

AI vs AI Hype: Understanding the Reality Behind the Buzz

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Abstract: *In recent years, Artificial Intelligence, especially Generative AI, has increased tremendously and is now being used in education, healthcare, business, and daily living. While rapid growth evokes excitement, it has also generated fear among young people with regard to job security and future career opportunities. This study will, therefore, seek to understand the difference between the hype and real-world impact of AI. The study is based on secondary data collected from reports published by IBM, OpenAI, McKinsey and World Economic Forum. The analysis shows that although AI is widely adopted, most organizations are still at the experimenting stage of using it for complete business transformation. At the same time, AI is creating new job roles and enhancing productivity rather than entirely replacing human workers. This study indicates a strong need for awareness, education, and skill development so that persons can confidently adapt to the AI-driven future.*

Keywords: Artificial Intelligence, Generative AI, AI Hype, AI Reality, Employment Impact, Digital Transformation

