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Advocacy for AI-Powered Technologies for Promoting Life Education Among Adolescents: A Case Study of Lycoris

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Abstract. It is necessary for a sense of familiarity coincides with high school students being developmentally the most susceptible to emotional distress as separations and loss become commonplace within the context of a globalized and highly mobile society. The kind of practical lessons which life education offers, tackling subjects like death, revival, experience and maturity is also important for their overall growth and hence need of the hour. In this paper, we present the design of an innovative AI-based simulation game, named Lycoris, that combined the Gestalt Empty Chair technique for psychotherapy. Through it, adolescents can have an organized, mindful conversation with a digital representation of a deceased person or even themselves that facilitates catharsis and gives a greater understanding of life. Testing within the firm reported positive results, with the grief index dropping by 24.9% and the understanding index rising by 41.9% among users. We present Lycoris, a novel system accompanied by a theoretical foundation, system architecture, psychological design framework, and empirical impact, to garner excitement over its potential to revolutionize youth life education through scalable, adaptive forms of AI.

Keywords: AI-Powered Technology; Life Education; Adolescents.

1. Introduction

In modern educational discourse, there remains a pronounced emphasis on cognitive achievement, standardized assessment, and the cultivation of intellectual capabilities [1-3]. Yet, as educational environments become increasingly diverse and stress-laden, an equally critical dimension—emotional and existential literacy—has often been overlooked. This domain, encompassing themes such as mortality, grief, personal identity, and resilience, constitutes the foundation of what scholars term life education.

2. Literature Review

2.1. Life Education and the Key Stages of Adolescence

Life education is the way you educate a person, especially a young person, to have the tools so that they can handle questions about life and death, and grief, and the philosophy of the human condition. It emphasizes skills for existential literacy, going well beyond the basics of knowing about death and impermanence to promoting skills for inner peace, resilience, and a feeling of purpose in the vicissitudes of life [4-5]. This kind of education is particularly important for teens. Neurobiological reorganization, especially in the prefrontal cortex and limbic system, have a substantial impact on emotional regulation, moral reasoning, and future planning during this time period. At the same time, the ability to form a social identity and experience complex relational dynamics becomes more sophisticated. These concurrent changes place adolescents at greater risk for emotional crises, especially those associated with loss, separation, and death.

Over the last few years, psychological and educational research has motivated a greater focus on these existential themes in early development. Yim and Su report that adolescents who participate in discussions about issues in life demonstrate greater empathy, greater tolerance, and greater psychological flexibility—all traits that predict long-term social and emotional development in

young people. The lack of this engagement is associated with suppressing emotion, increase of death anxiety, and a decrease of self-concept clarity.

But traditional education systems can take a backseat on these subjects: death and existential meaning are often relegated to what is too sensitive, or outside the realm of an academic education. However, research has indicated that when life education is incorporated into the school curriculum in a suitable manner, high school students are able to demonstrate a lesser amount of emotional avoidance behaviors and a greater capacity for meaning-making.

In many countries, culturally adapted life education programs have been found to be effective in decreasing death anxiety, and improving generational empathy and reflective thinking in teens. Expressive modalities like storytelling, dialogue simulation, and guided reflection have been shown to enhance the emotional literacy or self-acceptance of students, preparing them to meet adult life challenges.

Thus, to sum up, adolescence is a defining stage for addressing life education, and this can be truly impactful with the right level of empathy and the right tools—such as AI-augmented platforms. Such platforms can deliver safe, engaging and evidence-based solutions that have the potential to change the way young people connect with loss and grief and the wider themes of life.

2.2. AI and Adolescent Mental Health

Since a few years back, artificial intelligence (AI) has become a mighty force in the mental health field; in fact, it's transforming the sector as much for children and young people as anybody else. Thus, integration of AI into mental health services makes psychological health service provision accessible on a scale hitherto unattainable. What is especially valuable is that it can survey, assess and intervene in real time. All this is taking place against a backdrop how even as youth mental health professionals are in short supply worldwide and more and more adolescents suffer from depression and anxiety.

One of the principal ways in which AI is springing up in the mental health arena is by being able to predict psychological distress from data-driven models. For example, a researcher conducted a large-scale study that turned to census surveys and machine learning algorithms in order to estimate depression risks among adolescents. Their results showed that AI models could do very well at identifying high-risk individuals on the basis of behavioural and psychosocial indicators.

In parallel, another researcher reviewed multiple AI-assisted tools for early identification of suicidal ideation in teens. These tools rely on natural language processing (NLP), speech patterns and social media activity analysis to detect textual information that suggests mental distress. Such systems represent a potential method of setting up warning mechanisms in advance so as to keep from crossing certain serious psychological thresholds.

