

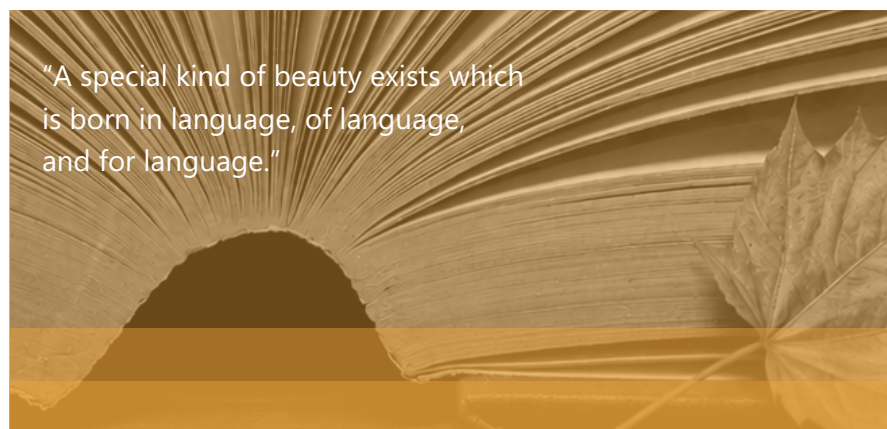


VOLUME 9, SEPTEMBER 2026

ISSN: 3060-4958



"A special kind of beauty exists which
is born in language, of language,
and for language."



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Why Does AI Understand Some People Better Than Others? A Linguistic Perspective on Human-AI Communication and the Changing Human Mind

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Annotation

This conceptual article examines a question that is important as generative artificial intelligence enters everyday communication: why does the same AI system appear to understand some people better than others? The article argues that AI performance in dialogue should not be viewed only as a property of the model itself. Human linguistic behavior, including vocabulary, discourse organization, explicitness, ambiguity, multilingualism, and communicative style, may also shape interaction outcomes. Drawing on recent research on linguistic convergence, personalization, human adaptation, and AI-assisted writing, the article proposes a two-way model of human-AI communication. In this model, people influence how AI interprets their messages, while repeated interaction with AI may gradually influence users' language and cognitive strategies. Particular attention is given to multilingual speakers and the Uzbek-Russian-English context. The article does not claim that AI necessarily changes human thinking; instead, it proposes testable questions about linguistic adaptation, problem formulation, cognitive offloading, and transfer beyond AI-supported tasks. The proposed framework can guide future research.

Keywords

Generative AI, human-AI communication, linguistics, multilingualism, language adaptation, cognition

Nega AI ayrim odamlarni boshqalarga qaraganda yaxshiroq tushunadi? Inson-AI kommunikatsiyasi va inson tafakkuridagi o'zgarishlarga lingvistik nuqtayi nazar

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Annotatsiya

Ushbu konseptual maqolada generativ sun'iy intellekt kundalik muloqotga tobora chuqur kirib borayotgan sharoitda muhim savol ko'rib chiqiladi: nega bir xil AI tizimi ayrim odamlarni boshqalarga qaraganda yaxshiroq tushungandek ko'rinadi? Maqolada AI bilan muloqot samaradorligini faqat modelning xususiyati sifatida emas, balki insonning til xususiyatlari bilan bog'liq jarayon sifatida o'rganish taklif etiladi. Lug'at boyligi, fikrlarning tuzilishi, aniqlik darajasi, noaniqlik, ko'p tillilik va kommunikativ uslub AI talqiniga ta'sir qilishi mumkin. Til konvergentsiyasi, personalizatsiya, insonning Alga moslashuvi va AI yordamida yozish bo'yicha zamonaviy tadqiqotlarga tayangan holda, maqolada inson-AI kommunikatsiyasining ikki tomonlama modeli taklif qilinadi. Unga ko'ra, inson AI

xabarni qanday talqin qilishiga ta'sir qiladi, takroriy muloqot esa foydalanuvchining tili va kognitiv strategiyalariga ta'sir ko'rsatishi mumkin. Ayniqsa o'zbek-rus-ingliz tillaridan foydalanadigan ko'p tilli foydalanuvchilarga e'tibor qaratiladi. Maqola AI albatta inson tafakkurini o'zgartiradi, deb da'vo qilmaydi; aksincha, bu jarayonni tajriba va uzoq muddatli tadqiqotlar orqali tekshirish uchun savollarni belgilaydi.

