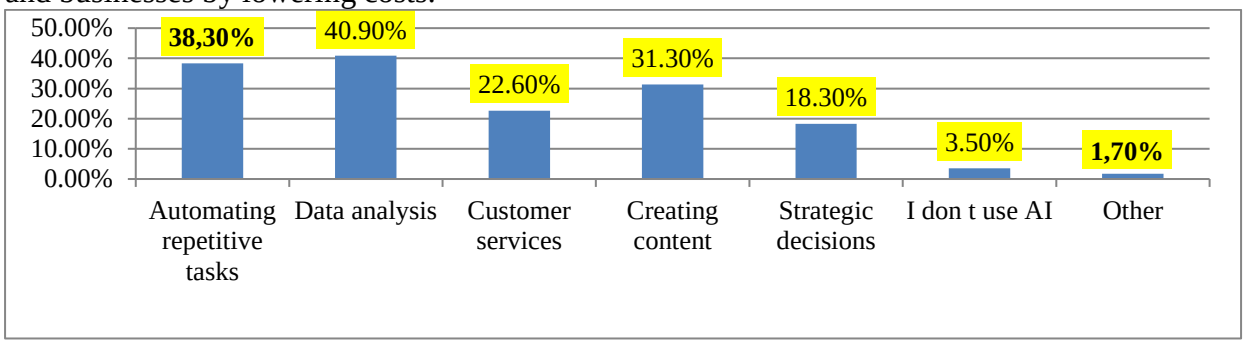

Figure4. What do you use artificial intelligence for in your work?

Source: Authors' own research.

Figure 4 shows that 40.9% of respondents said they use AI for data analysis, 38.3% for automating repetitive tasks, 31.3% for creating content, 22.6% for customer service, 18.3% for making strategic decisions, 3.5% said they don't use AI, and 1.7% said they use AI for general knowledge or to find out something faster. Analyzing data, automating repetitive tasks, and making content are all things that take a lot of time and attention, especially when done by people. But using and implementing AI in these processes will cut down on the amount of time and effort needed to do them, making them much more efficient and increasing work productivity. This is good for both work and the economy.

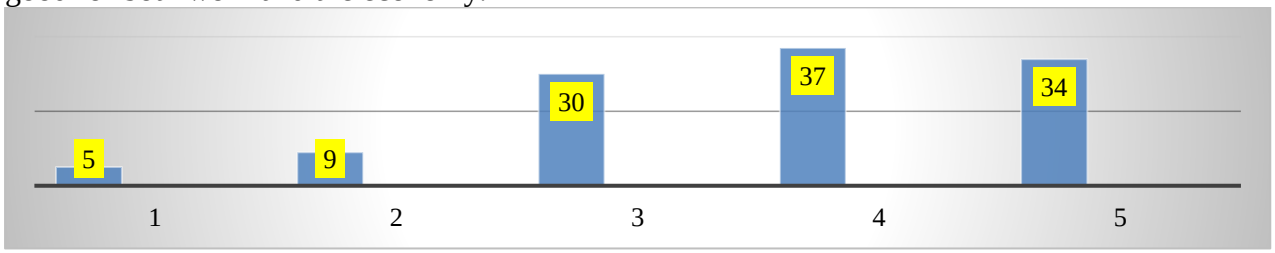

Figure 5. How much do you think Ai has improved your productivity at work?

Source: Authors' own research.

71% of the people who answered said that AI has helped a lot or very much to make work more productive. Even though some users are hesitant to use AI because they are afraid of the unknown, losing their job, or losing the drive and purpose of their professional life that they have worked hard for, they still believe that using AI will cut down on the time they spend working and doing repetitive tasks.

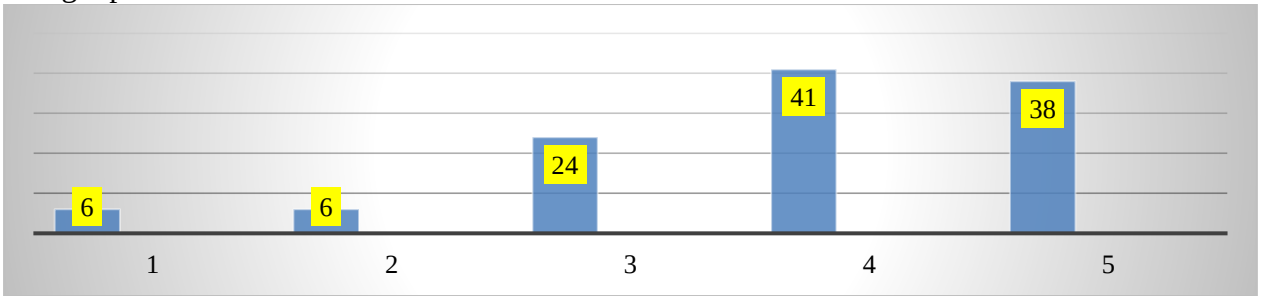

Figure 6. How has AI reduced time spent on repetitive tasks?