However, the majority of current AI applications in adolescent mental health are either diagnostic or forecasting in nature. Unlike traditional AI tools, whose focus is on monitoring mental health, Lycoris takes an interactive perspective that is geared towards advancing development. The AI it employs does not only identify emotional patterns but also guides adolescents through reflective dialogue, allowing them to work through their sorrow, discover the meaning of life, and build emotional intelligence in an intimate digital environment.

By taking advantage of technologies such as adaptive language modelling, context-sensitive feedback loops, and emotionally guided editing, Lycoris serve not as a clinical diagnostic tool but rather a way of life education platform. Its emphasis on cognitive reframing, articulating feelings emotionally, and entwining with identity all find a closer fit within constructivist therapeutic logic than does traditional risk surveillance models.

Moreover, by making exploration of self and the forming of one's values activities fostered in the system of childhood development psycho, Lycoris contributes towards a new, overarching AI landscape: one where its emphasis on learning and growth is as strong as detection and intervention.

3. Lycoris System Architecture

3.1. Game Structure and User Journal

The AI–powered therapeutic game Lycoris was specially crafted to provide young people with a structured, emotionally intelligent and psychologically validated framework for exploring grief and making reflections about the essential nature of mortality [6-7]. Its user experience architecture combines narrative simulation, therapeutic dialog and gamified introspection. It owes much to the Empty Chair technique, but adapts it for digital delivery.At the essence of Lycoris is its dual-mode system, which is designed to handle different aspects of emotional processing.

In this mode, the AI simulates a conversation with a user-defined departed person (family member or friend who passed away). Drawing on the player's simple personal information (such as people's name, personality and common experiences), the AI impersonates tone of voice and gives memory clues that have good chance to resonate emotionally with the player. This immersive simulation helps players utter unstated thoughts of the heart, express yearning emotion and— in a safe space—insure a symbolic farewell.

Here the user speaks with a virtual version of themselves, assuming responsibility for both parts of the conversation. This mode of introspection allows for internal reconciliation, particularly in relation to emotions associated with bereavement such as guilt, remorse or instances where one's entire existence seems to be called into question. It has echoes of inner family systems therapy, where different parts of the psyche are dialogued with in order to bring clarity to emotion.

3.2. Game Loop Design

Lycoris builds its virtual world around human psychology, simulating aspects of confronting emotions as they naturally occur in real life [8-9].

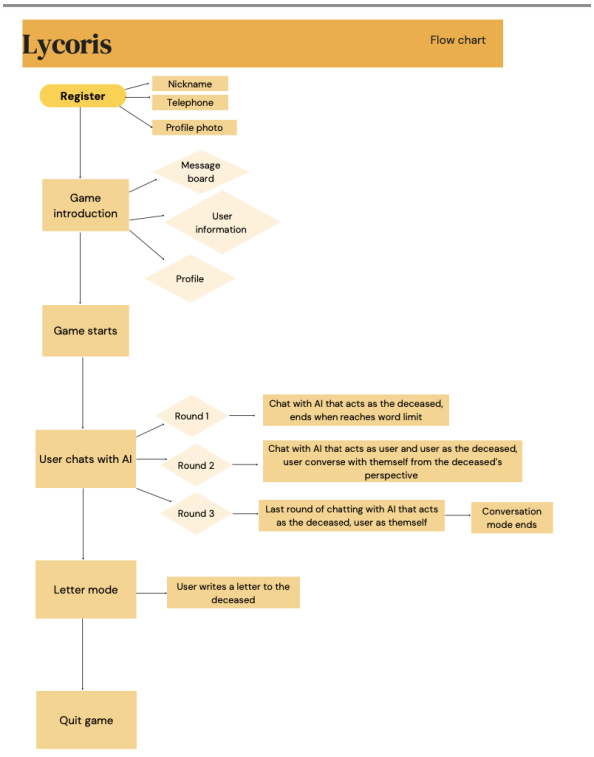

Figure 1. Game Loop Design

A complex emotional AI sits at the core, guiding players through a nonlinear journey of processing grief over losing a loved one. Rather than progress measured by levels or achievements, the path focuses on emotional progression, self-reflection, and remembering to heal the player. Players are invited to communicate with an AI-generated avatar modeled after the deceased to listen without

judgment. Until now, strong emotions had been suppressed: anger, sorrow, guilt, confusion, and more. The AI remains neutral, equipped to understand anything shared with empathy, thoughtfully reflecting feelings never voiced.

3.3. Staged Growth Mechanisms

Noticing these details was the first step. Then the AI smoothed transitions by suggesting a renewed approach to their situation [10]. The aim wasn't winning or losing but creating a flow of feelings, an ability to move between varied intensities of sadness. Focused on language, tone and what the user shared, Lycoris tailored a path through grief. Transitions were made with care and timing, keeping the pace right (Figure 2).

