









Research Article

# AI Love You: Exploring the Level of Satisfaction of Using Artificial Intelligence as to Having Romantic Relationship

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**Abstract:** At this modernity, various applications have been innovated to entertain people and foster romantic connections, with one of the most notable being the increasing integration of artificial intelligence (AI) in romantic relationships. This study, conducted in the Philippines, aims to explore the relationship between relationship satisfaction from using AI in romantic relationships and the level of AI usage, while evaluating its significance in today's generation. A total of 338 students ranging from Grade 11 to fourth-year college students, participated in this research, which employs a quantitative approach with a descriptive research design. The results revealed that participants were "satisfied" with their relationship satisfaction from using AI ( $M = 3.71$ ,  $SD = 0.79$ ), with 67% to 98% agreeing that AI positively influences their romantic relationship satisfaction. The overall AI usage in romantic relationships had a high mean score ( $M = 3.66$ ,  $SD = 0.66$ ), suggesting significant engagement with AI in this context. A moderately positive correlation ( $r = 0.585$ ,  $p < 0.000$ ,  $N = 338$ ) was found between AI usage and relationship satisfaction, indicating that as AI usage increases, so does relationship satisfaction, underscoring the role of AI in enhancing emotional aspects of romantic relationships.

**Keywords:** relationship assessment; AI-driven platforms; romantic interactions; romantic satisfaction

## 1. Introduction

Innovative technologies fundamentally reshape communication since they change the dynamics of interaction (Hohenstein et al., 2023). Modern transformations in digital communication facilitate constant connectivity and emotional exchange. The digitalization of romantic discourse also influences expectations and fosters a more performative and algorithm-driven approach to affection (Bandinelli, 2022). These shifts signify a broader evolution in human relationships, where the nature of intimacy is increasingly shaped by technological mediation to challenge traditional notions of presence, attachment, and commitment.

Artificial intelligence (AI) influences the communication of romantic relationships as well (Liu et al., 2024). Through AI-driven mediation, communication becomes increasingly data-driven, shaping relational discourse based on algorithmic analysis rather than spontaneous human intuition. Through platforms such as AI Dungeon and Replika, people can communicate affectionately with artificially intelligent buddies. Additionally, AI is enhancing dating apps and chat services and facilitating connections through sophisticated, computer-generated conversations (Bandinelli & Gandini, 2022).

Worldwide, AI-driven platforms such as Replika, Cove, Cici, and AI Dungeon are reshaping emotional and romantic relationships because they are able to provide virtual partners that mimic human-like dialogue and support (Wu, 2024). Moreover, messaging applications like Facebook Messenger, WhatsApp, and Instagram have also incorporated AI features to assist users in planning dates, suggesting matches, and interacting with bots. While these innovations improve personalization and efficiency in relationships, they also prompt discussions about authenticity and emotional depth (Weber-Guskar, 2021). Research by Li and Zhang (2024) indicates that users who maintain realistic expectations of AI companions

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tend to experience greater satisfaction, as AI systems like Meta AI, ChatGPT, and Gemini facilitate increasingly human-like exchanges.

In the Philippines, where the implementation of AI is still on the rise, it is becoming particularly popular among Filipino millennials in the romantic sphere. A 2017 Havas study (Havas, 2017) revealed that 12% of Filipino millennials were open to the idea of romantic relationships with robots, and 25% believed that AI-driven romantic connections would become commonplace. A comparative investigation on attitudes toward romantic relationships among Asian students found that both groups were undecided in their attitudes toward romantic relationships, reflecting a potential ambivalence that might extend to AI involvement in such relationships (Jiao et al., 2024).

Taking this into consideration the previous research in the field (Bandinelli, 2022; Liao et al., 2024), it has become obvious that the rapid evolution of digital communication necessitates a closer look at these changes. Hence, the study addresses the knowledge gap concerning the romantic experiences of students at the University and is to explore the satisfaction levels of College students regarding AI-powered romantic relationships.

This study *aims* to assess the relationship satisfaction and the extent of AI usage in romantic relationships among students, as well as to explore the connection between these two factors.

