

How do smart devices control and changes the lifestyle habits of human being? A study in the context of Bangladesh

Farhana Yasmin^{1*}, Md. Alamgir Hossain²

Department of Sociology, University of Barishal, Bangladesh¹

Department of Computer Science and Engineering, Prime University, Bangladesh²

farhana.soc.bu@gmail.com^{1*}, alamgir.cse14.just@gmail.com²



Article History

Received on 15 September 2021

1st Revision on 15 December 2021

2nd Revision on 31 December 2021

3rd Revision on 9 February 2022

Accepted on 11 February 2022

Abstract

Purpose: The research has been conducted to find out how the smart device is changing and controlling human's social, cultural, and economic lifestyles.

Research methodology: The study is quantitative in nature. The multiple-choice questionnaire has been prepared to collect the data from 261 respondents through the survey method using Google format and focusing on the simple random sampling technique. Here, data were analyzed through Microsoft Excel, handmade calculation.

Results: The research found that respondents' social life (71.65%), economic life (80.84%), and cultural life (79.31%) are shaped by smart devices in a positive way. Their social life (28.35%), economic life (19.16%), and cultural life (20.69%) are also shaped by smart devices in a negative way. The portion of positive change and control is more than the portion of negative.

Limitations: The study is limited by sample size, geographical area, and data which are taken by using Google format instead of face-to-face interaction with respondents due to the COVID-19 pandemic.

Contribution: All sorts of people will be benefited from studying this study. They will be understood how participants adopt western culture ignoring their own tradition, value system, and culture.

Keywords: Change, Control, Habit, Lifestyle, Smart devices

How to cite: Yasmin, F., and Hossain, M. A. (2021). How do smart device control and changes the lifestyle habits of human being? A study in the context of Bangladesh. *Journal of Social, Humanity, and Education*, 2(1), 85-100.

1. Introduction

Technology is not magic but people use it's as magic which has unlimited magical power. In the modern age of information and communication, computer and IT infrastructure are not new phenomena but the application of smart devices is a new and rapidly growing sector ([Islam et al., 2010](#)). Currently, smartphones, tablet computers, and touch screens are the most popular smart devices (Jin-Hwa Moon, 2019). About 96.6% of children aged from six months to four years used mobile phones. Among them, two years of age's children spent their time watching television and using mobile phones in the USA ([Kabali et al., 2015](#)). Mobile phone has created new wireless dimensions for the purpose of communication including voice communication, messaging, personal information management, chatting, video, and audio calling.

In a real sense, mobile phone is a combination of advanced features that play a functional tool in human society by making a call and sending text, email, recording audio, documents, etc. ([TechTerm, 2010](#)). Today, the application of smart devices especially smartphone is widespread. Because, we can see news, movie, telefilm, web series, and others through smartphones instead of television. There are many functional impacts of the application of smartphones.

Social media is regarded as a website that's content based on some objectives including quick, efficient, and in real-time. Nowadays, it is an important tool for the mobilization and transformation of people, culture, and others ([Hudson, 2020](#)). Facebook, Twitter, WhatsApp, Imo, LinkedIn, YouTube, and Email are several applications of social media. These are a popular medium for spending leisure time of the human society especially young generation in the present time.

With the development of smart devices, excessive users are mentally disturbed and depressed ([Thomée et al., 2011](#)). Even, smart-phone owner's call and text affect their mental wellbeing rather than traditional mobile phone owners' text and call ([Ofcom, 2011](#)). Practical learning from social gatherings, functions, or programs is invisible because people join these sectors just to be part of the photo and too intent to post on social media. Besides, smart devices are the part of parcel of lives that seriously influence our dynamic spread and relation ([Hague et al., 2021](#)). Smart devices are also spreading widely in our economic and social life. Through these, we are seeing some improvement in our socio-economic and cultural life.

The present era is the era of information communication and technology. That is known as the era of ICT in short. Meanwhile, Bangladesh is far ahead in terms of information communication and technology and it makes our lives easier. As a result, the application of smart devices and internet systems have become very accessible for the rural and urban population, especially for the young generation. In Bangladesh, the numbers of smart device users are more than non-user of smart devices. And this number is growing day by day.