Source: Authors' own research.

The answers to this question back up what was said before, showing how artificial intelligence affects how well people do their jobs. So, 79% of people who answered said that using AI made the time they spent on repetitive tasks much shorter. This optimization not only cuts down on the amount of time it takes to do a job, but it also helps break up the monotony and boost productivity that comes from doing the same thing over and over again. Employees have more time for creative activities and a better work-life balance when they are not there.

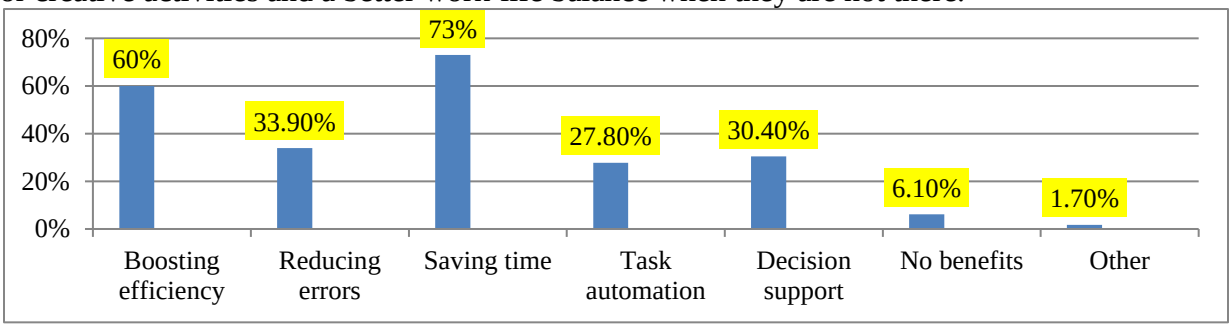

Figure 7. What are the main benefits you see in using AI in the workplace?

Source: Authors' own research.

In a proportion of 73% of the respondents answered said that saving time would be the biggest benefit, followed by 60% who said that increasing efficiency would be the biggest benefit. 33.9% said that reducing errors would be the biggest benefit, 30.4% said that decision support would be the biggest benefit, 27.8% said that automating tasks would be the biggest benefit, 6.1% said that they didn't see any benefit, and 1.7% added idea generation and quick solutions, which are basically the same as the benefits already listed. We saw from the data collection that more than 55% of them chose "increasing efficiency" as their first choice, followed by "saving time," "reducing errors," "automating tasks," and finally "decision support." We saw from the data that more than 55% of the people who answered chose to increase efficiency as their first choice, followed by saving time, reducing errors, automating tasks, and then decision support. This shows that the principle of economic efficiency is the one that leads to the best economic and professional results, which obviously leads to more income and profit. When asked what fears or challenges they have about using AI in their jobs, respondents gave the following answers: Loss of job; abuse

and possible discrimination; information that may be wrong, which can lead to mistakes that can be hard to fix if not checked in time; dependence on technology; inability to check certain information due to lack of culture and education in a certain field, but also lack of specialized staff; security and protection of personal data; lack of norms, regulatory and control rules; lack of trust and transparency; constant retraining; monotony and lack of creativity and imagination; not losing touch with reality; high implementation and operating costs; not providing personal and confidential data; cybersecurity risk, etc. This is how the respondents basically found the challenges and fears that I have also written about in Table 1 of this paper. We can say that these fears are not just theoretical or silly, but real fears that people who have to deal with AI every day have, from the fear of losing their jobs to the fear of not being safe and having their basic rights violated, like the right to work, the right to freedom of choice and decision, the right to privacy, and so on.