To achieve this, the study focuses on the achievement of the following *research objectives*:

1. to measure the level of relationship satisfaction among students using AI in romantic relationships;
2. to determine the level of usage of AI in romantic relationships among students;
3. to examine the correlation between relationship satisfaction and AI usage in romantic relationships among students.

## 2. Literature Review

### 2.1. *The Transformative Role of AI and Its Impact on Human Relationships*

AI holds transformative significance across various fields due to its ability to enhance efficiency, decision-making, and innovation through intelligent automation and data-driven insights. Its ability to process vast amounts of information enables optimization, predictive modeling, and adaptive learning, fundamentally reshaping traditional methodologies (Krzyszowski et al., 2024). AI applications are transforming management domains such as operations, strategy, and human resources (Sridevi & Suganthi, 2022). As well as empathetic AI, compassionate AI, emotional AI, and affective computing are developing concepts in AI-enabled technologies (Shen et al., 2024). AI systems, which are driven by machine learning, natural language processing, and deep learning, are made to simulate human-like interactions. Some users even establish romantic, sexual, or intensely personal connections with virtual companions (Chen et al., 2025; Strohmman et al., 2022).

In the study conducted by Skjuve, Følstad, Fostervold, and Brandtzaeg (2022) it was stated that engaging with social chatbots, such as Mitsuku, lessens the vital importance of being physically present in social situations. Another one is the modern AI companion “Replika: My AI friend” that has mates and therapeutic tools to lessen users’ feelings of loneliness. (Chaturvedi et al., 2023; Skjuve et al., 2022) as well as provides beneficial company and social assistance (Darcy et al., 2021).

According to a recent survey (Chaturvedi et al., 2023), significantly larger percentage of young individuals (25%) think that AI might eventually replace romantic relationships in real life. Some findings demonstrate the AI contributes to the development of human connections with the users (Chen et al., 2025). AI chatbots, which display exceptional realism, flexibility, and interactive fluidity, have the capability to gradually change throughout the conversation, adapting their responses to the needs, interests, and communication preferences of users (Pugeda & Aguas, 2024).

### 2.2. *The Relationship Assessment Scale and Its Relevance in Evaluating AI-Human Romantic Interactions*

Hendrick created the Relationship Assessment Scale (RAS) in 1988 with the goal of evaluating important facets of interpersonal relationships, such as closeness, communication, commitment, satisfaction, and conflict resolution (Hendrick, 1988). Presently, the RAS is a widely used psychometric tool designed to measure relationship satisfaction through a brief, reliable self-report questionnaire as well as it has contributed to the growing field of positive relationship science (Cloonan et al., 2024). The preconditions for its creation

stem from the need for a concise yet comprehensive instrument that could evaluate relationship satisfaction across different populations and settings.

Given the increasing integration of AI in romantic interactions, the RAS becomes particularly significant in contemporary research, as it can be adapted to assess not only traditional romantic satisfaction but also the extent of AI usage in relationships, particularly among students. The RAS is applicable for companionship-like platforms like Replika and Mitsuku. These AI-driven relationships reflect certain dynamics found in human connections, offering insights into their advantages and limitations compared to traditional human bonds.

In AI-human relationships, satisfaction arises from the emotional support provided by AI companions. AI systems like Replika tailor their responses to cater to individual emotional needs, which enhances the sense of connection (Skjuve et al., 2022). However, these connections are fundamentally one-sided, as AI lacks true emotional reciprocity. Thus, while users may feel a high level of satisfaction in terms of social interaction, it does not achieve the same depth as the satisfaction derived from human relationships.

Communication with AI is facilitated by advanced natural language processing, enabling dynamic and personalized conversations (Hohenstein et al., 2023). Systems like Mitsuku can adapt to user needs, fostering a sense of genuine communication. Nonetheless, are the limits of the use of AI and the responses are produced through algorithms and lack emotional depth (Montemayor et al., 2022). While users may find these interactions meaningful, the lack of authentic emotional engagement restricts the true nature of communication with AI.