However, people are more attracted to negative things given by nature. So, one thing, people are using smart devices not only as their welfare but also as their barrier. In this circumstance, this research is helpful to analyze the tendency of people on the application of smart devices staying this modern era. Consequently, the findings of this study will be able to give the knowledge to planners, policymakers, curriculum planners, IT planners, and administrations to chalk out an appropriate, meaningful, and realistic obligation to control the negative application of smart device users and to more emphasized with the discovery of new application of smart devices for the advancement of the positive application of smart devices user in Bangladesh. That ultimately helps the development of Bangladesh.

2. Related literature review and hypothesis development

Literature review

The actual causes of cyberbullying tendency and online criminal activities among the young generation during the Covid-19 pandemic situation are the offenses addicted among the young generation and this increases the harmful social, mental, and physical health of an individual. Staying in the shutdown life, youth are becoming bored. As a result, they are addicted to committing crimes via smart devices. Victims and criminals both are at risk of experiencing depression, tension, frustration, etc. ([Alsawalqa, 2021](#)). It is focused on the adverse effects of social issues during the Covid-19 period. In the time of quarantined life, Covid-19 affected patients are spent their time through social media and online applications. At that time, they are mentally disturbed and disabled knowing and seeing fake news, misinformation, and rumor ([Silva, 2020](#)).

Evaluating the correlation between smart device use and suicide attempts. Here, correlation means conflict association among family, friends, and smart-device users. However, this conflict is also happened with poor academic performance due to smart-devices use. This study showed that suicide attempts are high among Korean adolescents due to the use of smartphones in wasting their time ([Kim et al., 2019](#)). Next, viewing the use of smartphone apps as tools related to daily behavior. Apps of smartphones provide a variety of services and tips that can help people with their daily routine. Diet chart, exercise routine, and overall health-related suggestions they can easily enjoy through the smartphone apps during staying at home ([Okumus & Bilgihan, 2014](#)).

Researched parents' perceptions of the overuse of smartphones among their children. 98.3% of parents are agreed that the overuse of mobile phones led to online addiction among their children and which could be side effects of their health like; eye problems, headaches, and anger. Besides, most

mothers can't control their children's habits in using mobile phones ([Buabbas et al., 2021](#)). Besides that, now focused on the technological connection with religious status. Religious authority is being reconstructed by the apps and knowledge about religious issues is available in the apps. In this technical era, people (users) has the ability to search and find out their answer on religious matters. For this, the importance of particular prominent figures (Imams/pastors) is declining ([Rinker, 2016](#)).

This is studied about the effects of ICT on the work and personal lifestyle of the employee. This study not only drew valuable insights of the usage of ICT but also showed the role (positive and negative) of ICT in employees' relationships. Employees should be careful in terms of the usage of ICT to decrease negative impacts on them ([Wet et al., 2016](#)). Examining the effects of mobile application in business and social sectors from the ethical perspective. Most people are preferred the application of mobile phones instead of desktops for their purposes. Not only for individuals but also for business, its application has an impact on society such as quick communication, saving time, increasing productivity, increasing job vacancy, and improving IT infrastructure.

On the other hand, there are some negative effects of mobile applications which are not ethically good for society. Young generations are at risk because wasting their time by being online addicted. Excessive use if it is bad for health ([Islam et al., 2010](#)). It is argued that mental health is affected by smart-device use and smart-device involvement. Previous studies showed that gaming, internet browsing, social networking, calling, and texting are linked to depression, anxiety, stress, and tension. But higher smart-device involvement, not smart-device use was associated with depression, anxiety ([Harwood et al., 2014](#)). Viewing the impacts of smartphone on society and how it is going to shift the culture, social life, technical life, and other aspects of modern society. There are many positive and negative sides to the existence of smartphones in business, education, health sectors, human psychology, and social life. Creating new dimensions for business, improving quality of education, raising health-related online free tips and services, and developing integration of disabled persons in the mainstreaming society are done by the help of smart devices. Without these positive sides, the analysis of the study indicates some negative impacts on smartphones and their solutions ([Sarwar & Soomro, 2013](#)). Analyzing the children and adolescents are more addicted to browsing social media websites. It includes Facebook, Myspace, Twitter, YouTube, etc. Such sites produced entertainment and communication. Its strengths have grown exponentially in recent years and children enjoyed it very much. For this, parents ignored a healthy environment for children. Pediatricians are in a unique position to educate families on both the complexities of the digital world and better applications of social media ([O' Keeffe & Pearson, 2011](#)). Social media is a major part of our daily routines.

