


Chapter 8

The Implementation of AI-Generated Art in Increasing Student Wellness: Systematic Literature Review

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ABSTRACT

This paper explores the emerging role of AI Art in addressing mental health challenges among college students, who face escalating pressures related to academics, social adaptation, and future uncertainty. Empirical evidence suggests that artistic creation can mitigate anxiety and depression, and AI's accessibility—lowering technical barriers and enabling instant creative expression—enhances its therapeutic potential. However, challenges such as public skepticism about AI's creative agency and ethical concerns require further interdisciplinary research. By synthesizing perspectives from aesthetics, psychology, and technology, this review highlights AI Art's dual function: as a tool for personal emotional regulation and a catalyst for redefining artistic collaboration. Future directions should focus on validating clinical efficacy, addressing biases, and integrating AI Art into structured mental health interventions.

DOI: 10.4018/979-8-3373-7508-3.ch008

1. INTRODUCTION

Artificial intelligence plays an important role in various aspects of today's society (Ahmad et al., 2021). Nowadays, artificial intelligence has already become a part of our lives (Chatterjee, 2022). As time goes by, artificial intelligence is also evolving, and human thinking is different from the past (Doroudi et al., 2023). Against the backdrop of rapid advancements in digital technology, AI-generated art has become an important branch of modern art creation (Danesi et al., 2024). As for what AI art is, simply put, AI art refers to any form of art that is created or enhanced using artificial intelligence tools (Trach et al., 2024). In simple terms, AI art refers to any form of art that is created or enhanced using artificial intelligence tools. Many artists use the term “collaboration” to describe their creative process with artificial intelligence (Cetinic & She et al., 2022).

Artificial intelligence art is not only widely used in visual arts, music, and literary creation but is also gradually penetrating the field of mental health (Saraceni et al., 2023). The mental health of college students is challenged due to issues such as academic pressure, social adaptation, and future planning (Malau-Aduli et al., 2021). In recent years, psychological research has shown that artistic creation can effectively alleviate psychological issues such as anxiety and depression, and the involvement of artificial intelligence has further expanded the possibilities of art therapy (Shukla et al., 2022).

Regarding AI ART, scholars have differing opinions. Mikalonyté and Kneer investigated whether people consider paintings created by artificial intelligence as art and whether they think robots are artists. They found that the audience's evaluation of the quality of AI-generated images was similar to that of human artworks, but they were significantly less inclined to attribute the creation to robots or believe it had creative intent. This highlights the psychological gap between recognizing something as art and accepting its creator as a true “artist” (Messingschlager et al., 2025). In a comprehensive review, Epstein, Hertzmann and collaborators argued generative AI should be regarded as a new creative medium. It enables innovation in visual art, music, literature, and video. They emphasize interdisciplinary study—covering aesthetics, law, economics, and media—to understand AI's impact. They do not view it as a threat to art, but as a tool enabling new forms of expression (Ghosh & Fossas et al., 2022). Lucas Bellaiche think that examined how people perceive art created by AI compared to art created by humans through experimental methods. They found that labeling the same artwork as “AI-created” significantly lowered the viewers' ratings—even when they could not distinguish the source, they still perceived these artworks as less beautiful, meaningful, and skillfully crafted. The results highlight the persistent bias against AI-generated art, which mainly stems from assumptions about effort, emotion, and narrative depth (Bellaiche et al., 2023).

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