

# **Navigating AI Ethics Through the Lens of Personality Traits and Well-being: Policy Framework for Young People in the UAE**

## **(Executive Summary)**

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### **1. Introduction**

Digital ethics, a subfield of applied ethics, addresses the moral issues arising from the use and development of digital technologies, ensuring behaviors that respect privacy, transparency, accountability, and fairness (Schiff et al., 2020). AI ethics focuses on artificial intelligence technologies, addressing concerns about bias, autonomy, data security, and societal impacts, promoting ethical AI development and deployment (Ng et al., 2021).

The significance of digital and AI ethics is particularly noticeable among young adults, deeply embedded in digital environments and highly receptive to emerging technologies (Schiff et al., 2020). Their interactions with AI technologies significantly influence their personal and professional lives, making ethical awareness crucial for mitigating risks such as privacy violations and promoting digital literacy and responsible online behavior (Khan et al., 2023).

In the UAE, the relevance of digital and AI ethics is highlighted by national strategies aimed at fostering a knowledge-based economy and a forward-thinking society (Najdawi, 2020). The UAE Centennial 2071 vision emphasizes developing a robust educational system and cultivating ethics and values integral to the responsible use of advanced technologies (UAE Centennial Plan 2071, 2023). The National Innovation Strategy outlines a framework to make the UAE one of the most innovative nations, highlighting the integration of ethical considerations into technological advancements for sustainable and inclusive growth

(The national strategy for innovation, 2023). This study aims to explore the relationship of personality traits, well-being, and ethical AI use, contributing to these national objectives.

The rapid advancement of AI technologies highlights the importance of ethical engagement, particularly among young adults in the United Arab Emirates (UAE Ministry of State for AI, 2022). This pivotal age group, transitioning from education to early career stages, frequently interacts with AI technologies that significantly impact their personal and professional lives (Alaleeli & Alnajjar, 2020). Aligning with the UAE Centennial 2071 vision for a knowledge-based economy, this study examines the influence of HEXACO personality traits and well-being on young adults' ethical use of AI. Drawing on the UAE Ministry of State for Artificial Intelligence's AI Ethics Principles and Guidelines, which emphasize equitable, accountable, clear, and privacy-respecting AI systems (2022), this research aims to develop comprehensive policies that resonate with the UAE's future in AI ethics, cybersecurity, and sustainable digital practices.

In addition, the UAE National Innovation Strategy outlines the country's vision to become one of the most innovative nations by fostering a culture of innovation across various sectors, including education (The national strategy for innovation, 2023). This aligns with Sustainable Development Goals (SDGs), particularly SDG 3 (Good Health and Well-being), SDG 4 (Quality Education), and SDG 9 (Industry, Innovation, and Infrastructure) (UAE National Committee on SDGs, 2017). By integrating ethical AI principles into educational and professional contexts, this study aims to contribute to these national and global objectives.

This research aims to navigate the digital and AI ethics through the lens of personality traits and well-being of young people. The results of this research informs the policymakers to develop a policy framework that can be integrated in educational settings through establishing guidelines that support ethical AI development and use.

## **2. Research Question(s)**

The following research questions were formulated to guide this study:

1. How do HEXACO personality traits influence young people's well-being and their attitudes toward the ethical use of digital and AI technologies?
2. What are the implications of these influences for promoting digital well-being and ethical AI practices among young people in the UAE?

The following hypotheses were made:

H1: HEXACO personality traits significantly influence young adults' attitudes towards the ethical use of digital and AI technologies.

H2: Well-being is positively correlated with ethical engagement with AI technologies among young adults.

H3: The interaction between HEXACO personality traits and well-being can effectively promote young adults' attitudes towards the ethical use of digital and AI technologies.

### **3. Research Methods**

This study adopts a cross-sectional correlational design to investigate the complex relationship between HEXACO personality traits, well-being, and ethical orientations towards AI among young adults in the UAE. The aim is to quantitatively measure the ethical perceptions, attitudes, and behaviours regarding AI among young people.

#### ***Sample***

Participants consist of university students aged above 18 years old (n=120). A stratified random sampling technique was employed to ensure representation of all levels. Recruitment of the participants started with an invitation to educational institutes and universities in the United Arab Emirates.