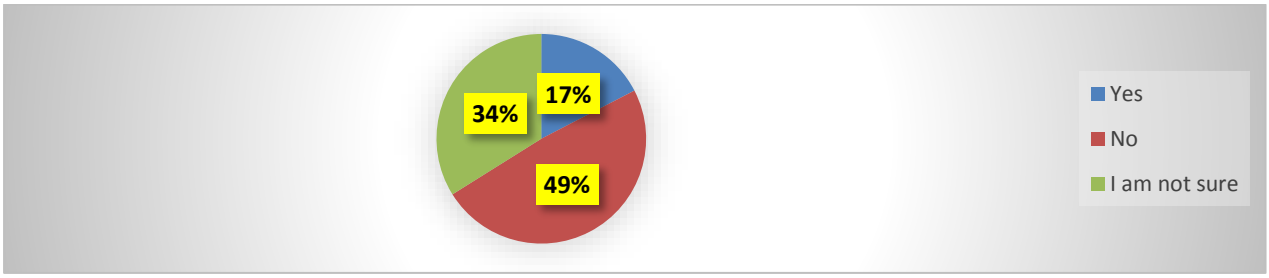

Figure 8. Do you currently think AI will completely replace certain jobs in your professional field?

Source: Authors' own research.

Asked whether they believe that AI will now completely replace current jobs, about half of the respondents answered that they currently do NOT believe that AI will replace jobs completely, 17% said YES and 34% said maybe and this may depend on how technology evolves.

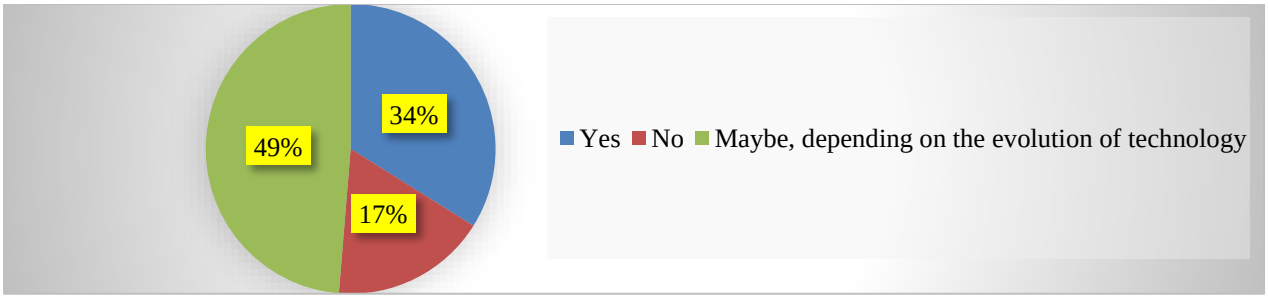

Figure 9. But 10 years from now, do you think AI will completely replace certain jobs in your professional field?

Source: Authors' own research.

To the same question, but we changed the time perspective, over 10 years, the answers were different, about half of the respondents said that it can, but this may happen depending on how technology evolves, 34% said YES and only 17% said NO.

When asked if AI could be improved in some aspect to help you more in your work, what would it be? respondents indicated the following: more transparency and data protection; better understanding the specific context of each field to give clearer and more precise answers; improving the way of delivering and explaining some decisions; better correlation between theory and practice; stimulating and educating new digital skills; technologizing more processes, not just

partially; IT trainings and courses in the field of IT for everyone to understand; increasing the ability to personalize recommendations; better interpretation of human emotions and context; providing more accurate predictions for decision making; reducing bias in professional work; a more intuitive interface for non-technical users; optimizing the speed of real-time data processing; increasing efficiency in analyzing complex data, etc.

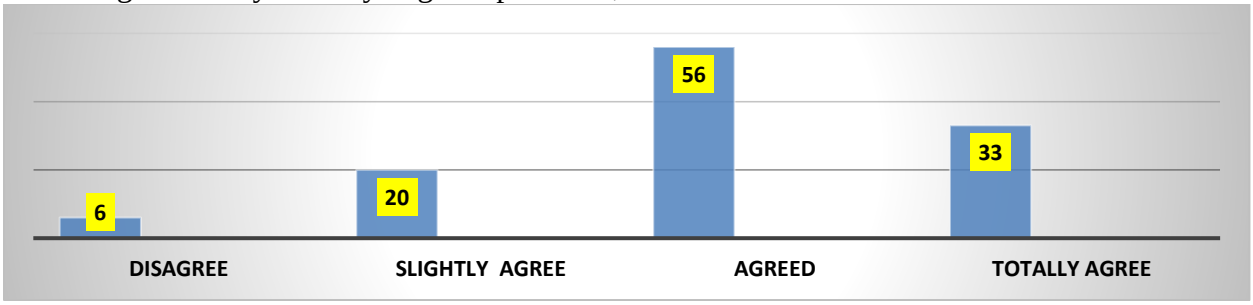

Figure 10. To what extent do you agree with the statement: "AI helps me to improve and streamline day-to-day processes in my work"

Source: Authors' own research.

