The International Journal of Indian Psychology
ISSN 2348-5396 (Online) | ISSN: 2349-3429 (Print)
Volume 14, Issue 1, January- March, 2026
DIP: 18.01.155.20261401, DOI: 10.25215/1401.155
https://www.ijip.in

Research Paper

AI-Assisted Psychological Coping and Well-being among Indian Young Adults

Prachi[1]*

ABSTRACT

This study investigated AI-assisted psychological coping and its connection to psychological well-being among Indian young adults, as well as the relationships among the variables: psychological coping strategies, trust in artificial intelligence (AI), and psychological well-being. A sample of 160 participants from the age ranges of 18-30 years, completed via online survey through Google Forms. Mean age was 22.1 years with almost equal gender distribution. Measures used were the BRIEF COPE scale, the WHO-5 Well-Being Index, an AI Trust Scale. Data was analysed using jamovi software for reliability tests and Pearson's correlation coefficients. Findings reveal that 23.1% of participants use AI daily for emotional support. All scales achieved good internal consistency with Cronbach's alpha of 0.779 to 0.889. The measurement of psychological coping strategy shows no correlation with psychological well-being ($r = -0.019$, $p = .813$). However, there is a significant positive correlation between the measurement of psychological coping strategy and measurement of trust in AI ($r = 0.224$, $p = .004$). While trust in AI does not show significant relationship with overall psychological well-being ($r = 0.083$, $p = .296$). The findings indicate that Indian young adults commonly use AI into their daily lives for stress management. Higher trust in technology means greater willingness to accept AI-based coping strategies. While these tools provide immediate emotional relief but they do not improve long term psychological functioning. AI-assisted coping is an additional coping strategy rather than a direct predictor of psychological well-being. Artificial intelligence can serves as supportive supplementary resource for emotional regulation but cannot take place of qualified mental health professionals and human relationships.

Keywords: *AI-assisted Coping, Psychological Well-being, Trust in Artificial Intelligence, Young Adults*

Mental health is essential for your overall health and well-being, and it's beyond than just absence of a mental illness. It includes how you feel emotionally, psychologically, and socially, shaping cognition, functioning, behaviour, emotions and stress coping. It plays critical role for maintaining relationships, academic or occupational role and make contribution to society. A positive state of mental health helps individuals to manage stress, regulate emotions, and adapt to life changes. But, poor mental health can impair daily functioning and reduce overall quality of life. Current study focuses

[1]Undergraduate Student, Amity University, Noida, Uttar Pradesh, India
*Corresponding Author

Received: February 28, 2026; Revision Received: March 11, 2026; Accepted: March 15, 2026

on emphasizes the promotion of mental well-being alongside the prevention and treatment of mental disorders, highlighting the importance of resilience, coping skills, and emotional balance (Gautam et al., 2024).

Young adulthood is a significant developmental stage that involves important psychological, emotional, and social changes. This phase is often linked with increasing independence, searching for identity, and variety of decision-making in education, career, and social connections. Young adulthood's developmental stages make it apart from adolescence and later adulthood, by making it a unique period of growth and vulnerability (Gilmore, 2019). During this stage, individuals actively explore their personal values, goals, and life directions. While these transitions stage provide opportunities for self-development, which brought to uncertainty and emotional stress, therefore increasing vulnerability to mental health issues (Schwartz, 2016).

Young adulthood is linked with risk of experiencing mental health problems such as stress, anxiety, and depressive signs and symptoms. Academic expectations, career related stresses, financial responsibilities, and changing social relationships contribute to their psychological suffering at this time of life. The fast pace of modern life and increased exposure to technologies further add more to emotional and cognitive strain (Park & Woo, 2025). According to Stress and Coping Theory psychological stress develops when people believe that environmental demands surpass their abilities to cope. The way young adults assess stressors and use coping techniques influences their psychological effects (Surachman & Almeida, 2018).

