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Research Paper

The Role of Personality and Interpersonal Commitment in AI Companionship

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ABSTRACT

The objective of the study was to find whether there are significant differences between Non-Seekers and Frequent-Seekers of AI companionship in the Big 5 personality traits and Interpersonal Commitment. The sample consisted of 102 undergraduate students from the Delhi NCR region, aged 18-22. The tools used were the Big Five Inventory-2 Short Form and the Interpersonal Commitment Scale. The data was collected using a survey questionnaire. Independent T-test and one-way ANOVA were used to analyse the data. The results showed a significant difference between Frequent Seekers and Non-seekers of AI companionship in the personality trait of Open-Mindedness. Additionally, there was a significant difference between Non-seekers, Occasional seekers, and Frequent Seekers of AI companionship in the personality trait of Negative Emotionality.

Keywords: *Artificial Intelligence, AI Companionship, Personality, Interpersonal Commitment*

In 1950, Alan Turing's publication, 'Computing Machinery and Intelligence', laid the groundwork for Artificial Intelligence by proposing the question, 'Can machines think?' (Turing, 1950). The term 'Artificial Intelligence' was coined by John McCarthy in 1955. Artificial Intelligence, or AI, can be described as the imitation of human intelligence by a machine, such that it replicates processes such as perceiving, reasoning, planning, learning, etc. (Xu et al., 2021).

Among the most popular AI-powered products are AI chatbots. AI chatbots are programs that act as intermediaries between human users and computerised bots by using natural language processing, or NLP (Gupta, 2020). NLP is a combination of AI and linguistics whose aim is to make computers understand human language (Khurana et al., 2022).

In recent years, AI has made great strides and has been integrated into virtually every field, from medicine to marketing. Chatbots, too, have become more refined and specialized over time. Though the first chatbot, ELIZA, created by Joseph Weizenbaum in 1966, was developed to provide therapy by simulating the role of a therapist, chatbots today are designed for diverse purposes, from providing entertainment to helping create business strategies (Gupta, 2020).

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Chatbots in present times range from simple keyword scanning programs to highly advanced and sophisticated tools that employ Large Language Models, or LLMs (Emre Sadikoglu, 2023). LLMs are systems that are trained on a wide variety of data sources such as web text and conversational data (Liu et al., 2024), which allows them to understand and generate human language with exceptional proficiency (Gupta et al., 2025). Some examples of the most widely used LLM-based chatbots today include ChatGPT, Replika, Character.ai, Google Gemini, etc.

With the exponential growth and development of AI, a certain phenomenon is on the rise where users are interacting with chatbots for the purpose of companionship - i.e., users are seeking AI companionship. Research suggests that factors such as constant availability and non-judgmental nature make AI chatbots an appealing source of companionship (Bhat et al., 2025; Savic, 2024; Skjuve et al., 2021). Curbing feelings of loneliness by interacting with chatbots is another factor that has been highlighted across many studies (Siddals, et al., 2024; Jones et al., 2023; Merrill et al., 2022; Dosovitsky & Bunge, 2021).

A Systematic Literature Review shows that significant research has been done on AI companionship, and reflects that various trends are emerging in the phenomenon (Chaturvedi et al., 2023). A Teen Vogue article reported that in a survey on AI interactions, 72% of 1060 teen respondents used AI companions like ChatGPT and Google Gemini at least once, and 52% of the respondents interacted with AI companions a few times a month (Latifi, 2025). This reflects the extent to which AI companionship has taken over in present times.

In fact, studies have found that users of AI chatbots are not only perceiving chatbot companions as friends and relatives (Kouros & Papa, 2024) but even developing romantic feelings towards them (Chen et al., 2025; Wang et al., 2025; Li & Zhang, 2024). These findings indicate that users are seeking interaction from AI chatbots in every realm of interpersonal connection.

A study found that the interactions users had with the AI chatbot Replika were sometimes better than the interactions they had with other humans, owing to the emotional connection they felt with the chatbot due to factors such as accessibility, less judgment and selfish behavior compared to humans, etc. (Djufril et al., 2025). One study even discovered that the responses from ChatGPT were rated more empathetic than those of a human physician (Ayer et al., 2023).

Researchers in another study reported that 70% of the participants who interacted with chatbots suggested that the chatbots were a meaningful source of social connection for them. The researchers also found that participants saw a supportive interaction with ChatGPT to be more rewarding as compared to a less supportive interaction with a human (Folk et al., 2024).

Yet another study pointed out that the users of companionship chatbots perceived that their relationships with the chatbots were beneficial to their social health (Guingrich & Graziano, 2025). User-AI relationships have also been linked to subjective well-being (Zhang et al., 2024).

