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CAWANGAN NEGERI SEMBILAN  
KAMPUS SEREMBAN



# *Alleviating Writing Anxiety through Artificial Intelligence: A Digital Shift in Global Education*

**SITI NUR DINA HAJI MOHD ALI**

**UiTM CAWANGAN NEGERI SEMBILAN KAMPUS KUALA PILAH**

**MOHD HAFIZUL ISMAIL**

**UNiKL MIIT**

The introduction of artificial intelligence (AI) in digital education has brought about a transformative shift in how writing is taught and experienced worldwide. Writing is indeed tough and challenging for students as they need to put effort into using grammatically correct sentences and organising the ideas with sound judgment (Shen et al., 2024). As institutions strive to equip students with 21st-century skills, the adoption of generative AI-powered tools is garnering interest around the globe, raising a growing concern about how these technologies can support students in overcoming the fear associated with academic writing. To what extent does AI allow students to overcome their writing anxiety?

Writing anxiety is a prevalent issue, especially among students for whom English is a second or foreign language. L2 students' writing anxiety is significantly influenced by how they measure their own anxiety for the target language (Ali & Ismail, 2021). As the writing process itself involves complex sentence structures, students must put effort into their writing. Fear of judgment and a lack of confidence, coupled with linguistic insecurity, often inhibit students from expressing themselves in writing. The efforts invested in writing reflect the students' cognitive process of conveying their thoughts into words (Hayes, 2000). However, AI-based writing assistants such as Grammarly, QuillBot, and ChatGPT, to name a few, are changing this narrative. These tools provide real-time grammar correction, vocabulary suggestions, and idea-generation support, enabling students to build fluency and reduce the cognitive load associated with drafting.

The integration of artificial intelligence into writing instruction represents a critical evolution in digital pedagogy. AI-based writing tools offer real-time feedback on grammar, sentence structure, coherence, and even tone. Huang et al. (2023) stated that AI-assisted writing is effective for revising and enhancing students' writing skills as it creates a low-risk environment where students can revise their drafts based on the feedback. Human feedback, on the other hand, may take time to receive the intended feedback, which might impede the overall writing process. Thus, AI provides instant, non-threatening suggestions that allow for self-paced learning.



Hawanti and Zubayduloevna (2023) asserted that there was a decrease in students' anxiety during English writing classes among Indonesian students with the use of AI Chatbot-based instruction, as they received immediate feedback. The tools allow students to visualise and correct their errors, which indirectly fosters metacognitive awareness and linguistic autonomy (Shen et al., 2023). On the part of students, this type of support helps them internalise grammatical rules and vocabulary use in context, leading to improved linguistic competence. Recent research has shown that AI tools serve not merely as corrective agents but as scaffolding mechanisms that foster learner autonomy. By offering immediate feedback, AI allows students to experiment with structure, tone, and coherence without fear of criticism.

From a global perspective, digital learning provides access to education worldwide, particularly in areas with limited infrastructure. The availability of AI tools enables students to utilise technological skills globally through collaboration (Ali et al., 2024). Beyond individual classrooms, the impact of AI on writing instruction is being felt on a global scale. Digital learning platforms and mobile applications are now accessible in regions that previously lacked educational infrastructure. With many AI tools available online and on mobile devices, students in remote or underserved areas are gaining access to high-quality writing support tools (UNESCO, 2023). Nevertheless, it is important to recognise the unequal pace of AI adoption. Some institutions, especially in developing nations, face systemic challenges, including limited Internet bandwidth, low digital literacy among instructors, and a lack of institutional policies on AI integration in teaching and learning.

The adoption of artificial intelligence into education marks a pivotal transformation in writing. AI-based tools can be an effective antidote to writing anxiety, as they enable students to express themselves more clearly and confidently. Thus, educators need to guide students not only in mastering writing skills but also in navigating the complex intersection of technology and global education. Hence, AI can enhance both academic performance and emotional well-being, helping students to overcome their writing anxiety.

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