In Indian, mental health challenges among young adults are relating to sociocultural and structural factors. Academic competition, parental expectations, societal pressure for success, and limited emotional expression all these leads to increased stress levels. Further, stigma related with mental health problems also discourages adults from seeking professional help. Despite the growing rates of mental health issues but still access to mental health services are limited for many young adults in India. Due to lack of trained mental health professionals, lack of awareness, and fear of social judgment result in a large treatment gap (Chakrapani & Bharat, 2023).

Psychological well-being referred to as individual's overall emotional state, life satisfaction, and ability to function effectively in daily life. It involves experience of positive emotions, maintaining emotional balance, and having a sense of purpose and meaning. Psychological well-being is considered as indicator of mental health, as it reflects how individuals perceive and assess their lives (Dhanabhakyam & M, 2023). Research shows that maladaptive coping strategies, stress and lack of social support can led to negative affect of psychological well-being among young adults. Yet the adaptive coping strategies and access to supportive resources contribute to better well-being outcomes (Sundqvist et al., 2024).

Psychological coping refers to the cognitive and behavioral efforts made by an individuals to manage internal and external pressures that are perceived as stressful and overwhelming. The Stress and Coping Theory define coping as continuous process of assessing stressors and choosing suitable responses (Hernandez et al., 2017). Coping strategies are typically classified into two types: problem-focused coping and emotion-focused coping (Algorani & Gupta, 2023). Adaptive strategies are linked with positive psychological outcomes and the effective stress management, and, maladaptive coping strategies increase psychological distress over time (Chaaya et al., 2025).

Artificial Intelligence (AI) is the development of computer systems that can do tasks that usually require human intelligence. These tasks include learning, thinking, solving problems, making decisions, understanding language, and patterns recognition. Unlike regular computer programs that follow set instructions, AI systems can change and improve over time (Collins et al., 2021). Recent advancement in machine learning, deep learning, and natural language processing have allowed AI system to analyse human language, recognise their emotions, and generate human like responses (Boutet et al., 2024). In India, the use of artificial intelligence is growing rapidly because of digital infrastructure and access to technology, young adults commonly use AI for academic assistance, career advice, information, and personal development (Biju & Gayathri, 2023).

Artificial intelligence has been used increasingly in mental health to support assessment, intervention, and self-management of psychological problems. AI tools like chatbots, mobile applications, and digital platforms are designed to provide psychoeducation, emotional support, and coping strategies (Baek et al., 2025). AI can help individual to reduce stigma related to seeking for mental health support, as interacting with an AI system feel less intimidating than consulting a mental health professional (Loies, 2025). In India, AI based mental health tools are used as supplementary resources because of the large treatment gap and limited availability of professionals (Dar et al., 2025).

AI assisted psychological coping refers to use of artificial intelligence based tools and applications which helps individual in managing their stress, regulating emotion, and help in dealing with their psychological challenges (Hu et al., 2024). Such tools can be considered as external coping resources that enhance an individual ability to manage stress and assist with both problem focused and emotion focused coping (Gautam et al., 2024; Goswami, 2025). Young adults are more responsive to AI assisted coping tools because of their high levels digital engagement and familiarity (Wang et al., 2025).

Trust in artificial intelligence defines as individual willingness to depend on AI based systems and accept the suggestions, decisions, or support by Artificial Intelligence. Trust in AI are affected by perceptions of reliability, accuracy, transparency, and safety (Bach et al., 2022). Young adults who trust AI systems are more likely to seek emotional support and use will AI generated coping techniques (Aboueldahab et al., 2025).

This study combines Stress and Coping Theory, Psychological Well-being Theory, and Trust in Automation Theory to explore how AI assisted psychological coping relates to psychological well-being and how trust in artificial intelligence influences this relationship among young adults.

METHODOLOGY

Hypotheses

- **H1:** Psychological coping strategies are significantly related to psychological well-being among Indian young adults.
- **H2:** Psychological coping strategies are significantly related to trust in artificial intelligence among Indian young adults.
- **H3:** Trust in artificial intelligence is significantly related to psychological well-being among Indian young adults.
- **H4:** AI-assisted coping tool usage is significantly related to overall psychological coping strategies among Indian young adults.