While AI companionship appears to have several advantages, researchers have highlighted several concerning factors emerging from it. These concerns must be addressed, especially

considering that chatbots are systematically designed by Tech companies to maximize user engagement, without considering the detrimental consequences of chatbot interaction (Frances & Ramos, 2025).

Within the wider framework of traditional technology dependence, chatbot dependence has been linked to depression and anxiety ((Zhang et al., 2025a). Frequent problems associated with AI companionship include the risk of developing emotional dependence on chatbots (Fang et al., 2025; Laestaduis et al., 2022), becoming attached to them (Freitas et al., 2024, Brandtzaeg et al., 2022), and the risk of experiencing adverse effects on real-life relationships (Talati, 2025).

It has been warned that seeking AI companionship frequently may result in digital entrapment (Richet, 2025). Yet another area of concern is the potential manipulation (Possati, 2022) as well as exploitation (Harris, 2022) from chatbots.

One study reported that the loss of AI companions for some users was characterized by extreme grief (Banks, 2024), reflecting the intensity of attachment that they had with their AI companions.

In one extreme, harrowing case, a 16-year-old boy committed suicide in 2025 after ChatGPT allegedly validated his self-destructive thoughts (Yousif, 2025).

With such alarming consequences and trends arising in the domain of AI companionship, it is of utmost importance that this phenomenon be investigated among different and diverse populations to understand how prevalent it is in different parts of the world, and how it impacts individuals from different cultural contexts.

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PERSONALITY, COMMITMENT, AND AI COMPANIONSHIP

Personality

Several studies have researched user personality traits in the context of AI companionship. One study explored how players perceive and relate to AI-generated characters in a game, and found that extroverted players are more likely to establish companionship with the characters, perceiving them as friends (Sun et al., 2025). Another study found that extroverted and conscientious users perceive companionship of smart speakers as a source of happiness (Ma & Huo, 2024). Overall, however, there is scant literature on how users' personality traits affect their interaction with AI (Chen et al., 2025). This necessitates investigating the personality traits of individuals who interact with AI for various purposes, including companionship.

Commitment

In the realm of commitment and AI companionship, most of the research has primarily extended the concept of commitment in human relationships to AI-human relationships, and emphasized on studying how users develop commitment towards chatbots. A recent study used the Triangular Theory of Love and the Attachment theory to explain users' feelings of romantic commitment towards AI companions (Ng et al., 2025). Another study used the

Rusbult (1980) model to explore how investments, alternatives, and satisfaction affect users' commitment towards AI companions (Djufril,et al., 2025). However, limited research has explored the real-life interpersonal commitment of individuals who seek AI companionship.

THEORETICAL BACKGROUND

Big 5 Personality Theory

The American Psychological Association (APA), describes personality as the ‘’enduring configuration of characteristics and behavior that comprises an individual’s unique adjustment to life, including major traits, interests, drives, values, self-concept, abilities, and emotional patterns’’ (American Psychological Association, 2018). The present research is based on the Big Five Personality Traits theory, built on the works of D. W. Fiske (1949), Norman (1963), Smith (1967), Goldberg (1981), and McCrae (1987). According to this theory, human personality can be categorized into five fundamental and universal traits – Openness to Experience, Conscientiousness, Extraversion, Agreeableness, and Neuroticism (Sangwan, 2023). These five traits are often referred to using the acronym ‘OCEAN’, and are measured on a spectrum i.e., from high to low.

Openness to Experience refers to the willingness to accept new outlooks and different kinds of change (Sangwan, 2023). Individuals who possess a high level of Openness to experience tend to be creative and imaginative (Dimitriou & Galanakis, 2022). On the other hand, individuals who score low in this trait tend to be close-minded and have low creative inclination. Openness to Experience is also referred to as Open-Mindedness (Soto & John, 2017).

Conscientiousness encompasses qualities such as responsibility, organization, and systemization (Sangwan, 2023). Individuals who score high in Conscientiousness are reliable, punctual, and goal-driven. On the other hand, individuals who score low in this trait tend to be disorganized, absent-minded, and prone to slacking off at work.

Extraversion refers to ease and comfort in social settings (Sangwan, 2023). Extroverts are outgoing, enjoy attention, and gain energy from social interactions. On the other hand, introverts prefer solitude over social interactions and are more reserved than extroverts. They dislike being the centre of attention, and recharge by being alone.

Agreeableness refers to the qualities of being cooperative, helpful, and trustworthy (Habib, 2023). Individuals who score low in Agreeableness tend to be unfriendly, unhelpful, and uncooperative.

The last Big Five Personality trait is Neuroticism. Individuals who score high on this trait tend to be anxious, insecure, and have low self-esteem (Habib, 2023). They get easily upset. On the other hand, individuals who score low on Neuroticism tend to be emotionally stable. Neuroticism is also referred to as Negative Emotionality (Soto & John, 2017).

