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THE FUTURE OF AI-ASSISTED WRITING: SUPPORTING OR STIFLING CREATIVITY?

We live in a transformative time as we have straight foreword access to AI (Artificial Intelligence). As AI can do a remarkable range of things such as translate any language, summarize texts and analyze massive amounts of data in a matter of seconds. The most common AI apps are CHATGBT, Google Gemini, Microsoft copilot and many more, over the course of time, these apps and websites have gained an immense number of usages mainly amongst students for its time efficiency, reliability with its 24/7 availability and helping with enhancing students writing. However, whether AI is supporting or stifling creativity is causing disputes based on opinions.

Benefits of using AI tools in writing:

There are several benefits of using AI in academic writing. AI improves basic writing skills such as grammar, correct spelling, and enhancing punctuality that some students may have issues with seeing for themselves. AI can suggest clearer phrasing and help with writer's block and overall speeds up the process of writing. Having access to this technology, students that are faced with learning difficulties such as non-verbal learning difficulties and dyslexia can benefit from as AI can be tailored to these needs making learning less stressful and more effective (Cook 2025) Its time efficiency enhances productivity so students have more time to brainstorm ideas and focus on research giving the chance to have more time to

socialize. AI has the power to make academic tasks easier as there's a reduction of stress and anxiety or when dealing with tight deadlines. It offers instant feedback on writing assignments and helps answer why certain tasks are made to be formatted in different ways. Students who speak English as their second language have access to translation and overcoming language barriers.

Over reliance and impact on AI suppresses independent thinking:

Students who regularly use AI generated tools often lack originality in their work and skip the mental effort that undermines any development students may gain as they minimize their chances for their critical thinking capacity (Zhai, Wiand Li, 2024) Students should use AI as an assistant as well as a helping tool and not be replaced as substitute of learning. It erases students' chance to using their own voice and could potentially harm confidence in challenging situations where AI isn't available for use, such as public speaking, interviews and academic drive. Creative writing isn't just about writing, it requires imagination, risk taking, conflict and resolution and these aspects are required for unique purposes, it allows authenticity and individuality. Additionally, overusing AI can qualify as a form of plagiarism and can harm students' integrity. (Rielly, 2023)

Undermines the Creative process:

When students rely on these time efficient apps and websites it short-circuits their idea development. Not only that, the struggle of using the right tone, exploring different words, structures, reflecting and revising gets stripped away when done by AI. These actions are key to refining creativity to build assurance and confidence as well as originality. It offers pre-thought ideas and leaves no room for improvement (Wade, 2024) It weakens skill development such as argument building and the knowledge of addressing counterarguments to show recognition of different perspectives and lack of clear original thesis (Furze, 2024) Acquiring the capability of counterpoints strengthens thinking independently, evaluating

views and communicate your ideas clearly are great qualities that AI eliminates in students.

Conclusion:

While AI offers unlimited and valuable tools for academic writing, over consumption of AI can significantly stifle creativity in writing. As creativity thrives off original thought and uniqueness as well as experimenting, AI is something that can't replace that as it's meant to follow rules or commands and not think outside of the box. AI is meant to create generic responses which if copied can be detrimental to results in students' work. It can be used as a helping tool, but it shouldn't be replaced with real imagination and innovation. Struggling with academic work is an everyday process most students go through, this elevates their skills of problem solving, facing and resolving stressful challenging tasks and express personal perspectives. Alternatively, balancing your own creativity and using AI mindfully as a tool is a great way to express yourself and pick yourself up when stuck.

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