Objectives

The present study aimed to examine AI-assisted psychological coping and its relationship with psychological well-being among Indian young adults. The specific objectives were:

1. To assess the extent of AI-assisted psychological coping among Indian young adults.
2. To assess the level of psychological well-being among Indian young adults.
3. To assess the level of trust in artificial intelligence among Indian young adults.
4. To examine the relationship between psychological coping strategies and psychological well-being.
5. To examine the relationship between psychological coping strategies and trust in artificial intelligence.
6. To examine the relationship between trust in artificial intelligence and psychological well-being.

Sample

The sample of the present study consisted of 160 Indian young adults. Convenient sampling method was adopted for sampling. Participansts age ranged from 18 to 30 years, with mean age of 21.1 years. Sample included 77 (48.1%) males and 83 (51.9%) females.

The inclusion criteria for participation were individual Indian citizen age between 18 to 30 years and able to understand english, and willing to participant voluntary basis. The exclusion criteria include age below 18 or more then 30 and incomplete questionnaires.

Research design

This study used a quantitative, cross-sectional, correlational research design to examine how AI-assisted psychological coping relates to psychological well-being in Indian young adults. It looked at psychological coping strategies and, trust in AI as independent variable, and psychological well-being as dependent variable.

Statistical analysis

The collected data were analysed using Jamovi statistical software. Descriptive statistics were used to summarize demographic variables and scale scores. Reliability analysis was conducted to checked the internal consistency of scales. Pearson's correlation coefficient was used to find the relationship between psychological coping strategies, psychological well-being, and trust in artificial intelligence.

Variables

- **Independent Variables**
  1. Psychological coping strategies
  2. Trust in artificial intelligence
- **Dependent Variables**
  1. Psychological well-being

Instruments

The research variety of instruments were used for data collection. firstly, a custom demographic sheet for collecting information on participants' age, gender, education, and occupation for basic profile of the sample.

- *Psychological Coping Strategies Questionnaire (Brief COPE):* psychological coping strategies measured by using the Brief COPE, developed by Carver in 1997. It is a self-assessment tool that explores coping mechanisms including active, emotional, and avoidance based strategies. Participants report how often they use each strategy.

Higher scores indicate greater use of psychological coping strategies. This scale has acceptable reliability and validity.

- *Psychological Well-being Scale (WHO-5):* psychological well-being is measured via WHO-5 Well-Being Index developed by the World Health Organization (1998). This scale measure positive mood, vitality, relaxation, and general mental well-being over the past two weeks. Participants with higher scores were considered to have better psychological well-being. The scale is known for its reliability and validity.
- *Trust in Artificial Intelligence Scale:* trust in AI is used to measure trust developed by Chita-Tegmark et al. (2023). The scale assesses trust and general attitude toward AI and acceptance of AI tool. Higher scores representing greater confidence and acceptance.

Procedure

Data were collected using an online survey method. Participants were informed about the purpose and provided informed consent before completing questionnaire. The questionnaire included demographic details, the followed by scales measuring psychological coping strategies, psychological well-being and trust in AI.

The survey link was circulated through social media platforms and personal contacts. Participants' confidentiality and anonymity were maintained, and no personally identifiable information was collected. Data collection was discontinued after achieving target sample. Then collected data were screened, coded, and prepared for statistical analysis.

Data Collection

Data were collected using an online survey method. The survey link was distributed via social media platforms and personal contacts to reach Indian young adults. Participants completed a questionnaire consisting with demographics and scales for coping strategies, well-being, and trust in AI. Data collection was discontinued when the needed sample size reached.

RESULTS

Demographic Profile of the Participants

The present study was conducted on a sample of 160 Indian young adults aged 18–30 years. The demographic characteristics of the participants are presented in Table 1. The sample included 77 (48.1%) males and 83 (51.9%) females, indicating nearly equal gender representation. The majority of participants were students pursuing undergraduate or postgraduate education, representing the academic young adult population.