Cultural practice is gradually changed positively and negatively. Through social media, communication is easier and people easily share their opinion and knowledge with others. Marketing and advertising in business sectors also developed. Without these positive sides, people freely share inappropriate and bad information on political views, religion, social rights, and culture. Bullying and harassment also increased through it ([Audell, 2019](#)). Today, Indonesia is a multicultural country that upholds cultural values. The rapid advancement of technology, especially information technology, and the spread of the ideology of capitalism has spread almost all over the world. Information technology makes it easy for people to get information from all over the world, not just their country it means that people are now able to communicate abroad using technology. Due to which cultural imperialism is happening ([Anadza & Pasopati, 2021](#)). Indian culture is distinct from place to place and often known as an amalgamation of several cultures. Findings showed that social media can integrate formal and informal education through the national culture of India.

The application of social media in education is a controversial topic. Students are affected by it adversely and most of them misused it wasting their time ([Pandia, 2018](#)). Attention on intercultural adaptation process during social media era. Connection or relationship, adjustment, and community are the key concepts of the study. People seemed that, they are easily integrated into host culture during the adaptation period and maintained connections to the home culture through social media sites at the same time. But it has some impacts on the intellectual adaptation process ([Sawyer & Chen, 2012](#)). This study focused on the educational attitude of the people in Nigeria during the COVID-19

pandemic. It is found that the majority of the population lives in rural areas without access to technology. So, their children were deprived of online education. On the other hand, the few urban populace who had access to the internet and digital devices were able to enjoy online education. From this viewpoint, it is said that technology is a great platform for educational purposes ([Olayemi, 2020](#)). Proclaimed some positive and negative portions of mobile phone technology on people's livelihood. It has enhanced 91% of people's livelihood by reducing travel needs and costs and the rest of people do not see any changes in their lives. 54% of people are empowered hearing advice and suggestions from radio and TV programs and 44% denied these impacts. On the contrary, it has negative impacts according to 61% of respondents, and 32% seemed that it is very expensive ([Hassan, 2011](#)).

Digitalization in healthcare is a great phenomenon. Digital health has the potential to be a significant facilitator of improved healthcare outcomes in developed areas than developing areas. For ensuring equal e-health services we should implement policy to ensure digital health intervention in Bangladesh. From this viewpoint, it is understood that technology plays a vital role in our health sectors ([Amin, 2021](#)). Realizing that, there is a correlation between telecommunication and economic development. Data from the fishing industry in India proved that market systems are more efficient and uncertainty and risk are reduced through the application of mobile phones. However, improving the businessmen's position and removing isolation and risk feeling in times of emergency ([Abraham, 2006](#)). Internet has become a global market with poorly regulated legislation. Through it the civilization gap between developed and developing countries is reduced and the degree of penetration for developed and developing countries is similar ([Glushkova, Belotserkovich, Morgunova, & Yuzhakova, 2019](#)).

Social media is a part of ICT. It plays an important role in improving business conditions such as advertising, sales, production, and customer management. Social media positively affects the relative advantages, complexity, and management innovativeness in the business sectors. The survey found that small businesses in Bangladesh are coming forward to address various technical, organizational, and environmental challenges ([Pervin & Sarker, 2021](#)). It is studied on the innovative use of smartphones in the context of the young generation of Dhaka city. This study showed that the young generation finds out innovative techniques to keep them hidden from the observation of parents. Using AppLocker and Gallery Lock, using passwords and blocking parents and relatives on Facebook, Imo, and other social media. Young girls use the internet to show video tutorials on how to wear 'hijab' smartly. However, the advanced young generation also uses smartphones to learn software programming, project, and photography. One interesting of this that friends, events, and parents are the most facilitating conditions for the purposive user of smartphones ([Mozumder, 2019](#)).