Kalit so'zlar *Generativ AI, inson-AI kommunikatsiyasi, lingvistika, ko'p tillilik, til moslashuvi, kognitiv strategiyalar*

Почему ИИ понимает одних людей лучше, чем других? Лингвистический взгляд на коммуникацию человека и ИИ и изменение человеческого мышления

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Аннотация *Статья рассматривает вопрос, который становится важным по мере того, как генеративный искусственный интеллект входит в повседневную коммуникацию: почему одна и та же система ИИ, кажется, лучше понимает одних людей, чем других? В статье предлагается рассматривать успешность диалога не только как свойство модели, но и как результат взаимодействия с языковыми особенностями пользователя. Лексика, структура высказывания, степень явности, неоднозначность, многоязычие и коммуникативный стиль могут влиять на интерпретацию сообщения. На основе современных исследований языковой конвергенции, персонализации, адаптации человека и использования ИИ при письме формулируется двусторонняя модель коммуникации человека и ИИ. Согласно этой модели, человек влияет на интерпретацию системой его сообщений, а длительное взаимодействие с ИИ потенциально может менять языковые и когнитивные стратегии пользователя. Особое внимание уделяется многоязычным пользователям и узбекско-русско-английскому контексту. Статья не утверждает, что ИИ обязательно изменяет мышление, а предлагает проверяемые вопросы о языковой адаптации, формулировании проблем, когнитивной разгрузке и переносе приобретённых стратегий на аналогичные задачи без использования ИИ в дальнейшем. Это особенно важно для образования.*

Ключевые слова *Генеративный ИИ, коммуникация человека и ИИ, лингвистика, многоязычие, языковая адаптация, когнитивные стратегии*

Introduction

Generative artificial intelligence is changing the way people communicate with technology. Instead of learning a fixed set of commands, users can now explain a problem, ask follow-up questions, request a different style, and continue a conversation in ordinary language. This makes interaction with AI increasingly similar to dialogue, but it also exposes an important asymmetry: the same system can appear remarkably responsive to one user and repeatedly misunderstand another.

This difference is usually explained through prompt quality. Users are encouraged to be specific, provide context, define the task, and describe the desired output. Such advice is useful, but it leaves a deeper question open: what characteristics of the human communicator make a message easier or harder for an AI system to interpret?

Recent research suggests that the answer cannot be reduced to model capability. Studies have examined differences in language-technology use across social groups, the role of demographic and linguistic cues, and the ways models adapt to conversational style (Bassignana et al., 2025; Sicilia et al., 2024; Blevins et al., 2026). These findings point toward a broader view of human-AI communication in which the user is not merely a source of input but an active part of the interaction.

This article develops that perspective around two connected questions. First, why does generative AI appear to understand some people better than others? Second, what happens to human language and cognitive strategies when people interact with AI repeatedly over time? The article proposes that the relationship may be bidirectional: human linguistic behavior affects AI interpretation, while AI interaction may gradually influence human communication.

The Human Side of AI Understanding

A prompt is not an independent object. It is a linguistic product created by a particular person, in a particular context, with a particular communicative goal. People differ in vocabulary, discourse organization, explicitness, ambiguity, politeness, background knowledge, and expectations about what an interlocutor will infer.

Consider two messages asking for an explanation. The first might say, "I do not understand this. Explain it." The second might say, "I understand the general idea, but I am confused about the second step. Please explain that part with a simple example. I already understand the basic concept." The second message gives the system more information about the user's knowledge, difficulty, and preferred response.

This does not mean that the second person is linguistically superior. Rather, the two users encode their intentions differently. A useful research question is therefore not simply whether an AI model understands language, but which linguistic and communicative features predict successful interpretation.

Evidence that users differ in their interaction with language technologies supports this direction. Bassignana et al. (2025), for example, reported systematic differences in language-technology use and interaction styles across socioeconomic groups. Sicilia et al. (2024) similarly argued that demographic differences in how people talk to machines deserve systematic evaluation. These studies suggest that user characteristics should be treated as meaningful variables in human-AI research rather than as noise around model performance.

A future study could operationalize features such as lexical specificity, sentence complexity, discourse coherence, ambiguity, contextual detail, and request structure. AI understanding could then be measured

through task success, relevance, instruction following, and the need for clarification. Such a design would allow researchers to ask whether some linguistic profiles consistently produce better human-AI outcomes.

Multilingualism and Code-Switching

The question becomes more complex when the user is multilingual. Many speakers do not keep their languages in separate compartments. They may use Uzbek with family, Russian in some professional or social contexts, and English for study or international communication. In everyday digital interaction, they may move between languages within a single message.

This creates a natural laboratory for human-AI communication research. Does the same intention receive the same quality of interpretation when expressed in Uzbek, Russian, or English? What happens when a speaker switches languages in the middle of a request? Does the order of languages matter? Does code-switching increase ambiguity, or can contextual information make the intended meaning clear?