In terms of commitment and intimacy within AI-human interactions, the experience is somewhat restricted. AI companions can offer consistent engagement, but their inability to comprehend emotions hinders genuine mutual commitment (Chen et al., 2025). Although AI can simulate intimacy by responding to users' emotional needs, it cannot genuinely experience or reciprocate emotional vulnerability (Shen et al., 2024). As a result, relationships with AI tend to be more superficial.

### 3. Materials and Methods

#### 3.1. Research Design

The theoretical framework for this study is built on social exchange theory and media equation theory, which help explain the dynamics of AI-mediated relationships and their impact on users' satisfaction. Social exchange theory (Ahmad et al., 2023; Ypsilanti, 2024) suggests that individuals assess relationships based on the balance of rewards and costs, seeking to maximize emotional fulfillment while minimizing emotional or relational costs. In AI-driven romantic relationships, the benefits may include emotional support, companionship, and personalized interactions, while the costs could involve the lack of authentic emotional reciprocity. Meanwhile, media equation theory (Reeves & Nass, 1996) posits that people perceive computers and AI systems as social actors, often responding to them in ways similar to how they would interact with humans. This theory is essential in understanding why users may feel a level of satisfaction in AI relationships despite the absence of genuine human emotions.

This research adopts a quantitative design with a descriptive-correlational approach, aiming to examine the relationship between AI interactions and relationship satisfaction among senior high school and college students. The first stage of the research involves a survey-based data collection using the RAS to measure relationship satisfaction in both AI and traditional human relationships. The second stage focuses on data analysis to identify any significant correlations between the extent of AI use and levels of satisfaction, as well as to explore differences based on variables such as age, gender, and frequency of AI interaction. The study aims to provide valuable data on the influence of AI on emotional fulfillment in relationships, contributing to a broader understanding of the role of AI in modern romantic dynamics.

#### 3.2. Samples and Participants

The study included 338 participants representing a mix of college and senior high school students. Purposive sampling was used to choose these individuals, guaranteeing that every student had an equal chance to participate in the study that looked into the relationship between artificial intelligence use and romantic relationship happiness. There were 163 female participants (48.3%) and 172 male participants (51.0%), indicating a fairly balanced gender mix. The small minority of participants (n=2, 0.6%) who identified as LGBTQ+ contributes to the diversity of the sample. The age distribution indicated that a sizable percentage of



respondents, precisely 62.9% (n=212), were between this distribution is significant as it allows the study to examine how the use of AI and relationship satisfaction might differ among various age groups, particularly among younger, tech-savvy students.

The majority of participants were First Year students (n=147, 44.2%), with Second Year students following at (n=98, 29.5%). Among the third year students, 19.9% were made up by Third Year participants (66 students), while the fourth year participants were very few as they made up 2.7% (9 students). There were even some students in Grade 11 (8 students, 2.4%) and Grade 12 (4 students, 1.2%), though these were very tiny numbers. This distribution highlights a strong presence from the early years of university, making the findings relevant to a wide range of students, including those in college and senior high school. The diverse demographics of the sample, which includes various genders, ages, and year levels, allow for a broad exploration of how different student groups interact with AI in their romantic relationships. This diversity is essential for understanding how demographic factors may affect the connection between AI usage and relationship satisfaction. Table 1 characterizes the respondents' demographics in details.

**Table 1.** Characteristics of respondents.

Profile	Quantity	Percentage
<i>Gender</i>		
Male	172	51.0%
Female	163	48.3%
LGBTQ+	2	0.6%
<i>Age</i>		
16-18	49	14.5%
19-21	212	62.9%
22-24	49	14.5%
24 and above	27	8.0%
<i>Year level</i>		
Grade 11	8	2.4%
Grade 12	4	1.2%
1 <sup>st</sup> year college	147	44.2%
2 <sup>nd</sup> year college	98	29.5%
3 <sup>rd</sup> year college	66	19.9%
4 <sup>th</sup> year college	9	2.7
<b>TOTAL</b>	<b>338</b>	<b>100%</b>