A total of 56 people said they agree that AI helps them improve and streamline their daily tasks. Of those, 33 strongly agree, 20 disagree less, and 6 disagree. In the last question, people said what they thought were some pros and cons of using AI at work.

Pros: Automating repetitive tasks frees up time for more strategic work, makes work more efficient, cuts down on the time it takes to make a unit of product, quickly finds answers to problems in different areas of work, and helps to quickly find problems and come up with solutions and recommendations. AI can quickly look at a lot of data to find trends and patterns. This lets businesses offer personalized solutions and suggestions to each customer. It also encourages the development of new products through advanced technologies, among other things.

Disadvantages: mistakes happen over and over again; jobs are lost; the quality of the results depends on the accuracy and relevance of the data used; high upfront costs; Not being clear: complicated algorithms can be hard to understand and manage; cybersecurity risk; automation might mean that employees need to be retrained or some roles need to be cut; the risk of losing control over automated processes; reliance on technology; a lack of teamwork and communication between people; too much automation and robotization could make people stop thinking and stop being creative and taking initiative, etc.

There were strong statistical signs (Table 4) that the regression model used to look at how AI affected perceived productivity was correct. The R Square value of 0.619 meant that the two independent variables in the model, the perceived reduction in time spent on repetitive tasks and the idea that AI helped one see daily work processes as better and more efficient, could explain about 61.9% of the change in perceived improvements to productivity. The adjusted R Square value of 0.612 confirmed that this model is strong even when the number of predictors is changed. The R value of 0.787 shows that there is a strong positive relationship between the independent and dependent variables. The standard error estimate of 0.683 is within an acceptable range, so we can assume that the results from regression are also consistent. These results show that these chosen variables are a very good way to explain how AI can help people work more efficiently.

Table 4. Summary of the Regression Model – Relationship between AI Use and Perceived Productivity

Model Summary				
Model	*R*	R Square	Adjusted R Square	Std. Error of the Estimate
1	*,787a*	,619	,612	,683
a. Predictors: (Constant), To what extent has AI reduced your time spent on repetitive tasks?, To what extent do you agree with the statement: "AI helps me to improve and streamline daily processes in my work"				

Source: Authors' own research.

From the ANOVA results (Table 5), it is evident that the regression model is statistically significant. An F-value of 92.469 coupled with a p-value of 0.000 indicates high statistical significance for the model. This asserts that independent variables taken as reducers of time on repetitive tasks by AI and the perception of AI in streamlining processes have an overt and measurable impact on perceived productivity improvement at work. Therefore, in real terms, predictors of this model not only stand valid statistically but also provide solid ground toward explaining why employees perceive AI integration into their work routines the way they do.

Table 5. ANOVA Results – Statistical Significance of the Regression Model

ANOVAa						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	86,178	2	43,089	92,469	0,000b
	Residual	53,122	114	,466		
	Total	139,299	116			
a. Dependent Variable: On a scale from 1 to 5, how much do you think AI has improved your productivity at work?						
b. Predictors: (Constant), To what extent has AI reduced the time you spend on repetitive tasks?, To what extent do you agree with the statement: "AI helps me improve and streamline daily processes in my professional activity"?						

Source: Authors' own research.

From the coefficients table (Table 6), we can see how each independent variable individually contributes to the perceived increase in productivity. The predictors have statistically significant effects since their p-values are less than 0.001. The agreement with the statement, "AI helps me to improve and streamline daily processes in my work," gives it a standardized Beta coefficient of 0.388 which indicates a moderate strength of positive relationship with perceived productivity. Followed by, AI is perceived to reduce time spent on repetitive tasks which has a slightly stronger effect, Beta 0.500 It seems that in-nature between the two variables. The unstandardized coefficients (B = 0.522 and B = 0.499, respectively) also reflect direct positive relationships with the dependent variable All these results point out that both perceived efficiency and time-saving mechanisms due to AI are central in explaining how users perceive AI's contribution to productivity at work.