Objectives of the study

Every Study has to undertake a plan preparation with some objectives. It's are the main part of the study for readers to understand the key concepts of any research work. The salient objective of this particular study is to find out what types of changes exist in the human's social, cultural, and economic lifestyle through smart devices. This objective is created based on the questionnaires' that have been prepared on whether smart devices have a positive or negative impact on socio-economic and cultural life.

The following objectives are:

- I. To find out what types of changes exist in the human's social lifestyle through smart devices.
- II. To find out what types of changes exist in the human's economic lifestyle through smart devices.
- III. To find out what types of changes exist in the human's cultural lifestyle through smart devices.

Respondents were asked various questions to find the answer about the objectives above. Major questions are how many hours they use the smart device, for what purpose, and why. At certain times of the day, they use smart devices that question is also asked. They were also asked some questions about their family status, personal status, educational status, and so on.

Conceptual framework

Smart-device has created new dimensions for all aspects of life. There are many positive and negative impacts of smart-device that change and control the daily lifestyle of human beings. A conceptual framework is used to explain the several (positive and negative) influences under 03 major dimensions of smart-device applications.

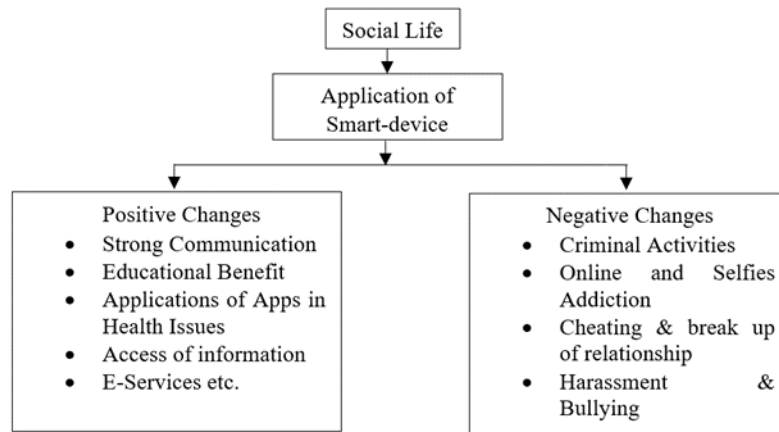


Figure 1. Conceptual framework (Social life)

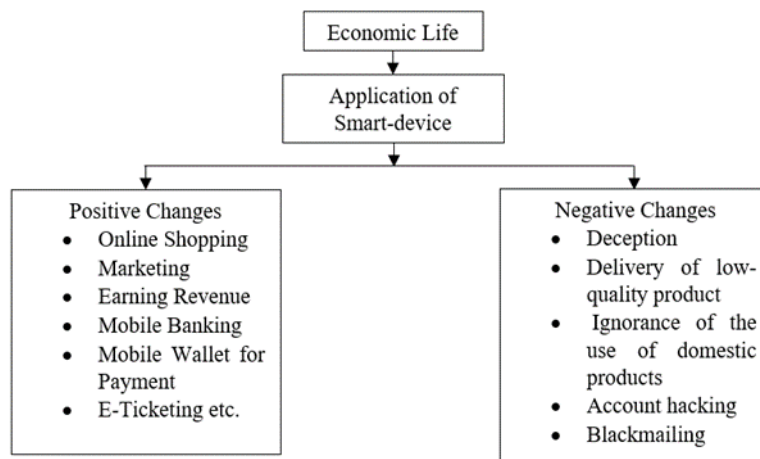


Figure 2. Conceptual framework (Economic life)

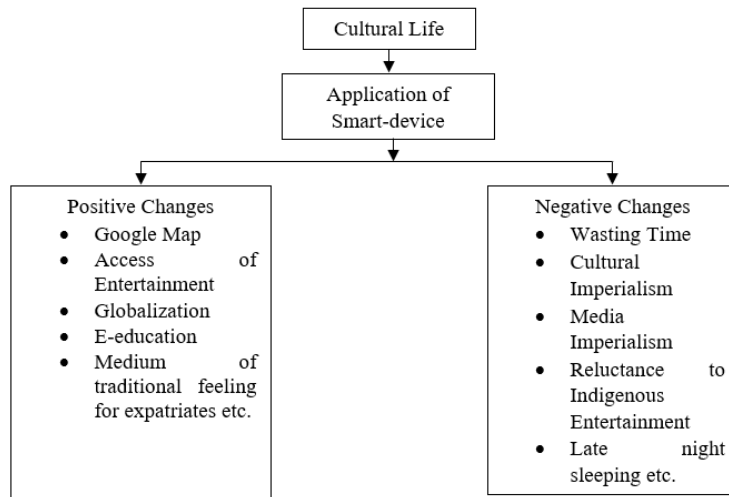


Figure 3. Conceptual framework (Cultural life)