Table 1. Demographic Characteristics of the Participants (N = 160)

Variable	Category	Frequency (n)	Percentage (%)
Gender	Male	77	48.1
	Female	83	51.9
Age Group	18–30 years	160	100
Education	Undergraduate / Postgraduate	Majority	—
Occupation	Students	Majority	—

Table 1: indicates that the study sample consisted of young adults with nearly equal gender representation and, reflecting the academic young adult population relevant to AI use.

Pattern of AI Usage among Participants

Participants were assessed regarding their frequency of using AI tools for emotional support. The distribution of AI usage frequency cab be seen in Table 2. A substantial proportion of participants reported regular or occasional AI use, with 23.1% using AI daily and 20.6% using it 2-3 times per week. Smaller percentages reported occasional or stress-specific use, while 12.5% reported that they did not use AI for emotional support. These findings reveal large exposure and use of AI tools among Indian young adults.

Table 2. Frequency of AI Usage

Frequencies of AI_Frequency			
AI_Frequency	**Counts**	**% of Total**	**Cumulative %**
2-3 times a month	8	5.0%	5.0%
2-3 times a week	33	20.6%	25.6%
4-6 times a week	16	10.0%	35.6%
Daily (almost every day)	37	23.1%	58.8%
I don't use AI tools for emotional support	20	12.5%	71.3%
Once a month or less	12	7.5%	78.8%
Once a week	15	9.4%	88.1%
Rarely / Only when very stressed	19	11.9%	100.0%

Table 2: shows that most participants use AI tools regularly or occasionally for emotional support, indicating integration of AI into everyday coping practices.

Reliability Analysis of the Scales

The internal consistency of the study scales was examine by using Cronbach's alpha. The reliability coefficients are shown in Table 3. Cronbach's alpha values were 0.779 for psychological coping strategies, 0.847 for psychological well-being, and 0.889 for trust in artificial intelligence. These values indicate to be acceptable to excellent internal consistency and, suggest that the measures were reliable for use in the present study.

Table 3. Reliability Coefficients of Study Variables

Scale	**Cronbach's Alpha (α)**
Psychological Coping Strategies	0.779
Psychological Well-being	0.847
Trust in Artificial Intelligence	0.889

Table 3: Reveals that the reliability of all the scales was acceptable to high which indicates that they are appropriate to quantify coping, well-being, and trust in the AI.

Descriptive Statistics of Study Variables

Descriptive statistics were calculated to examine the mean of psychological coping strategies, psychological well-being, and trust in artificial intelligence. The results are presented in Table 4. Mean scores were 32.4 (SD = 7.00) for psychological coping strategies, 15.7 (SD = 5.24) for psychological well-being, and 19.1 (SD = 5.11) for trust in artificial intelligence. The score ranges indicate moderate levels of coping, well-being, and trust in among participants.

Table 4. Mean and Standard Deviation of Study Variables

	COPE_SUM	WHO_SUM	TRUST_SUM
N	160	160	160
Missing	0	0	0
Mean	32.4	15.7	19.1
Median	33.0	16.0	20.0
Mode	33.0	18.0	20.0[a]
Standard deviation	7.00	5.24	5.11
Minimum	14	0	4
Maximum	46	25	28

Table 4: indicates that participants demonstrated moderate levels of psychological coping resources, psychological well-being, and trust in artificial intelligence.

Correlation Analysis

Pearson's correlation coefficient was used to examine the relationships among psychological coping strategies, psychological well-being, and trust in artificial intelligence. The correlation matrix is presented in Table 5. Psychological coping strategies were not significantly related to psychological well-being ($r = -0.019$, $p = .813$). However, a significant positive relationship was found between psychological coping strategies and trust in artificial intelligence ($r = .224$, $p = .004$). Trust in artificial intelligence was not significantly related to psychological well-being ($r = .083$, $p = .296$).

Table 5. Correlation Matrix of Study Variables

Correlation Matrix

		COPE_SUM	WHO_SUM	TRUST_SUM
COPE_SUM	Pearson's r	—		
	df	—		
	p-value	—		
WHO_SUM	Pearson's r	-0.019	—	
	df	158	—	
	p-value	.813	—	
TRUST_SUM	Pearson's r	0.224**	0.083	—
	df	158	158	—
	p-value	.004	.296	—

Note. * p < .05, ** p < .01, *** p < .001

Table 5: indicates that psychological coping strategies were positively related to trust in AI but not to psychological well-being, while trust in AI was not significantly associated with well-being.