#### ***Instrument***

An online survey is administered to participants after accepting the invitation. The survey starts with demographic multiple-choice questions to ask participants about their age, gender, nationality, educational institute if any of them have a disability, what AI apps they use, and the extent of use AI every day. The second part of the survey is distributed into three categories: (i) HEXACO-18 Short Scale (18 items), where three items presented each of the personality traits; (ii) Mental Health Continuum-Short Form (MHC-SF) (14 items), which included emotional well-being (3 items), social well-being (5 items), and psychological well-being (6 items); (iii) a developed survey of attitudes toward the ethical use of AI (16 items), distributed to technology acceptance (2 items), behaviour and ethics (2 items), privacy and data protection (2 items), AI ethics (8 items), and general attitudes (2 items). The HEXACO-18 Short Scale is a validated tool presented by Olaru & Jankowsky (2022). The

Mental Health Continuum-Short Form (MHC-SF) includes emotional, social, and psychological well-being (Keyes et al., 2008). Finally, the Attitudes Toward the Ethical Use of AI Technologies were developed based on the Theory of Planned Behavior (Ajzen, 2005) and AI Ethics Guidelines (UAE Ministry of State for Artificial Intelligence, 2022).

### ***Procedure***

Upon receiving Ethical Approval No. ZU24\_051\_F, written informed consent was obtained from all individual participants included in the study. A preliminary pilot study was conducted to refine the questionnaire, ensuring its reliability and validity in capturing the constructs of interest where SPSS and Smart-PLS were used. Following the pilot study, the refined survey was then disseminated to the targeted group after explaining the aims and procedures to the participants.

To address the first research question of the study, “How do HEXACO personality traits influence young people’s well-being and their attitudes toward the ethical use of digital and AI technologies?” SPSS was used to present descriptive statistics (mean and standard deviation). Pearson correlation tests were conducted to explore the relationships between personality traits, well-being, and attitude toward ethics. Also, a multiple regression test was conducted to measure the influence of personality traits and well-being on young people's attitudes toward the ethical use of AI, as well as the influence of the interaction between personality traits and well-being on attitudes toward AI ethics, which was also measured using regression analysis.

The results of the first research question will be used to address the second research question, “What are the implications of these influences for promoting digital well-being and ethical AI practices among young people in the UAE?” where implications will be discussed and policy recommendations will be raised.

## **4. Key Finding**

The study's results highlight key relationships between HEXACO personality traits, well-being measures, and attitudes toward AI ethics. Descriptive statistics and correlation analyses reveal significant links among these variables, shedding light on the role of individual differences in shaping ethical perspectives on AI.

First, HEXACO personality traits were significantly correlated with attitudes toward AI ethics (AIE). Emotionality (PTE) demonstrated the strongest positive association with AIE, indicating that individuals with higher emotional sensitivity tend to hold more ethical views on AI. Other traits, such as Agreeableness (PTA) and Openness to Experience (PTO), also showed significant positive correlations with AIE. However, traits like Honesty-Humility (PTH), Extraversion (PTX), and Conscientiousness (PTC) were less influential, with only modest or non-significant correlations observed.

The analysis also revealed a robust relationship between well-being and attitudes toward AI ethics. Measures of well-being, including Emotional Well-Being (EWB), Social Well-Being (SWB), and Psychological Well-Being (PWB), exhibited strong positive correlations with AIE. This suggests that individuals with higher overall well-being are more likely to endorse ethical perspectives on AI. The aggregate well-being measure (WB) reinforced this finding, demonstrating a significant positive correlation with AIE.

In examining the interplay between personality traits and well-being, the results indicated that emotionality (PTE), agreeableness (PTA), and openness to experience (PTO) were significantly associated with higher levels of well-being. However, honesty-humility, extraversion, and conscientiousness did not exhibit meaningful connections to well-being measures.

The multiple regression analyses provided deeper insights into the predictive power of these variables. Personality traits and well-being were both significant predictors of attitudes toward AI ethics, with well-being emerging as the stronger predictor. Interaction effects further revealed that certain personality traits, when combined with well-being, significantly influenced AIE. Emotionality, agreeableness, openness, and the aggregate personality trait measure showed significant interaction effects, underscoring the complex interplay between these factors.