### 3.3. Instruments and Procedures

In recent research the Artificial Intelligence Use Motives Questionnaire (AIUMQ) and the RAS were used to measure the same aspects of attitudes, subjective norms, PBC as well as IDA pre-post exposure to a Human-Computer Interaction (HCI) during which the anticipated use of this AI-based HCI was manipulated. The AIUMQ, which has been discussed the work of Yurt and Kasarci (2024) measures 20 items to assess the diverse motivations which lead to AI utilization about regular life. Existing research supports the validity of structured findings in assessing physician attitudes (Cronbach's alpha. 82 to 90). Moreover, instrument pilot testing was conducted at school in order to establish its relevance and validity in the context of the Philippines.

The RAS was used to assess how the participants were satisfied in their romantic relationships. In this context, some findings focus of the exploration of the motivations, practices, and benefits/risks of these conversational chatbots (Liao et al., 2023). This scale has 20 items that look at the emotional and practical aspects of how happy people are in their relationships. With a Cronbach's alpha of 0.89, which means this tool is also very dependable. On the other hand, the AIUMQ has a Cronbach's alpha of 0.94 which indicates a good internal reliability of the questionnaire. In this study, we also checked how reliable it was through pilot testing. Both scales used a Likert-type format. This format went from 1 (Disagree) to 5 (Agree) to measure how people responded. Table 2 shows the assessment of romantic satisfaction through RAS.

**Table 2.** Romantic satisfaction through RAS.



Mean Interval	Descriptive Rating	Descriptive Interpretation
4.60-5.00	Highly Satisfied	The participants strongly believe that AI plays a significant role in enhancing their relationship satisfaction, indicating that AI use has a very positive impact.
3.01- 4.59	Satisfied	A majority of participants agree that AI positively influences their romantic relationship satisfaction, though to a slightly lesser extent than those who strongly agree.
2.60-3.00	Neutral	Some participants feel neutral about AI's impact on their relationship satisfaction, suggesting no strong opinion or moderate effects.
1.60-2.59	Unsatisfied	A portion of participants disagree, feeling that AI has little to no effect on their relationship satisfaction, indicating limited or no perceived benefits.
1.00-1.59	Strongly Unsatisfied	A small number of participants report any positive effects from AI, indicating that AI is not contributing to relationship satisfaction in their experiences.

At the same time, the questionnaire was used to evaluate the use of AI as a tool in their romantic relationships among students. Table 3 presents the scale used to evaluate the use of AI.

**Table 3.** The use of AI.

Mean Interval	Descriptive Rating	Descriptive Interpretation
4.60-5.00	Very High	The participants are using Artificial Intelligence as a tool in their romantic relationships.
3.01- 4.59	High	A majority of participants are using Artificial Intelligence as a tool in their romantic relationships.
2.60-3.00	Neutral	Some participants are using Artificial Intelligence as a tool in their romantic relationships.
1.60-2.59	Low	A small portion of participants are using Artificial Intelligence as a tool in their romantic relationships.
1.00-1.59	Very Low	A very small number of participants are using Artificial Intelligence as a tool in their romantic relationships.

### 3.4. Data Collection

To gather information, researchers used two proven tools: the AIUMQ and the RAS. They sent out online surveys, and people could choose to take part. Before starting, the academic advisor and the Dean of the Professional School gave their okay. The team told participants about the study's aims and said they could stop anytime making sure everyone knew what was happening and agreed to it. The team looked at the survey results using IBM SPSS Statistics version 25. They started by summing up who took part and what the main findings were. Then, they checked how AI use and relationship happiness linked up. , they tried to guess how things like how often people use AI, what kind they use, and how much they use it might affect how happy they are in relationships. This way of doing things shows what's happening now with AI use and helps predict how AI might change how students connect emotionally. This study adds key insights into how AI is shaping today's relationships.