DISCUSSION

This study examined AI-assisted psychological coping and psychological well-being in Indian young adults using a sample of 160 participants aged 18-30 years ($M = 22.1$, $SD = 3.13$). The predominantly student sample reflects college age youth who frequently use AI tools for academic and emotional support. The findings are most applicable to urban, educated Indian young adults with digital access and literacy. Previous research similarly indicates that Indian youth increasingly use AI for advice, emotional expression, and stress management (Carver, 1997; Topp et al., 2015b).

Most participants reported regular or occasional AI use. This indicate that AI assisted coping is already a part of everyday life. This support that AI is accessible for extrenal coping resourse within problem and emotion focused coping. Generally, participants use multiple AI tool such as ChatGPT with other assistant, indicating flexible integration across academic, informational, and emotional task. Specialized mental health chatbots were less frequently used as general AI is more widely adopted due to familiarity and accessibility (Hao et al., 2025).

Participants reported using AI for emotional support on daily or weekly, reflecting both need and availability when human support is limited (Sachdeva & Sachdeva, 2025). Although, heavy reliance on AI relate to reduced in person help seeking (Alotaibi & Alshahre, 2024). Participants listed multiple purposes for AI use, including advice, emotional expression, decision-making, and relaxation, often motivated by 24/7 access, affordability, and lack of judgment. According to Volpato et al (2025) AI consistent with findings that young adults value AI's perceived empathy and accessibility. Most participants perceived AI as helpful and it aligning with research showing positive effects of AI-based support on well-being (Reyes-Portillo et al., 2025).

The reliability analyses for all scales showed good internal consistency and support their use in this sample. Average scores suggested moderate coping, moderate well-being, and fair trust in AI. These find of research showing that students often experience stress yet retain coping resources and increasing trust in AI supported services (Hao et al., 2025).

The correlation between coping and well-being was non-significant, indicating that overall coping scores were not directly linked with well-being. This may reflect the composite nature of coping, in which adaptive and maladaptive strategies co-exist and cancel each other, thus making association difficult to detect (Rodrigues et al., 2023). However, coping showed a positive and significant relationship with trust in AI, indicating that individuals with stronger coping reported higher trust. This suggest that adults with broader coping repertoires might be more open to integrating AI as an additional coping resource, and perceived empathy and non-judgmental interaction may enhance engagement (Volpato et al., 2025). The non-significant correlation between well-being and trust in AI suggests that past experience and attitude toward technology might have more influence on trust in AI than well-being level (Wang, et al., 2025).

Overall, the results revealed that using AI-assisted coping is common into young adults, coping practices and that is associated with trust in AI, but not directly with psychological well-being.

CONCLUSION

The current study examined AI-assisted psychological coping and psychological well-being among Indian young adults and found that AI-based tools are increasingly used for emotional regulation and stress management. The findings indicate that young adults use AI as a coping resource, and trust in artificial intelligence is positively related with AI-assisted coping. While, AI coping was not directly related to psychological well-being. However, trust in AI was psychologically meaningful in relation to AI coping. These finding suggest that artificial intelligence functions as a supportive and supplementary coping resource rather than a replacement. Overall, this study contributes to the growing literature studying technology assisted mental health and insight into the psychological role of AI use to young adults.

