

PERCEIVED EFFECTIVENESS OF CHATGPT ON COGNITIVE FLEXIBILITY AMONG BLIS STUDENTS AT BESTLINK COLLEGE OF THE PHILIPPINES

ABSTRACT

AUTHORS

Kristhena Mae Alajar
Emil Alcaraz
Shane Jasmine Asias
Maria Clariza Broquiza
Kenneth Rostata

AFFILIATION

Bestlink College of the
Philippines

DISCIPLINE

Psychology

KEYWORDS

cognitive flexibility; cognitive distortion; chatgpt; critical thinking; problem-solving; academic use

ARTICLE ID

AASGBCPJMRA-B70055

Chat GPT is an AI-based conversational tool that facilitates human-like interactions and encourages creative thinking and problem-solving by presenting users with varied perspectives. Such exposure may contribute to cognitive flexibility—the ability to shift thinking strategies and approach problems from multiple angles. However, overreliance on AI may negatively impact one's ability to think critically and independently. This study explores the perceived impact of Chat GPT on the cognitive flexibility of Bachelor of Library and Information Science (BLIS) students at Bestlink College of the Philippines for the academic year 2024–2025. The study adopted a descriptive research design to examine cognitive distortion, maladaptive behavior, emotional regulation, and cognitive flexibility, specifically in terms of awareness, willingness, and self-efficacy. A total of 127 BLIS students participated in the study. Data collection involved the use of a researcher-developed questionnaire and a modified version of the standardized Cognitive Flexibility Scale (CFS). Participants were selected through purposive sampling. The results reveal that respondents perceive more disadvantages than advantages in using ChatGPT for cognitive flexibility, as reflected by a mean score of 3.11. Cognitive distortion followed with a mean of 3.01, while the perceived advantages of ChatGPT scored 2.90. These findings suggest that although ChatGPT may offer cognitive benefits, it also has the potential to reinforce rigid thinking or lead to misinterpretations. Meanwhile, maladaptive behavior (2.84) and emotional regulation (2.83) received slightly lower ratings but still contributed to the overall average score of 2.94. The results emphasize the nuanced impact of ChatGPT on cognitive flexibility. Although it supports adaptability and problem-solving, it also introduces potential drawbacks, such as cognitive distortion and over-reliance, which may compromise critical thinking skills. To address these concerns, further research is needed to develop effective strategies that mitigate the negative effects while enhancing the productive use of ChatGPT in academic contexts.

RECOMMENDED CITATION

Alajar, K. M., Alcaraz, E., Asias, S. J., Broquiza, M. C., & Rostata, K. (2025). Perceived Effectiveness of ChatGPT on Cognitive Flexibility Among BLIS Students at Bestlink College of the Philippines. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 127.