3. Methodology

A research methodology can be considered as the soul which plays a vital role to construct the research study. The quantitative research design is found to be the most suitable design using Google form for this study considering the critical pandemic period of Covid-19. The sample size of the study is 261. In total 261 respondents, both male and female are selected through random sampling of probability technique, and data are collected under survey method. Here, a link to the questionnaire which consists of 14 sections is shared with the target population. Most of the questions are close-ended limited to 5-7 or more options.

This research study mainly depends on the primary data which are collected directly from the selected area of study. This area is Bangladesh. Besides, some secondary data are used to emphasize the conscience of the study for a better interpretation, and this data is collected from different journals, books, research publications, and other documents. One thing is, due to the terrible pandemic, it is not possible to go out and talk to respondents. This is why online mediums have been used for the purpose of data collection. Data collection period is from 10 May to 10 June 2021. Collected data have been presented in the form of tables.

The first part assigned the demographic factors of the respondents such as (gender, age, and educational qualification of the respondents). Then, the other parts are linked to the three factors with the use of smart devices.

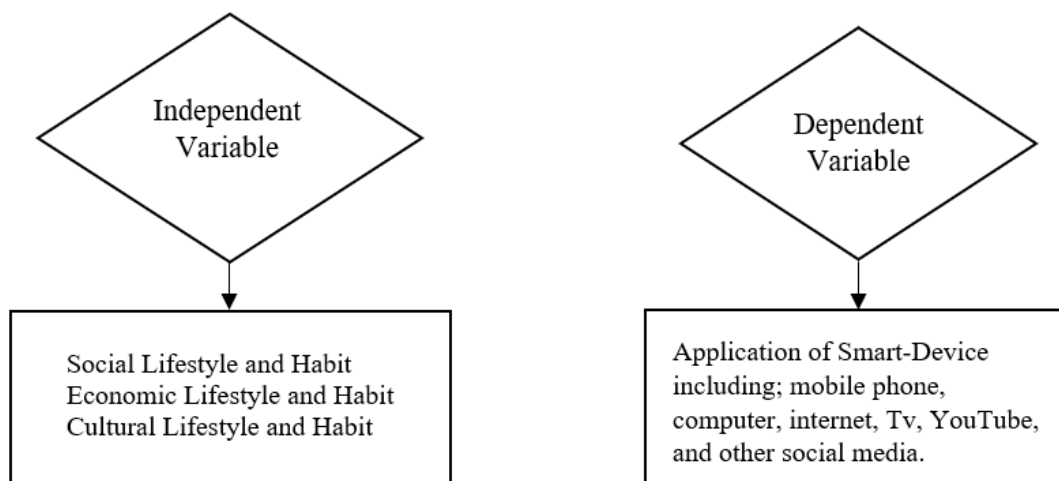


Figure 4. Dependent and independent variables of the study

4. Results and discussion

Data analysis and interpretation

Table 1. Demographic status of the respondents

		Frequency (<i>f</i>)	Percentage (%)	Cumulative Frequency
Gender	Male	188	72.031	188
	Female	73	27.969	261
	Total (<i>n</i>)	261	100.00	261
Religion	Islam	151	57.85	151
	Hindu	91	34.87	242
	Others	19	7.28	261
	Total(<i>n</i>)	261	100.0	261
Age	Under 20	32	12.26	32
	21 -25	91	34.86	123
	26-30	85	32.57	208
	31-35	21	8.05	229
	36-40	15	5.75	244
	41-45	9	3.45	252
	Above 45	8	3.06	261
	Total(<i>n</i>)	261	100.0	261
Education	SSC	21	8.05	21
	HSC	26	9.96	47
	Graduation	101	38.70	148
	Post-graduation	93	35.63	241
	Others	20	7.66	261
	Total(<i>n</i>)	261	100.0	261