These questions are especially relevant for languages that are less represented in digital resources. Recent work on under-represented languages shows that large language models can behave differently depending on how much linguistic data and alignment information are available (Li et al., 2025). This does not mean that Uzbek should automatically be treated as a "problem language"; rather, it highlights the need to examine multilingual interaction empirically instead of assuming that performance is uniform across languages.

For Uzbek-Russian-English speakers, the research could compare parallel tasks across languages and mixed-language conditions. Participants could communicate the same intention in Uzbek, Russian, English, and selected code-switched forms. Researchers could then measure response relevance, misunderstanding, clarification requests, and task completion.

This approach would add a multilingual dimension to the broader question of why AI understands some people better than others. It would also make the research relevant beyond English-dominant settings.

Linguistic Convergence: Does AI Adapt to Us?

Communication is rarely static. Human speakers naturally adjust their language to their interlocutors. We simplify explanations, repeat unfamiliar terms, change our level of formality, and adopt expressions that seem to work in a particular conversation.

Recent research suggests that language models can also show forms of linguistic accommodation. Blevins et al. (2026) examined linguistic convergence across sixteen language models and three dialogue corpora and found that models often shift their language toward the style of their users. Durandard et al. (2025) likewise found differences between human and LLM responses in semantic and stylistic alignment. Together, these studies make the interactional relationship between human and AI more interesting than a simple sender-receiver model.

If AI adapts to users, however, another question follows: do users adapt to AI?

A person who repeatedly discovers that structured requests produce better answers may gradually begin to structure every request in that way. The user learns the communication conventions of the system. This could be called user-side linguistic adaptation.

The process may be represented as:

Human linguistic behavior → AI interpretation → AI response → user feedback → linguistic adaptation → new interaction.

At this stage, adaptation should be treated as a hypothesis, not an established long-term effect. Yet there is already empirical evidence that people can change their communication strategies when interacting with LLMs. In a controlled language game, Tanguy et al. (2025) found measurable differences in human communication

strategies when participants interacted with an LLM rather than another human.

This suggests that human-AI communication should be studied as a dynamic process in which both sides can influence the interaction.

From Linguistic Adaptation to Changes in Cognitive Strategy

The most difficult part of this research concerns cognition. It is tempting to say that AI “changes the way people think,” but such a claim is too broad unless it is supported by carefully designed evidence.

A more precise question is whether repeated AI use changes the strategies people employ when they formulate problems, organize information, evaluate alternatives, and produce written language.

There are already reasons to take this question seriously. Lee et al. (2025), in a survey of 319 knowledge workers, found that confidence in generative AI was associated with reduced self-reported critical-thinking effort, while users’ own task-specific confidence was associated with greater critical-thinking effort. Their qualitative analysis also suggested that AI can shift critical thinking toward activities such as verifying information, integrating responses, and managing tasks.

Other work has examined cognitive and behavioral consequences more directly. Kosmyna et al. (2025) reported differences in neural and behavioral measures across groups using an LLM, a search engine, or no external tool during essay writing. The authors themselves emphasize that the findings are context-dependent and should not automatically be generalized to all AI use.

These limitations are important. AI may reduce effort in some situations while supporting reasoning in others. The relevant issue is therefore not whether AI is simply “good” or “bad” for thinking, but which patterns of use encourage independent reasoning and which may encourage cognitive offloading.

For this reason, a longitudinal study should distinguish between performance with AI and performance without AI. If a user becomes better at structuring a problem with AI, does the improvement remain when the tool is removed? Or does the user become more dependent on external assistance?

That distinction could provide a more meaningful account of cognitive adaptation.

Can AI Influence Human Language?

The possibility of linguistic change is already becoming visible in research on AI-assisted writing. Wang and Spitz (2025) examined the effects of LLM- and tool-assisted rephrasing and found measurable changes in vocabulary and semantic characteristics. Their work raises a broader question: when language-generation tools are used at scale, could they gradually influence the linguistic diversity of human-produced text?

A related study by Miletic and Falk (2026) examined changes in scientific communication and reported shifts in lexical usage, syntactic patterns, word complexity, and lexical diversity in texts associated with LLM-assisted writing. These findings do not prove that individual users permanently change their language, but they provide a strong reason to investigate the possibility.

The distinction between editing and authorship is important. A person may use AI to correct grammar while retaining their own style. Alternatively, they may ask AI to rewrite an entire text and accept most of the generated version. These two forms of assistance are likely to have different linguistic consequences.

Research on personal style also suggests that AI-generated text can leave detectable stylistic traces even after human post-editing (Baumler et al., 2026). This raises the possibility of studying not only whether humans change their language, but also which elements of AI language are most likely to be adopted by users.