Interestingly, other traits, such as honesty-humility, extraversion, and conscientiousness, did not significantly interact with well-being to influence attitudes toward AI ethics. Their exclusion from the final model ensures a focus on the most impactful predictors, emphasizing the nuanced role of personality and well-being in shaping ethical perspectives on AI.

## 5. Implications

The findings of this study offer important practical implications for educators, policymakers, and other stakeholders aiming to promote digital well-being and ethical AI practices among young people, particularly in the UAE.

First, the study highlights the significant influence of HEXACO personality traits on attitudes toward ethical AI use. Emotionality, Agreeableness, and Openness to Experience emerged as critical traits associated with ethical engagement with AI technologies. This underscores the need for personality-driven interventions in educational and professional settings. For instance, programs that enhance empathy, emotional intelligence, and openness can be tailored to leverage these traits, fostering ethical decision-making. Such programs could include interactive workshops, scenario-based learning, and cooperative problem-solving activities that directly engage students with real-world ethical challenges in AI.

The strong correlation between well-being and ethical AI attitudes emphasizes the integral role of mental health and social connectivity in promoting responsible digital behavior. Higher levels of emotional, social, and psychological well-being are linked to greater ethical awareness, suggesting that enhancing these dimensions of well-being can directly contribute to more responsible use of AI. Educational institutions should therefore implement comprehensive mental health initiatives, including counseling services, stress management workshops, and peer support networks, to bolster students' overall well-being. These initiatives should also integrate modules on emotional regulation, social skills, and ethical reasoning to ensure holistic development.

At a policy level, the findings call for a comprehensive framework that aligns with national strategies like the UAE Centennial 2071 vision and the National Innovation Strategy. Policymakers should prioritize integrating digital ethics and mental health education into school and university curricula. These programs should address not only technical proficiency in AI but also the ethical implications of its use, ensuring that young adults are equipped to navigate complex digital landscapes responsibly.

Furthermore, fostering a culture of ethical AI use through community engagement initiatives, such as public seminars and collaborative workshops with AI professionals, can bridge the gap between theory and practice. Continuous monitoring and evaluation of these programs are essential to measure their effectiveness and adapt strategies as needed. Regular surveys and studies should be conducted to assess

the impact of these initiatives on well-being and ethical behavior, ensuring that they are meeting their objectives.

By addressing the interplay between personality, well-being, and ethical behavior, educators and policymakers can design targeted interventions that foster a generation of responsible digital citizens. These insights not only inform educational and policy frameworks but also contribute to the broader goal of cultivating a knowledge-based, ethical society in alignment with the UAE's vision for the future.

## **6. Conclusion**

This research highlights the profound role of HEXACO personality traits and well-being in shaping young adults' attitudes toward the ethical use of AI technologies. By identifying Emotionality, Agreeableness, and Openness to Experience as key predictors of ethical AI engagement, the study provides actionable insights for educators and policymakers to design targeted interventions. Furthermore, the demonstrated connection between well-being and ethical attitudes highlights the critical importance of fostering mental and social health to promote responsible digital behavior. These findings align with broader educational and policy frameworks, such as the UAE Centennial Plan 2071, emphasizing the ethical and innovative use of advanced technologies. By advancing our understanding of the interplay between personality, well-being, and ethics, this research contributes to the global discourse on digital literacy and responsible AI practices.

Future studies should address the limitations identified by this research to build on its findings and broaden their applicability. Longitudinal designs are essential to establish causal relationships between personality traits, well-being, and ethical AI attitudes, offering a deeper understanding of how these factors evolve over time. Expanding the sample to include diverse demographic groups across different regions, age brackets, and socio-economic backgrounds would enhance the generalizability of the results and provide a more comprehensive perspective on these relationships.

Moreover, employing mixed-methods approaches, such as interviews, behavioral observations, and experimental designs, could reduce biases inherent in self-reported data and provide richer, multidimensional insights. Future research should also explore additional variables, such as socioeconomic status, prior exposure to AI, and cultural influences, which may interact with personality and well-being to shape ethical AI attitudes.

Lastly, studies could investigate the practical application of these findings in educational and professional settings. For instance, research on the efficacy of targeted interventions that leverage key personality traits and enhance well-being could offer valuable guidance for curriculum design and workplace training programs. By addressing these areas, future research can further refine strategies to foster a culture of ethical AI use and digital well-being on a global scale.

## 7. References

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