Commitment

According to Romya Sharon Immadi et al. (2022), relationship commitment can be defined as ‘’intending to continue in a relationship with a given person.’’ Interpersonal Commitment is measured in three dimensions – Family, Friendship, and Relationship (Romya Sharon Immadi et al., 2022).

Anthropomorphism

The term Anthropomorphism was derived from the Greek words 'anthropos', meaning 'human', and 'morphe', meaning 'shape' or 'form'. Anthropomorphism refers to the human tendency to instil the behavior of nonhuman agents (such as animals) with human-like characteristics such as intention and motivation (Epley et al., 2007). It is a by-product of evolution. In recent years, the concept of anthropomorphism has been applied to understanding the nuances of human-robot interaction (Sinem Kuz et al., 2013), human-AI interaction (Xie et al., 2023), and human-chatbot interaction (Li et al., 2025). The theory has been used as a possible explanation for why users tend to perceive AI chatbots as companions and conversational partners.

CASA Theory

The Computer Are Social Actors (CASA) theory was developed by Nass, Steuer, and Tauber in 1994. The theory laid the groundwork for understanding all human-machine interactions, including human and chatbot interaction (Xu et al., 2022). The original theory entails that users give social responses to computers because they are natural responses to social situations (Nass et al., 1994). Although the CASA theory was originally applied in the context of desktop computers, over the last few decades, with the immense advancement in technology, research has found that the CASA theory no longer applies to them, suggesting that it may only be effective for new, emerging technologies (Heyselaar, 2023).

The Present Study

The study sought to fill the following research gaps: 1) How user personality traits affect their interaction with AI, with a particular emphasis on the personality traits of individuals who seek AI companionship; 2) What is the degree of real-life interpersonal commitment of individuals who seek AI companionship?

To define individuals who seek AI companionship and determine the frequency of seeking AI companionship, the study used the following definitions: 'Non-Seekers' of AI companionship were defined as individuals who never interact with AI chatbots with the intention of seeking companionship; 'Occasional Seekers' of AI companionship were defined as individuals who interact with AI chatbots with the intention of seeking companionship at least once every four weeks; 'Frequent Seekers of AI companionship were defined as individuals who interact with AI chatbots with the intention of seeking companionship at least once a week.

Scope of the Study

The participants were undergraduate students from the Delhi NCR region, aged 18-22. The sample comprised 102 participants, who were categorized based on the frequency of seeking AI companionship: 34 Non-Seekers, 34 Occasional Seekers, and 34 Frequent Seekers. The study highlighted the differences between the three groups in the Big 5 Personality traits and the Friendship dimension of Interpersonal Commitment.

Research Questions

The research questions that the study sought to answer are as follows:

- Q1: Is there a significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Open-Mindedness?
- Q2: Is there a significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Conscientiousness?

- Q3: Is there a significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Extraversion?
- Q4: Is there a significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Agreeableness?
- Q5: Is there a significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Negative Emotionality?
- Q6: Is there a significant difference between Non-Seekers and Frequent Seekers of AI companionship in the Friendship dimension of Interpersonal Commitment?

Research Hypotheses

Based on the research questions, the following hypotheses were formed:

1. H_0: There will be no significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Open-Mindedness.
2. H_0: There will be no significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Conscientiousness.
3. H_0: There will be no significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Extraversion.
4. H_0: There will be no significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Agreeableness.
5. H_0: There will be no significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Negative Emotionality.
6. $H_{0:}$ There will be no significant difference between Non-Seekers and Frequent Seekers of AI companionship in the Friendship dimension of Interpersonal Commitment.

METHODOLOGY

Sample

The participants were undergraduate students from the Delhi NCR region, aged 18-22. The sample size was 102, and the sample was categorized based on the frequency of seeking AI companionship. The final sample comprised 34 Non-Seekers of AI companionship, 34 Occasional Seekers, and 34 Frequent Seekers. The data was collected using a survey questionnaire.

Instruments

Two measures were used in this study:

1. **Big 5 Inventory-2-Short Form (BFI-2-S):** The BFI-2-S was developed by Soto & John (2017). The inventory comprises 30 items, with 6 items corresponding to each of the Big 5 Personality Traits: Open-Mindedness, Conscientiousness, Extraversion, Agreeableness, and Negative Emotionality.
2. **Interpersonal Commitment Scale (ICS):** The Interpersonal Commitment Scale was given by Romya Sharon Immadi et al. (2022). The scale measures the degree of Interpersonal Commitment in individuals and is intended for use among the age group18-25. The ICS is a Likert scale, and measures Interpersonal Commitment in three dimensions – Friendship, Family, and Relationship. The three dimensions are independent of each other. The present study solely focused on comparing the Friendship dimension scores of the participants. The Friendship dimension of the ICS consists of 20 items. The reliability of the Friendship scale is .708, while the Cronbach's Alpha Coefficient for the entire scale is .823. The scale also shows good content validity (Romya Sharon Immadi et al., 2022).