REFERENCES

Algorani, E. B., & Gupta, V. (2023, April 24). *Coping mechanisms*. StatPearls - NCBI Bookshelf. https://www.ncbi.nlm.nih.gov/books/NBK559031/

Aboueldahab, A., Damaschi, G., D'Addario, M., & Steca, P. (2025). Exploring Young Adults' attitudes toward AI-Driven mHealth Apps: Qualitative study. *JMIR Human Factors*, *12*, e76075. https://doi.org/10.2196/76075

Alotaibi, J. O., & Alshahre, A. S. (2024). The role of conversational AI agents in providing support and social care for isolated individuals. *Alexandria Engineering Journal, 108*, 273–284. https://doi.org/10.1016/j.aej.2024.07.098

Boutet, A., Haile, S. S., Yang, A. Z., Son, H. J., Malik, M., Pai, V., Nasralla, M., Germann, J., Vetkas, A., Khalvati, F., & Ertl-Wagner, B. B. (2024). Assessing the emergence and evolution of artificial intelligence and machine learning research in neuroradiology. *American Journal of Neuroradiology*, *45*(9), 1269–1275. https://doi .org/10.3174/ajnr.a8252

Biju, P. R., & Gayathri, O. (2023). The Indian approach to Artificial Intelligence: an analysis of policy discussions, constitutional values, and regulation. *AI & Society*, *39*(5), 2321–2335. https://doi.org/10.1007/s00146-023-01685-2

Bach, T. A., Khan, A., Hallock, H., Beltrão, G., & Sousa, S. (2022). A Systematic Literature Review of User Trust in AI-Enabled Systems: An HCI Perspective. *International Journal of Human Computer Interaction*, *40*(5), 1251–1266. https://doi.org/10.1080/ 10447318.2022.2138826

Baek, G., Cha, C., & Han, J. (2025b). AI Chatbots for Psychological Health for Health Professionals: Scoping review. *JMIR Human Factors*, *12*, e67682. https://doi.org/10. 2196/67682

Chakrapani, V., & Bharat, S. (2023). Mental health in India: Sociocultural dimensions, policies and programs – An introduction to the India series. *SSM - Mental Health*, *4*, 100277. https://doi.org/10.1016/j.ssmmh.2023.100277

Carver, C. S. (1997). Brief COPE inventory. *PsycTESTS Dataset*. https://doi.org/10.1037 /t04102-000

Chaaya, R., Sfeir, M., Khoury, S. E., Malhab, S. B., & Khoury-Malhame, M. E. (2025). Adaptive versus maladaptive coping strategies: insight from Lebanese young adults navigating multiple crises. *BMC Public Health*, *25*(1), 1464. https://doi.org/10.1186/ s12889-025-22608-4

Collins, C., Dennehy, D., Conboy, K., & Mikalef, P. (2021). Artificial intelligence in information systems research: A systematic literature review and research agenda. *International Journal of Information Management*, *60*, 102383. https://doi.org/10.10 16/j.ijinfomgt.2021.102383

Dhanabhakyam, M., & M, S. (2023). Psychological Wellbeing: Asystematic Literature Review. *International Journal of Advanced Research in Science Communication and Technology*, 603–607. https://doi.org/10.48175/ijarsct-8345

Dar, M. A., Amin, R., Khan, R. R., Bashir, N., Zuhare, S. M., & Hyder, A. (2025). Unveiling the mental health services gap: help-seeking and referral patterns in South Kashmir, India. *Middle East Current Psychiatry*, *32*(1). https://doi.org/10.1186/s430 45-025-00555-5

Gautam, S., Jain, A., Chaudhary, J., Gautam, M., Gaur, M., & Grover, S. (2024c). Concept of mental health and mental well-being, it's determinants and coping strategies. Indian Journal of Psychiatry, 66, 231–S244. https://doi.org/10.4103/indianjpsychiatry .indianjpsychiatry_707_23

Goswami, A. (2025). A Study on the Attitude towards Artificial Intelligence (AI) and the Need for Cognition among Young Adults. *International Journal of Interdisciplinary Approaches in Psychology*, *3*(12). https://doi.org/10.61113/ijiap.v3i12.1214

Gilmore, K. (2019). Is emerging adulthood a new developmental phase? *Journal of the American Psychoanalytic Association*, *67*(4), 625–653. https://doi.org/10.1177/0003065119868680

Hernandez, R., Bassett, S. M., Boughton, S. W., Schuette, S. A., Shiu, E. W., & Moskowitz, J. T. (2017c). Psychological Well-Being and Physical Health: Associations, Mechanisms, and Future Directions. *Emotion Review*, *10*(1), 18–29. https://doi.org/10.1177/1754073917697824