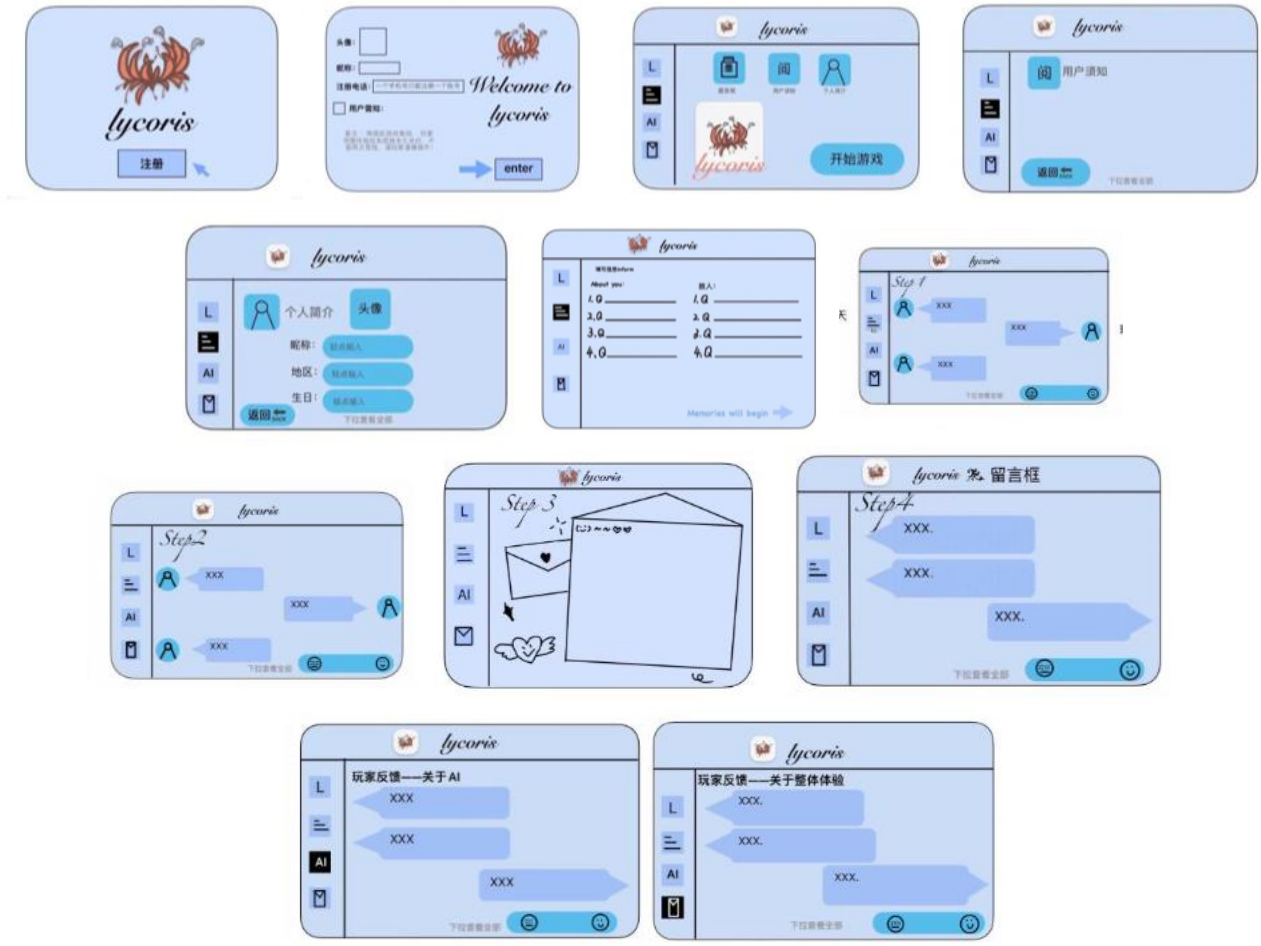

Figure 2. The Platform

4. Public or Private Reflection Parts

To follow up with unspoken thoughts/feelings after dialog, Lycoris installed two kinds of reflection module, a private one and a public [11-13]. Players can record or share their own thoughts or the reflections of others following the key sessions.It is like a digital diary, the private module — people can write notes to themselves, or to the deceased. These might be a declaration, an emotion, or a fragment of thought. The system does not save or review them; they are simply tokens, nudges that remind the user of her self-talk and agency.Public message boards, on the other hand, provide a collective space for commemoration. The open text allows player to anonymously enter longer paragraphs to describe events, journey through grief, or leave messages of encouragement for the next player. All the content is human-checked and pass via a sentiment filter to avoid the mean content. The board is becoming a memorial garden and a conductor of healing and compassion, an emotional anchor for other nomads along the way.