Data Analysis

SPSS was used to analyse the data, specifically employing the Independent T-test and One-way ANOVA. All the statistical tests were conducted at 0.05 level of significance.

RESULTS

Figure 1 depicts the average scores of Non-Seekers, Occasional Seekers, and Frequent Seekers in the Big 5 Personality traits (BFI-2-S).

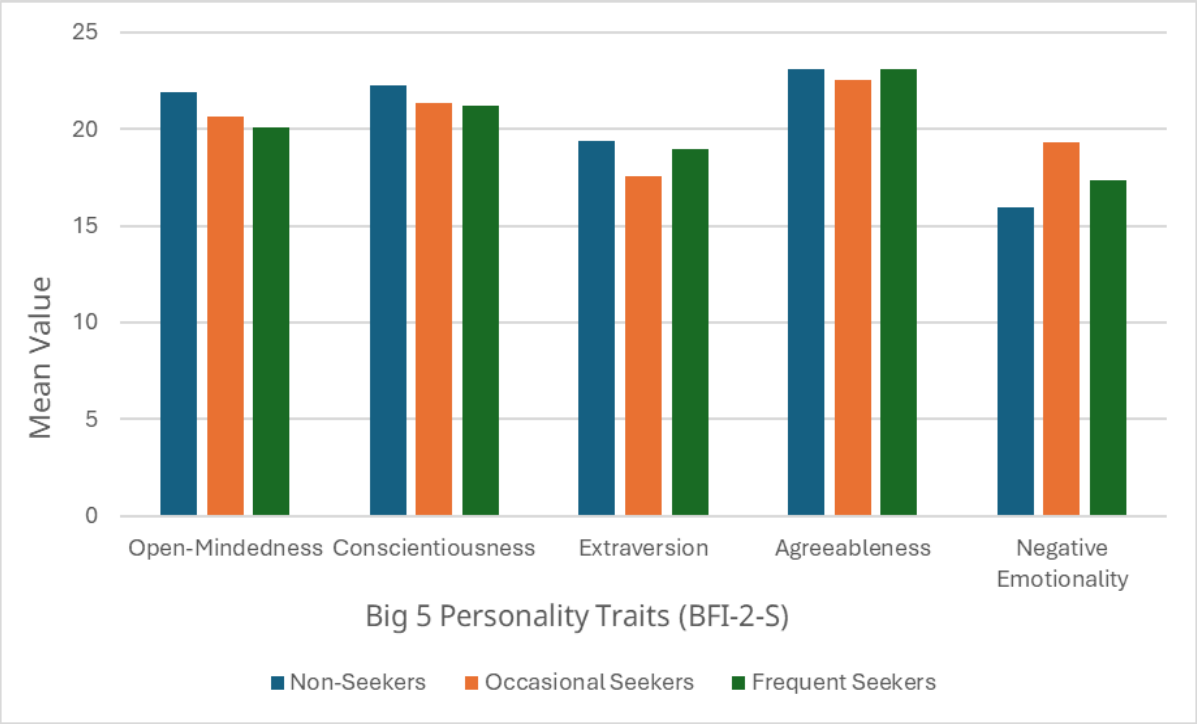

Figure 1 Average Scores of Non-Seekers, Occasional Seekers, and Frequent Seekers (BFI-2-S)

Figure 2 depicts the Gender demographics of the participants. Out of 102 participants, 64 (62.7%) were female, and 38 (37.3%) were male.