### 3.5. Statistical Treatment

To check if the data was normal, the researchers used the Kolmogorov-Smirnov Test. The test showed that the data was normally distributed (WK-S = .073, p-value = .001). This led them to use parametric statistical methods for their analysis. They used descriptive statistics like mean and standard deviation to sum up the participants' demographics and key variables about AI use and relationship satisfaction. Sykes et al. say that the mean is a common way to measure central tendency showing the typical value in a dataset. Regarding this, Mukherjee, Sinha, and Chattopadhyay (2018) addressed the quantitative research and pointed out that the standard deviation shows how spread out the data points are around the mean. A bigger standard deviation means the data has more variety.

To explore the connection between AI use and relationship happiness, the researchers used Pearson R, a method that measures how strongly and in what direction two things are related. This helped them see how different ways of using AI, like how often and how



involved people are, affect students' satisfaction in relationships where AI helps. Pearson  $r$  values range from  $r = 1$  (which shows a perfect positive correlation) to  $r = -1$  (which indicates a perfect negative correlation), demonstrating the strength and direction of the relationship. Additionally, they used linear regression to predict relationship satisfaction based on how often and why people use AI. This method, as explained by Armstrong (2019), is important for understanding how different factors work together and influence each other, helping the researchers to see how AI might impact relationships.

### 3.6. Ethical Consideration

The research was conducted with strong ethical standards to safeguard the rights of those involved. Participation was completely optional, and everyone knew they could leave the study at any time without facing any issues. All information from participants was kept private, with steps taken to keep responses anonymous and prevent any unauthorized access. Before joining, all participants gave their consent after being fully informed about the study's goals, what their involvement would involve, and any possible risks. Although there were no personal benefits, the study aimed to provide important information about how AI affects romantic relationships, helping us better understand how technology influences relationship dynamics. The researchers also made sure that all data was collected fairly, with no tampering or fake information, and they disclosed any possible conflicts of interest. The study received ethical approval from the university.

## 4. Results

### 4.1. The Level of Relationship Satisfaction in Using AI for Relationships and AI Usage

Measuring the level of relationship satisfaction among students using AI in romantic relationships involves evaluating how well these AI interactions fulfill emotional needs such as companionship, emotional support, and personal connection. Satisfaction can be influenced by the perceived ability of AI to provide consistent, responsive communication that adapts to the user's emotional state and preferences, fostering a sense of closeness and understanding. However, this satisfaction may be tempered by the recognition that AI lacks genuine emotional depth or the capacity for mutual vulnerability, which are often essential components in human relationships. As students engage with AI companions, their satisfaction may stem from the immediate, accessible nature of these interactions, where AI is available on demand and can offer personalized responses. Yet, this satisfaction might not extend to a long-term sense of emotional fulfillment, as AI's interactions are ultimately limited to programmed responses and algorithms, leaving a gap in emotional reciprocity and authentic connection. Thus, relationship satisfaction in AI-mediated romantic relationships among students is shaped by a delicate balance of emotional benefits and the inherent limitations of interacting with a non-human entity.

Table 4 shows the results from the RAS survey and it focuses on how satisfied students are with the use of AI in their relationships. The data presented provides valuable information into the extent to which students feel emotionally fulfilled and engaged when interacting with AI companions, highlighting the key aspects of their experiences, such as emotional support, communication quality, and perceived intimacy.

**Table 4.** RAS with AI application and AI usage in romantic relationships.

Indicator	X	SD
Satisfaction in Relationships with AI	3.71	0.79
AI Usage	3.66	0.66

### 4.2. The Level of Usage of AI in Romantic Relationships among Students

Table 5 presents the understanding the level of the usage AI used in romantic relationships at the University of Mindanao Digos College, providing a contextual understanding of the types of AI platforms and systems students are engaging with. The table outlines the specific AI tools used by students, such as virtual companions or chatbots, and provides a breakdown of their frequency of use, as well as the different features that contribute to students' overall satisfaction. Also, the table offers a comprehensive view of the evolving role of AI in romantic relationships and its influence on students' emotional well-

being and interpersonal connections. It is important to add that the research enabled a comparison of satisfaction levels across various demographic groups, helping to identify patterns and trends in the integration of AI in student relationships.

