

Article review #2 Impact of Cybersecurity and AI: A Balancing Act

AI has brought some serious improvements to cybersecurity, and the article "Impact of Cybersecurity and AI's Related Factors on Incident Reporting, Suspicious Behaviour, and Employees Stress: Moderating Role of Cybersecurity Training" dives into just how much this technology is changing the game. Published in the *International Journal of Cyber Criminology*, the article lays out how AI-driven systems are making security better but also creating unexpected challenges, especially for employees who have to deal with all the stress these new tools can bring.

The way AI cuts down on manual work and speeds up detecting threats is amazing. But, let's be honest, these tools aren't exactly user-friendly, especially for employees who aren't tech-savvy. The article points out that this complexity can feel overwhelming, leading to stress from not fully understanding the systems or worrying about making mistakes. It's kind of like having the best tools in the world, but not knowing exactly how to use them, which ends up being frustrating.

One part of the article really hit home—the psychological side of cybersecurity. All that constant monitoring and pressure to follow AI's rules can make people anxious or even scared to report anything suspicious. The authors don't just focus on the technical stuff; they look into how this impacts employees mentally, showing the human side of cybersecurity that we often overlook.

The good news is that training can fix a lot of these issues. With the right cybersecurity training, employees can feel more confident using AI systems and won't be as stressed out. The article explains that when people understand the tools better, it turns the systems from something intimidating into something helpful. It's all about bridging the gap between humans and machines, making them work together instead of against each other.

In the end, the article's message is clear: you can't just rely on technology and forget about the people behind it. Sure, AI is powerful, but it needs to be implemented thoughtfully, with proper training to keep employees' stress in check. This study offers some great advice for businesses wanting to get the most out of AI without overlooking the mental health of their workforce. It's a good reminder that balancing tech and humanity is key to success.

References

Vimala Venugopal Muthuswamy and Suresh Esakk (2024). *Impact of Cybersecurity and AI's Related Factors on Incident Reporting, Suspicious Behaviour, and Employees Stress: Moderating Role of Cybersecurity Training*. *International Journal of Cyber Criminology*, 18(1), 83. Retrieved from International Journal of Cyber Criminology.