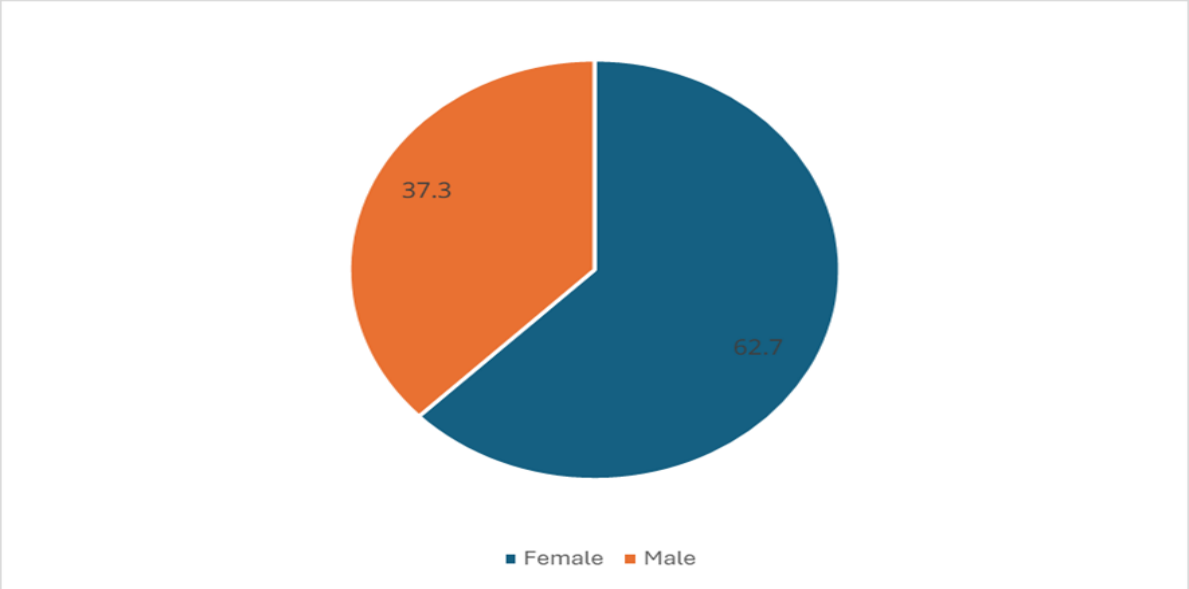

Figure 2 Gender of the Participants in Percentage (N = 102)

Figure 3 depicts the Age demographics of the participants: 18 (17.6%) of the participants were 18, 20 (19.6%) were 19, 29 (28.4%) were 20, 24 (23.5%) were 21, and 11 (10.8%) were 22.

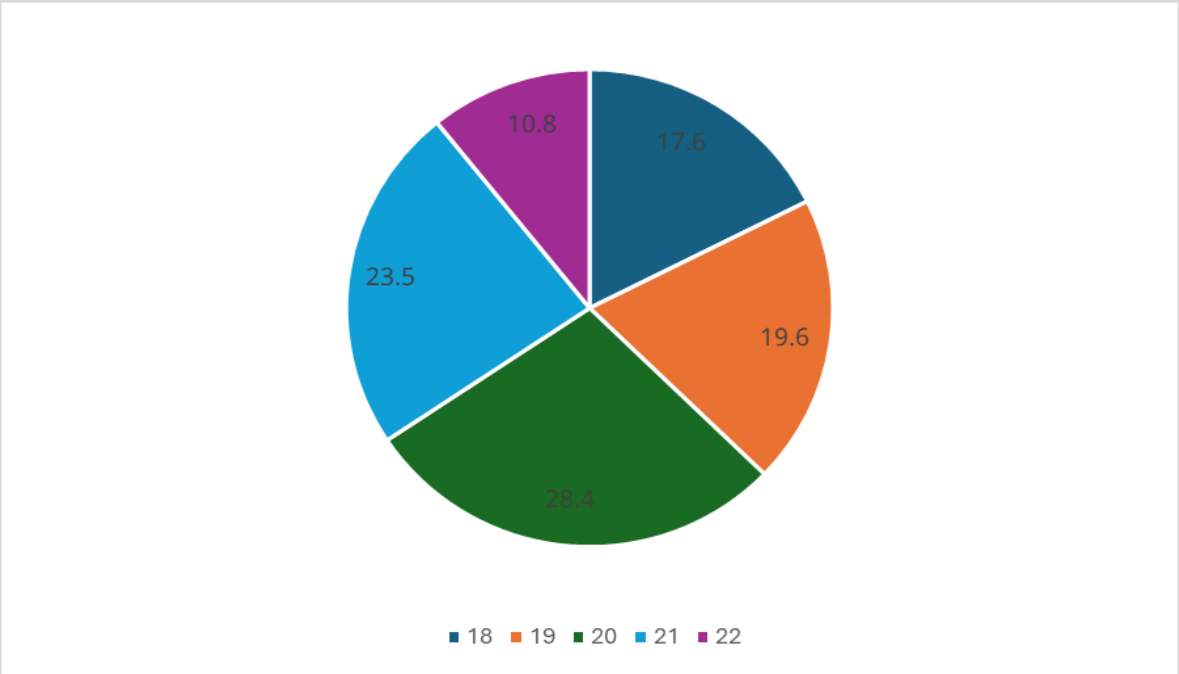

Figure 3 Age of the Participants in Percentage (N = 102)

Figure 4 depicts that the AI chatbot most used by Occasional Seekers and Frequent Seekers of AI companionship was ChatGPT (79.6%), followed by Google Gemini (12.5%), and Meta AI (7.8%).