5. Letter Writing Mode

Lycoris also has an "Letter to the Deceased" feature, what could be taken as a possible form of farewell.It does not have templates or formatting [14]. Users are encouraged to pen goodbye notes, thoughts, write tributes, express thankfulness, or admit to unrequited love. After finishing writing the letter, it will not be saved. By providing some kind of symbolic closure, the tool recognizes that grieving is a deeply personal experience and enables its users to integrate those emotions into a broader narrative.

Indeed, the model is offered in such a way that in no sense is it something to be imposed, standing "ambiently", if you like, rather like the notion of "creative expression" in psychotherapy for psychological gestation. That virtual ritual can provide real (and meaningful) solace — especially for teenagers, who may be hungry for the physical marking of milestones, without traditional access to rituals in real life.

6. Anti-addiction Mechanisms

Because it is not monotonous, this can take an emotional dependence or over-immersion, Lycoris has made a transparent moderation tool mechanism [15]. And for a while it's going back and forth but then the system gradually stops and shuts down the availability and the user ends the emotional ride.

After each round of dialogue in a session, the system nudges the user to backbone and reflect first, rather than rushing immediately back in, with a soft voice line: "You should take your time to celebrate today's achievement, and come back tomorrow with a fresh point of view." A language use that doesn't command doors but pays narcotic attention to the rhythm learner.

However, rather than an endless cycle of emotionally propping each other up, Lycoris is just close enough to the real world to be a scaffold leading back to it, picking up where honest relationships and postponed lives left off. The equilibrium of interactivity and containment will render the system assistant to healing rather than escapism.

7. Evaluation and Results

The authors developed a convergent design mixed-method study with a sample of 40 high school students aged 15 to 18 years which studied in an urban middle school as participants to hear the true effect of Lycoris. Qualitative interviews and quantitative questionnaires were administered in the period shortly before and up to two weeks after the MPE.

Loss specific grief scores, as measured by the Grief Index (derived from the DSM-V CGD diagnostic criteria), indicated that, on average, grief scores decreased by 24.9% below baseline for users from pre- to post-program, a statistically significant reduction in strong emotions (eg, grief, feelings of detachment, emotional entanglement).

The second indicator of thought involved the way people answered "What does it mean to being apart? pre- and post-experience. and "How do memories play a part in grief?" and "What purpose do memories serve in grief?" (and from) of the Emotional Assessment of the Implants and from it : what do you think about sense, experience and philosophy? Patients increased these scores on average by 41.9% (7.9 pts), a robust increase in self-narrative and cognitive gains [10-13].

They described somatic experiences that transformed out of their emotional state into something more specific than just being "sad" — instead they had recognized feelings like guilt or longing or gratefulness. At least for a few of them, the pent-up emotions they had all been hiding were over a misunderstanding, and even a misguided concern, for a grandparent, sibling, or a parent that had gone before – all of these changes demonstrate a new shape in that not everyone would necessarily experience it if Lycoris hadn't made it so that grieving reactions could be processed in another manner.

8. Discussion

8.1. Value of Innovation

Lycoris is the first project that combines AI, narrative design and psychological modeling. Although it generates conversation, it rebuilds an "emotional scaffolding" for which a sea change is youth mental health technology when AI becomes like a looking glass, a mirror whose adaptive qualities is part of its reflective nature [4-9].

Unlike traditional psychosocial interventions that are scheduled, commitment-oriented, and resource-intense, Lycoris is 24/7, highly tailored, and provides affective interactivity. A combination of interactive stories, reflective mechanisms and grief dialogue design positions the system as informal support and a place for self-exploration.

8.2. Limitation and Issue

Lycoris is an amazing work, but it is still left with some complaints. Firstly, it isn't able to "be empathetic" — i.e is able to come up with the best response from a database of pattern and history, but if talking about emotions, may be the warm the human responses would be at such a complex situation. Second, grieving practices are so diverse in different parts of the world and the existing system is insensitive to cultural differences. Further, the present evaluation focuses on short-term effects and there is no long-run follow-up or return information.

9. Conclusion

In modern world, emotional literacy has been determined as one of the main competencies of the growing adolescents. Against this background, Lycoris has been developed as a versatile innovation system. Designed to blend adaptive narrative and interactive design with new skills around emotional intelligence that are based on a new take on processing grief and supports young people to construct interior mental resilience in an emotional quake.

Lycoris won't replace therapy. It should be used as an additional tool to psychotherapist that can't help everybody at a time when psychology is not affordable. In fact, it even enhances emotional healing, as it does indeed bring about change and in narrative reflection and the psychology of insight. Lycoris is a testament to the fact that as artificial intelligence technology advances, the value with some of these digital tools is more than simple data delivery – it's providing comfort, time for reflection and even a meaningful human relationship. At a time where emotions are ever more violent, Lycoris offers a chance for young people to dive into feeling and thinking deeply and once again confronting the world, revitalized and with new perspectives.

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