Table 6. Coefficients of the Regression Model – Influence of AI on Perceived Productivity

Coefficientsa						
Model		**Unstandardized Coefficients**		**Standardized Coefficients**	**t**	**Sig.**
		B	**Std. Error**	**Beta**		
1	(Constant)	,260	,267		,977	,331
	To what extent do you agree with the statement: "AI helps me improve and streamline daily processes in my professional activity"?	,522	,094	,388	5,561	,000

	To what extent has AI reduced the time you spend on repetitive tasks?	,499	,070	,500	7,163	,000

a. Dependent Variable: On a scale from 1 to 5, how much do you think AI has improved your productivity at work?

Source: Authors' own research.

Results from the study above indicate that managers who view AI more as a tool for eliminating mundane work and fine-tuning daily workflow, shall be more inclined to see productivity improvements at work. The inference that can be drawn from this is that real benefits in day-to-day operations come about from raising an inner perspective of AI solutions, comprising automation, data processing, and intelligent task management. Firms desirous of enhancing efficiency should direct their attention not only to the installation of AI technologies but also towards creating an organizational environment for the proper utilization of such technologies aimed at making employees understand these tools and building trust in them.

Conclusion

The poll shows that more and more people are interested in how AI is changing work-related tasks. Most of the people who answered said that AI could make things easier and save time on boring tasks. The poll of 115 people gives a full picture of how AI is changing work and how people in different fields feel about it. The results show that people are becoming more interested in the benefits of AI, but they are still very concerned about how the technology will be used and used. Most of the people who answered (71%) think that AI has greatly increased productivity, and the main benefit is that it saves time (73%). Also, 79% of participants said that AI cuts down on the time spent on boring tasks, which makes businesses more efficient and increases productivity. AI is also used a lot for making content (31.3%), analyzing data (40.9%), and automating repetitive tasks (38.3%), which shows that it is very well integrated into many different types of work.

But there are also a number of problems with using AI. Respondents' biggest worries are losing their jobs because of too much automation, not being able to see or control AI decisions, keeping their personal information safe from privacy violations, relying too much on technology, which can stifle creativity and critical thinking, and the possibility of mistakes and false information that can affect professional choices. When asked about the future of work, 34% of respondents said that AI could eventually take over jobs, depending on how technology evolves. Half of those who answered said that AI would not completely take over jobs.

Respondents suggest a number of ways to make AI decisions easier to understand and see, better personalize recommendations and make them fit the specific needs of each domain, speed up data processing and improve response accuracy, set stricter rules and standards for data protection, and learn more about human emotions and the situations in which AI is used.

An econometric study found that adding artificial intelligence to the workplace makes people think they are more productive at levels that are statistically significant. The regression model shows that two main factors strongly predict how users feel about productivity improvements: AI's ability to cut down on time spent on repetitive tasks and make daily tasks easier and more efficient.

So, there is real-world evidence that supports this study's hypothesis, with statistically significant coefficients and a high explanatory power ($R2 = 0.619$). The results here show that AI is not just a theoretical advance; it is a useful tool that has measurable benefits in real-world work

situations. It is also important to note that both technology deployment and user involvement are important for getting the most out of these benefits.

Artificial intelligence can only be used successfully if there are good ways to reduce risk, make solutions that are more clear, secure, and tailored to each user, and find a balance between automation and human interaction. A controlled and ethical way to use AI can make sure that the technology helps with work tasks without making it harder for people to interact with each other.

Research limitations

We have called this a pilot survey because the sample size of 115 people is small, which makes it hard to apply the results to all areas of the professional environment. The people who took part were only from the economic-financial sector, which could lead to bias. The opinions don't reflect those of people who work in other fields, and the people who answered the questionnaire might have already been interested in artificial intelligence, which could lead to bias against people who don't like technology. I plan to make the sample bigger in the future so that the results are more representative. I also want to make the methodology more clear, spread the questionnaire to more people, use other methods besides the internet (like phone calls and professional organizations), and add a statistical analysis of the responses.

In conclusion, the research gives us a lot of useful information about how people feel about AI in the workplace. Most of the people who answered said that AI is good for making things more productive and efficient, especially in the business and finance world. But there were also worries about how it would affect jobs, data security, and our reliance on technology. People who answered the survey are hopeful about the future of AI, but they are also worried about the dangers of too much automation and a lack of openness. The survey shows that most people still think AI is a good thing, even though they are worried about it. For example, it can cut down on repetitive tasks and save time. It is important to expand the research to include more sectors and a bigger sample size in the future. This would give a fuller picture of how AI is being used in different fields.

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