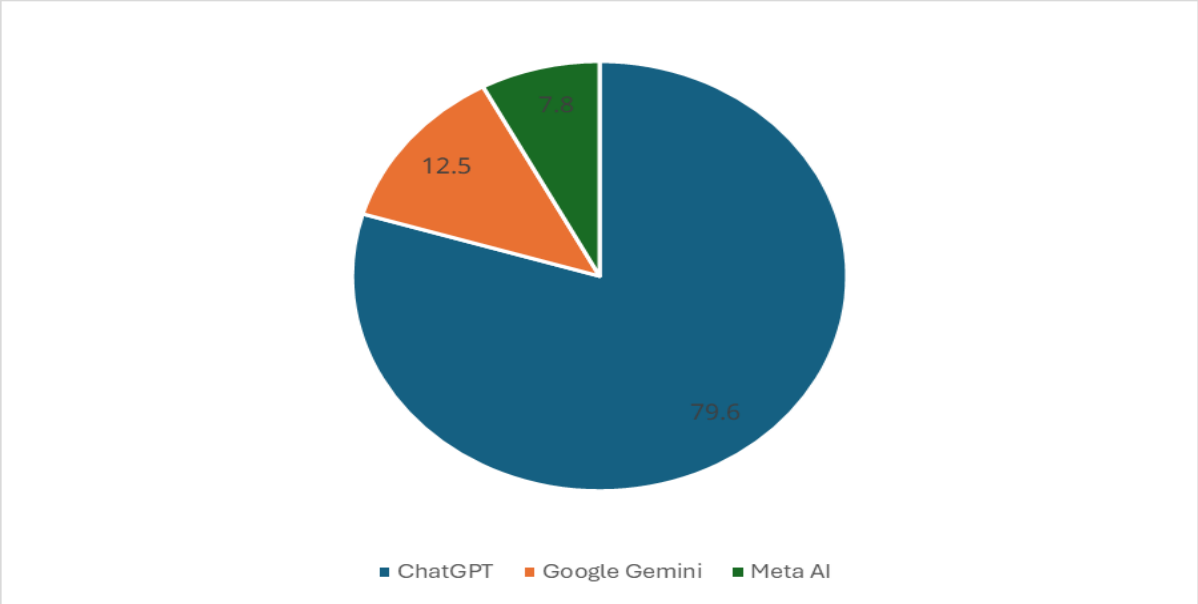

Figure 4 Percentage of Usage of AI Chatbots by Occasional and Frequent Seekers (N = 64)

The results of the Independent T-test showed a significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Open-Mindedness, with Non-Seekers scoring significantly higher than Frequent Seekers ($t = 2.155$; $p < 0.05$).

However, there was no significant difference between the two groups in the personality traits of Conscientiousness, Extraversion, Agreeableness, and Negative Emotionality.

Table 1 Independent T-test for Non-Seekers and Frequent Seekers (BFI-2-S)

Big 5 Traits (BFI-2-S)	**NS (*n*=34)**		**FS (*n*=34)**		***t*-value (*df*=66)**
	Mean	***SD***	**Mean**	***SD***	
Open-Mindedness	21.91	4.09	20.08	2.75	2.15*
Conscientiousness	22.23	4.29	21.23	4.23	0.96
Extraversion	19.41	3.86	18.94	4.82	0.44
Agreeableness	23.11	4.28	23.11	4.26	0
Negative Emotionality	15.94	4.41	17.35	4.73	-1.27

*Note. M = Mean; SD = Standard deviation; NS = Non-Seekers; FS = Frequent Seekers *p < 0.05*

Additionally, no significant difference was found between Non-Seekers and Frequent Seekers of AI companionship in the Friendship dimension of Interpersonal Commitment.

Table 2 Independent T-test for Non-Seekers and Frequent Seekers (ICS)

ICS Dimension	**NS (*n*=34)**		**FS (*n*=34)**		***t*-value (*df*=66)**
	Mean	***SD***	**Mean**	***SD***	
Friendship	64.29	7.91	62.32	6.78	1.10

Note. M = Mean; *SD* = Standard deviation; NS = Non-Seekers; FS = Frequent Seekers **p* < 0.05

The results of one-way ANOVA reflected that there was a significant difference between Non-Seekers, Occasional Seekers, and Frequent Seekers of AI companionship in the personality trait of Negative Emotionality ($F = 4.367$; $p = < 0.05$). However, Tukey's HSD post-hoc analysis revealed that the difference was only significant between Non-Seekers and Occasional Seekers, while there was no significant difference between any other pairs (Non-Seekers/Frequent Seekers and Occasional Seekers/Frequent Seekers).

There were no significant differences between the three groups of participants in the personality traits of Open-Mindedness, Conscientiousness, Extraversion, and Agreeableness.