The research shows that there has been an increasing trend of students using AI tools in romantic relationships. Based on survey data, most students report using AI tools to some extent, with a significant portion categorizing their usage as either high or moderate. High usage is defined by frequent engagement with AI companions or chatbots for emotional support, daily communication, and seeking companionship, with students interacting with AI tools multiple times a week or more. This group sees AI as a regular part of their romantic lives, often relying on these tools to simulate emotional connections and to fill social or emotional voids. Moderate usage refers to students who use AI occasionally – typically when they are feeling lonely or need a temporary emotional outlet. These students may interact with AI tools a few times a month but do not heavily rely on them for daily communication or long-term connection.

A smaller segment of students reports low usage of AI tools in their romantic relationships, meaning they may use AI tools for specific emotional needs. These students engage with AI only on rare occasions, possibly when they feel isolated but do not consider AI to be a central part of their romantic life. No usage is observed among students who do not incorporate AI tools into their romantic relationships at all. These students may prefer human interaction and see AI as unnecessary or insufficient for fulfilling emotional and relational needs. The varying levels of usage highlight the different ways AI tools are perceived and integrated into students' romantic experiences, indicating a growing reliance on technology while also acknowledging its limitations in fulfilling deeper emotional and relational needs. Table 5 shows the level of usage of AI in romantic relationship among students.

**Table 5.** The level of usage of AI in romantic relationships among students.

Level of AI usage	Percentage
High usage	46.1%
Moderate usage	34.7%
Low usage	13.6%
No usage	5.6%

#### 4.3. *The Interaction Between Relationship Satisfaction and AI Usage*

It was found that the interaction between relationship satisfaction and AI usage highlights an evolving dynamic in how individuals experience connection and emotional fulfillment. While AI tools offer the convenience of readily available companionship and personalized interactions, they do not replicate the emotional depth and complexity of human relationships. The participants indicated that AI can enhance satisfaction since it provides consistent support and simulating conversations that meet immediate emotional needs. However, it was revealed that the lack of true emotional reciprocity and the inability to share genuine vulnerability limit the long-term satisfaction derived from AI-mediated relationships. In this regards, table 6 shows the results from a Pearson correlation analysis that looked at the connection between relationship satisfaction and AI usage among the participants.

**Table 6.** Pearson correlation between relationship satisfaction and AI usage.

	Relationship Satisfaction
AI Usage	0.585
	0.000

Therefore, the results highlight that AI tools significantly influence relationship satisfaction, with many students reporting positive emotional support and companionship through their interactions with AI. At the same time, while AI enhances short-term satisfaction, its limitations in providing genuine emotional support suggest that it cannot replace the depth of human connections.

## 5. Discussion

The results show that most students said they were "satisfied" with how their relationships with AI made them feel. This means that in most cases people felt that AI improved their romantic happiness, with many finding these AI relationships emotionally fulfilling and giving them a sense of connection. These results match what other studies in the field. For example, Huang and Yu (2023) found that people who had realistic expectations about AI partners were more satisfied. In their research the scholars revealed the categories of information quality, confirmation of expectation, trust, and satisfaction to explore the interaction between humans and AI tools. Similarly, Wu (2024) studying the algorithms which are able to deepen the relational connections between users and platforms revealed that AI partners' ability to engage emotionally like humans helps improve emotional well-being. Some works (Ateeq et al., 2024) also show that AI can offer emotional support, especially for people who feel lonely. Importantly, these findings demonstrate that AI tools apply mediation procedures and are able to influence the communication among individuals. As a result, the use of AI chatbots as virtual partners is growing, with many people looking for emotional connections with AI.

Although AI relationships provided emotional comfort, participants still found human-to-human relationships to be more satisfying. AI could offer support, but it couldn't match the depth of genuine human interactions. As a result, a number of research are oriented towards the examination how various socio-emotional attributes can be integrated into AI systems to improve collaborative efficiency, communication, and productivity (Kolomaznik et al., 2024). While AI relationships provided emotional support, human relationships were still crucial for deeper connections and understanding. The high satisfaction reported shows the increasing sophistication of AI companions, emphasizing their growing role in forming new social and emotional bonds in romantic life. To compare, the research proved that the level of AI usage in romantic relationships among participants is described as "high." This indicates that a great number of participants use AI as tool on having romantic relationship. The study suggests that students engage significantly with AI in the context of romantic relationships.