A future longitudinal project could collect writing samples before regular AI use, during

repeated AI interaction, and after periods of reduced or discontinued AI use. Linguistic analysis could then examine lexical diversity, syntactic patterns, discourse organization, and individual stylistic markers.

Such evidence would allow researchers to distinguish temporary accommodation from more persistent linguistic change.

A Two-Way Model of Human-AI Communication

The evidence discussed above suggests a model in which human-AI communication is better understood as a feedback system than as a one-directional exchange.

The first direction is:

Human → AI

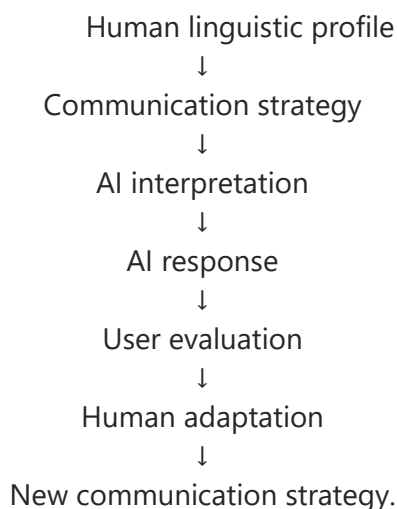
The user expresses an intention through language. The AI interprets that message and generates a response.

The second direction is:

AI → Human

The user evaluates the response, learns what kinds of messages produce useful results, and may change future communication.

The resulting cycle can be represented as:



This model has two important implications.

First, AI performance should be evaluated together with user characteristics. A model may perform differently when the same task is communicated through different linguistic forms.

Second, user adaptation should be studied longitudinally. A single interaction can show immediate accommodation, but only repeated observations can help determine whether changes persist.

The model also creates a useful distinction between three levels of adaptation:

1. Interactional adaptation: changes made within a single conversation.
2. Behavioral adaptation: changes that persist across repeated AI interactions.
3. Transfer: changes that remain when the person communicates or solves a problem without AI.

This distinction could become a useful framework for future empirical studies.

Proposed Research Questions and Methodology

The proposed framework can be developed into a mixed-methods research program.

RQ1. Which linguistic and communicative characteristics influence how successfully generative AI interprets individual users?

RQ2. How does multilingualism and code-switching affect human-AI communication?

RQ3. How do users' linguistic strategies change after prolonged interaction with generative AI?

RQ4. Does repeated AI interaction influence strategies for problem formulation, information organization, and evaluation?

RQ5. Do linguistic and cognitive adaptations developed during AI interaction transfer to tasks completed without AI?

A first study could use controlled experiments. Participants with different linguistic profiles would complete comparable tasks with the same AI system. Their messages and AI responses would be analyzed using linguistic and task-performance measures.

A second study could use a longitudinal corpus. Participants would provide selected AI conversations and writing samples over several months. The goal would be to identify changes in vocabulary, syntax, discourse structure, and interactional strategies.

A third study could examine transfer. Participants would complete similar tasks under three conditions: independently, with AI assistance, and after a period of repeated AI use without assistance. This would help distinguish immediate support from lasting changes in strategy.

Qualitative interviews could complement these methods by asking participants how they perceive their own communication changes. The combination of experimental, corpus-based, longitudinal, and qualitative evidence would provide a stronger basis for claims about adaptation than any single method alone.

Conclusion

Generative AI has created a new communication environment in which humans increasingly use natural language to interact with artificial systems. This development raises a question that is both simple and surprisingly difficult: why does AI seem to understand some people better than others?

The answer may lie partly in the interaction between model capabilities and human linguistic behavior. Vocabulary, discourse organization, explicitness, ambiguity, multilingualism, and communicative style may all affect how an AI system interprets an individual user. At the same time, research on linguistic convergence and human adaptation

suggests that the influence may move in the opposite direction as well (Blevins et al., 2026; Tanguy et al., 2025).

People may learn how to communicate with AI. They may become more explicit, more structured, or more accustomed to breaking complex problems into steps. Whether such changes remain limited to AI conversations or transfer to everyday communication and independent problem solving is still an open empirical question.

This uncertainty is not a weakness of the research area. It is the reason the area deserves systematic study.

The central proposition of this article is therefore deliberately cautious: AI should not be studied only as a system that understands humans. It should also be studied as a communication partner that may influence how humans use language and organize certain cognitive tasks.

The broader question is:

“How do humans and AI learn to understand each other, and what happens to human language and cognition in the process?”

Answering this question will require linguistics, artificial intelligence, multilingualism, human-computer interaction, and cognitive science to be considered together rather than separately.

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