Table 3 ANOVA for Non-Seekers, Occasional Seekers, and Frequent Seekers (BFI-2-S)

Big 5 traits (BFI-2-S)		**NS (*n*=34)**	**OS (*n*=34)**	**FS (*n*=34)**	***F* (*df*=2,99)**	**Tukey HSD post-hoc**
Open-Mindedness	M	21.91	20.67	20.08	2.707	-
	(SD)	(4.09)	(2.87)	(2.75)		
Conscientiousness	M	22.23	21.38	21.23	0.558	-
	(SD)	(4.29)	(4.10)	(4.23)		
Extraversion	M	19.41	17.55	18.94	1.502	-
	(SD)	(3.86)	(4.97)	(4.82)		
Agreeableness	M	23.11	22.55	23.11	0.203	-
	(SD)	(4.28)	(3.96)	(4.26)		
Negative Emotionality	M	15.94	19.35	17.35	4.367*	OS > NS
	(SD)	(4.41)	(5.17)	(4.73)		

Note. M = Mean; *SD* = Standard deviation; NS = Non-Seekers; OS = Occasional Seekers; FS = Frequent Seekers **p* < 0.05

Additionally, no significant differences were found between Non-Seekers, Occasional Seekers, and Frequent Seekers of AI companionship in the Friendship dimension of Interpersonal Commitment.

Table 4 ANOVA for Non-Seekers, Occasional Seekers, and Frequent Seekers (ICS)

ICS Dimension		NS (*n*=34)	OS (*n*=34)	FS (*n*=34)	*F* (*df*=2,99)	Tukey HSD post-hoc
Friendship	M	64.29	64.32	62.32	0.77	-
	(SD)	7.91	7.97	6.78		

Note. SD = Standard deviation; NS = Non-Seekers; OS = Occasional Seekers; FS = Frequent Seekers
*$p < 0.05$

DISCUSSION

A major trend observed in the data was that the number of Occasional Seekers of AI companionship was much higher than expected – in fact, the proportion of Occasional Seekers was equal to that of Non-Seekers and Frequent Seekers (N = 102; Non-Seekers = 34, Occasional Seekers = 34, Frequent Seekers = 34). Occasional Seekers were defined as individuals who interact with AI chatbots with the intention of seeking companionship at least once every four weeks. This trend of a high number of Occasional Seekers suggests that, at present, there is an emerging category of individuals who neither completely avoid AI companionship, nor seek AI companionship too often.

The data shows that in total, two-thirds or 66.7% of the participants seek AI companionship (Occasional Seekers and Frequent Seekers), while only one-third or 33.3% of the participants do not engage with AI chatbots for companionship (Non-Seekers). Thus, it may be inferred that at present, the number of individuals who interact with AI for companionship (regardless of frequency), is much higher than the number of individuals who don't seek AI companionship.

The results of one-way ANOVA showed that there was a significant difference between Non-Seekers, Occasional Seekers, and Frequent Seekers of AI companionship in the personality trait of Negative Emotionality. However, Tukey's HSD post-hoc analysis revealed that the difference was only significant between Non-Seekers and Occasional Seekers, while there was no significant difference between any other pairs (i.e. Non-Seekers/Frequent Seekers, and Occasional Seekers/Frequent Seekers). Currently, very limited research has explored the psychological attributes of Occasional seekers of AI companionship or occasional users of AI chatbots, as most of the studies have focused on assessing individuals with frequent and intense usage patterns. However, the significantly high scores of Occasional Seekers in Negative Emotionality warrant further investigation of the psychological attributes of non-frequent or occasional users of AI chatbots. This is especially important considering that the findings suggest that most of the population now falls under the category of seeking AI companionship, regardless of frequency.

There was no significant difference between Non-Seekers, Occasional Seekers, and Frequent Seekers of AI companionship in the personality traits of Openness to Experience, Conscientiousness, Extraversion, and Agreeableness.

Additionally, no significant difference was found between Non-Seekers, Occasional Seekers, and Frequent Seekers of AI companionship in the Friendship dimension of

Interpersonal Commitment. This can be explained by the collectivistic culture of India, where cohesion, loyalty, and group harmony are emphasized (Dr. Neera, 2020).

The results of the Independent T-test showed that a significant difference exists between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Open-Mindedness, with Frequent Seekers showing significantly lower scores than Non-Seekers. Research suggests that AI has made the creation of artworks very convenient because of its ability to generate a wide variety of artistic creations such as visual art, music, and literature (Ume & P, 2025). In fact, there have been growing concerns that using AI to generate ideas may hinder the development and creative abilities in students (Worwood, 2026). This convenience and efficiency of AI in generating creative ideas could be why individuals with lower creative inclination, i.e. Frequent Seekers, are gravitating towards engaging with AI (for companionship or other purposes) more often than individuals with higher creative inclination, i.e. Non-Seekers. In fact, the data of the participants' AI usage reflects that while only 50% of Non-Seekers of AI companionship use AI chatbots frequently for other purposes, nearly 80% of Frequent Seekers of AI companionship use AI chatbots frequently for purposes in addition to companionship. Thus, it may be concluded that Frequent Seekers of AI companionship are frequent users of AI chatbots in general, and may be at risk of developing dependency on AI because of its convenience and efficiency in generating creative projects.