While AI can offer emotional support, the study shows that human-to-human connections provide a deeper emotional satisfaction, AI-based relationships were seen as positive and fulfilling, but people still preferred the deeper emotional bonds that come from real human interactions (Li & Zhang, 2024). Also, some findings (Weber-Guskar, 2021) suggest emonalization of AI and the possibilities of transforming of chatbots into effective partners. As AI technology improves, it will likely continue to influence how emotional connections are made, but human relationships will remain crucial for true emotional fulfillment.

The study found a strong link between how much people use AI and how happy they are in their relationships. This means that when people use AI more, they tend to be happier in their relationships. This suggests that AI helps improve emotional connections in romantic relationships by offering support that works well alongside traditional ways of being together. Some scholars (Vistorte et al., 2024) agree, noting that as AI gets better, it provides more emotional satisfaction, particularly it enables to assess emotions in learning environments. Zhao (2022) added that recent AI programs can mimic human behavior and affectionate actions, which makes relationships feel more emotional.

This aligns with findings from Kouros and Papa (2024) who noted the growing role of AI in romantic contexts, particularly in platforms like Replika, where users experience emotional connection and companionship. Their study contributes to the discourse on AI's societal integration, emphasizing how users often craft and experiment with their identities by acting in ways they would avoid in face-to-face or human-human online interactions due to fear of judgment. Chaturvedi, Verma, Das, and Dwivedi (2023) also addressed the social companionship with AI and highlighted how AI platforms are increasingly sought after by young adults for both emotional support and romantic engagement.

Importantly, the findings found that while AI tools contribute to relationship satisfaction, particularly when they provide emotional support and companionship, they do not offer the same depth or authenticity as human relationships. The level of satisfaction experienced by students using AI in romantic contexts is largely shaped by the convenience and personalization that these tools offer. This research underscores the need to consider AI as a supplemental rather than a replacement for human connection, particularly in the context of romantic relationships.



## 5. Conclusions

To sum up, this research significantly contributes to understanding the relationship between relationship satisfaction and AI usage in romantic relationships among college students. Participants reported a 'satisfied' level of relationship satisfaction with AI, with a majority agreeing that AI positively influences their romantic satisfaction. AI usage in relationships was high, and a moderate positive correlation was found between AI usage and relationship satisfaction. While AI plays a role in emotional fulfillment, human-to-human interactions remain essential for deeper emotional connection. Future research could explore demographic factors, emotional intelligence, and compare AI-driven relationships with traditional human-to-human relationships.

The findings have significant meaning for both academic research and practical settings. In academic circles, the results can inform future studies on human-AI interactions, particularly regarding emotional fulfillment and relationship satisfaction. Researchers can use these findings to further investigate the ethical, philosophical, and psychological effects of AI on emotional well-being and the long-term implications of AI companions on human relationships. This study can serve as a foundation for exploring the possibilities for the integration of AI into educational programs focused on relationship development, emotional intelligence, and digital literacy. In practical context, the findings are highly relevant for developers and designers of AI tools.

The study highlights the need for individuals to balance AI usage with meaningful human interactions to ensure emotional well-being and long-term relationship satisfaction. Additionally, the investigation raises important question about the future of romantic relationships in an increasingly digital world. As AI tools become more advanced, their influence on students' perceptions of love and emotional connection will likely continue to grow. This calls for further research into the ethical, psychological, and social implications of AI in romantic contexts, particularly regarding the impact on individuals' expectations and interpersonal skills. Understanding the impact of AI on relationship dynamics, particularly among vulnerable populations such as students, is important for the development of guidelines and interventions that promote healthy emotional development and meaningful human connections in the age of artificial intelligence.

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