Hu, M., Chua, X. C. W., Diong, S. F., Kasturiratna, K. T. a. S., Majeed, N. M., & Hartanto, A. (2024). AI as your ally: The effects of AI-assisted venting on negative affect and perceived social support. *Applied Psychology Health and Well-Being*, *17*(1), e12621. https://doi.org/10.1111/aphw.12621

Hao, N., Chen, M., Zhao, N., Zhang, J., & Zheng, F. (2025). Artificial intelligence-assisted psychological intervention mechanisms for university students in the context of new media technologies: an analysis based on data from the national institute of mental health. *Frontiers in Psychology, 16*, 1619818. https://doi.org/10.3389/fpsyg.2025.1619818

Loies, S. E. (2025). Combating mental health stigma with artificial intelligence. In *Advances in human resources management and organizational development book series*, 169–192. https://doi.org/10.4018/979-8-3693-3960-2.ch009

Park, N., & Woo, H. (2025). Change in lifestyle and mental health in young adults: an exploratory study with hybrid machine learning. *Frontiers in Public Health*, *13*, 1562280. https://doi.org/10.3389/fpubh.2025.1562280

Reyes-Portillo, J. A., So, A., McAlister, K., Nicodemus, C., Golden, A., Jacobson, C., & Huberty, J. (2025). Generative AI–Powered Mental Wellness Chatbot for College Student Mental Wellness: open Trial. *JMIR Formative Research, 9*, e71923. https://doi.org/10.2196/71923

Rodrigues, F., Morouço, P., & Santos, T. (2023). Testing the Associations between Coping, Mental Health, and Satisfaction with Life in Portuguese Workers. *European Journal of Investigation in Health Psychology and Education, 13*(7), 1245–1256. https://doi.org/10.3390/ejihpe13070092

Schwartz, S. J. (2016). Turning point for a turning point. *Emerging Adulthood*, *4*(5), 307–317. https://doi.org/10.1177/2167696815624640

Sundqvist, A. J. E., Nyman-Kurkiala, P., Ness, O., & Hemberg, J. (2024). The influence of educational transitions on loneliness and mental health from emerging adults' perspectives. *International Journal of Qualitative Studies on Health and Well-Being*, *19*(1), 2422142. https://doi.org/10.1080/17482631.2024.2422142

Sachdeva, N., & Sachdeva, N. (2025). *Youth Pulse Report: Is AI becoming India's accidental therapist?* Youth Ki Awaaz. https://www.youthkiawaaz.com/2025/08/youth-pulse-report-is-ai-becoming-indias-accidental-therapist/

Surachman, A., & Almeida, D. M. (2018). Stress and coping Theory across the adult lifespan. *Oxford Research Encyclopedia of Psychology*. https://doi.org/10.1093/acrefore/9780190236557.013.341

Topp, C. W., Østergaard, S. D., Søndergaard, S., & Bech, P. (2015b). The WHO-5 Well-Being Index: A Systematic Review of the literature. *Psychotherapy and Psychosomatics, 84*(3), 167–176. https://doi.org/10.1159/000376585

Volpato, R., DeBruine, L., & Stumpf, S. (2025). Trusting emotional support from generative artificial intelligence: a conceptual review. *Computers in Human Behavior Artificial Humans*, *5*, 100195. https://doi.org/10.1016/j.chbah.2025.100195

Wang, Y., Wang, Y., Crace. K., & Zhang, Y (2025). Understanding Attitude and Trust of Generative AI Chatbots for Social Anxiety Support. *In CHI Conference on Human Factors in Computing Systems.* 1-21. https://doi.org/10.1145/3706598.371428

Acknowledgment

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interests.

How to cite this article: Prachi (2026). AI-Assisted Psychological Coping and Well-being among Indian Young Adults. *International Journal of Indian Psychology*, *14*(1)*,* 1567-1577. DIP:18.01.155.20261401, DOI:10.25215/1401.155