There was no significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Conscientiousness. This could be because in India, conscientiousness traits such as organization, discipline, industriousness, etc. are high in students owing to the brutal competition for employment in the country, which necessitates studying hard in order to secure jobs (Nishaat, 2024). Since AI is still a recent technology, interacting with it may not have influenced the Conscientiousness trait of the student participants to a significant extent.

There was no significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Extraversion. However, the mean scores of Frequent Seekers of AI companionship were slightly lower than those of Non-Seekers, implying that Frequent Seekers are slightly more introverted than Non-Seekers. Though this difference is not significant at present, it is important to highlight it because research suggests that introverted individuals find AI interactions more comfortable since they are less daunting than human interactions (Ghosh et al., 2024). Thus, Frequent Seekers of AI companionship may eventually become vulnerable to developing AI dependence.

There was no significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Agreeableness – in fact, both groups of participants had the exact same scores on the trait! This finding can be supported by the collectivistic culture of India. In collectivistic cultures, qualities encompassed in Agreeableness such as cooperativeness, kindness, and generosity, are strongly emphasized. A study found that people belonging to collectivistic cultures score significantly higher in the personality trait of Agreeableness as compared to people belonging to individualistic cultures (Saha et al., 2018). Because both groups of participants, i.e. Non-Seekers and Frequent Seekers of AI companionship, belong to a country with a collectivistic culture, i.e. India, it may be the reason why there were no differences between the two groups both in the personality trait of Agreeableness. Thus, the finding suggests that seeking companionship with AI hasn't had

any influence on the Agreeableness of the Frequent Seekers of AI companionship at present.

There was no significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Negative Emotionality. However, the mean score of Frequent Seekers was slightly higher than that of Non-Seekers. Although this difference is not significant at present, it is important to acknowledge it because previous research has shown that intensive usage of AI chatbots for companionship is linked to lower levels of psychological well-being (Zhang et al., 2025b). Plus, Frances & Ramos (2025) warned that the compulsive validation provided by chatbots can promote serious mental health harms, such as supporting self-harm impulses, delusional beliefs, and eating disorders. All these detrimental effects associated with chatbot interaction may exacerbate the psychological vulnerabilities of individuals who frequently seek companionship with AI, and may intensify their Negative Emotionality-related traits. Thus, Frequent Seekers of AI companionship may be at risk of worsening of their mental health.

Additionally, no significant difference was found between Non-Seekers and Frequent Seekers of AI companionship in the Friendship dimension of Interpersonal Commitment. This can again be explained by the fact that India is characterized by a collectivistic culture, where the values of friendship and interpersonal bonding are fostered. Thus, even if individuals seek companionship from an external source, it is unlikely that they will immediately disregard the enduring values of the culture they belong to. On the other hand, it is important to consider that the mean score of Frequent Seekers was slightly lower than that of Non-Seekers in the Friendship dimension of interpersonal commitment. This is because previous research has raised concerns about the impact of AI companionship on human relationships, specifically highlighting the concern of replacement of human relationships (Malfacini, 2025), and that of users being used to not giving much in relationships since AI companionship is less demanding (Ciriello et al., 2024). Since AI companionship is an emerging phenomenon, it may not have influenced the degree of interpersonal commitment of Frequent Seekers to a significant extent. However, amid growing apprehension about the impact of AI companionship on human relationships, it is vital for research to keep track of the degree of interpersonal commitment that Frequent Seekers of AI companionship exhibit over time.

In conclusion, the study provides evidence that there is a significant difference between Non-Seekers and Frequent Seekers of AI companionship in the personality trait of Open-mindedness. There is also a significant difference between Non-Seekers and Occasional Seekers of AI companionship in the personality trait of Negative Emotionality. The findings also show that, at present, there are more individuals seeking AI companionship than those who are not.

The study had several limitations. Firstly, the sample size was small, and the sample merely consisted of a specific group of participants i.e. undergraduate students from Delhi NCR. Future studies may include a bigger sample size, different populations, and consider a larger geographical region for data collection to facilitate greater generalizability of the results. Since AI technologies have pervaded virtually every aspect of our daily lives, future studies should investigate the differences in the personality traits and interpersonal commitment of Frequent Seekers, Occasional Seekers, and Non-Seekers of AI companionship at regular intervals to observe whether any other trends emerge, and to keep a regular track of the impact of AI interaction on users. Additionally, there is an urgent need to investigate the

psychological attributes of occasional users, as the number of AI chatbot users is rapidly increasing every day.

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