Source: Processed by researchers (2021)

Demographic status of the respondent

Table 1 shows the demographic status of the respondents. The total sample size (*n*) of the study is 261. About 73% of respondents are male that's the frequency (*f*) is 188 and 27% are female with the frequency (*f*) is 73. Here, 12.26% of respondents are under 20 years of age, 34.86% between 21 and 25 years of age., 32.57% respondents are between 26 and 30, 8.05% respondents are between 31 and

35, 5.75% respondents are between 36 and 40, 3.45% respondents are between 41 and 45 years of age. Only 3.06% of respondents are over 45 years of age. From this statement, it is clear that the participation of respondents aged 21-25 years is the 1st higher that's the frequency (*f*) is 91 and 26-30 years is the 2nd higher age limitation that's the frequency (*f*) is 85 of the study. The percentages of Muslims and Hindus are 57.85% and 34.87% and only 7.28% are followers of other religions among the respondents in the study area. The percentage of Muslims is recorded higher than Hindus and other religions which the frequency (*f*) is 151. The fourth portion of the table indicated the educational background of the respondents. Most of the respondent's educational qualification is graduation. They are about 38.70% and 101 in number. The second highest is post-graduation. They are about 35.63% and 93 in number. Then 8.05% of respondents' educational achievement is SSC and 9.96% is HSC. The rest of the respondents are from several different educational backgrounds such as vocational, *madrasah* and under-five passed, etc. They are almost 7.66% and 20 in number.

Table 2. Browsing status of the respondents

		Frequency (<i>f</i>)	Percentage (%)	Cumulative Frequency
Smart Device	Yes	261	100.00	261
	No	0.00	0.00	261
	Total (<i>n</i>)	261	100.00	261
Using Smart-devices (Year)	Below 2005	3	1.15	3
	2006-2010	33	12.65	36
	2011-2015	135	51.72	171
	2016-2020	81	31.03	252
	Above 2020	9	3.45	261
	Total(<i>n</i>)	261	100.0	261
Using Internet (Year)	Below 2005	1	0.38	1
	2006-2010	59	22.61	60
	2011-2015	125	47.89	185
	2016-2020	69	26.44	254
	Above 2020	7	2.68	261
	Total(<i>n</i>)	261	100.0	261
Using Smart-devices (Hour)	1-3	41	15.71	41
	4-6	97	37.16	138
	7-9	47	18.01	185
	10-12	69	26.44	254
	Others	7	2.68	261
	Total(<i>n</i>)	261	100.0	261

Source: Processed by researchers (2021)

Browsing status of the respondents

Table 2 explains the browsing status of the respondents. Here, is the report of all respondents in using smart devices. Of these, only 1.15% of respondents have been using smart devices since 2005 and 12.65% have been using them since 2006 to 2010. Most of the respondents have been using smart devices from 2011 to 2015 that's percentage is 51.72%. Then, 31.03% has been using since 2016 to 2020 and only 2.68% has been using after 2020. The 2nd section of this table viewed that all respondents use the internet. Of these only 0.38% of respondents have been using the internet since and then 22.61% have been stated to use the internet from 2006 to 2010. Most of the respondents have been started from 2011 to 2015 that's percentage is 47.89%.

After that, 26.44% has been used from 2016 to 2020 and only 2.68% has been used after 2020. The 3rd section of the table indicated the time duration of the use of smart devices. Here, 15.71% of respondents spend 1 to 3 hours a day behind smart devices. Then 37.16 % of respondents spend 4 to 6

hours, 18.01 % of respondents spend 7 to 9, 26.44% respondents 10 to 12 hours, and only 2.68% spend more than 12 hours a day behind smart devices. From the explanation above, it is understood that the use of the online world increased between 2011 to 2015.

Table 3. Technology-based routine of the respondents

Time	Activities
8:00 am to 10:00 am	Woking up & check social media
9:00 am to 11:00 am	Completing breakfast
11:00 am to 1:00 pm	Watching movies on TV/ browsing social media
After 2:00 pm	Taking lunch
About 3:00 pm to 5:00 pm	Online Gaming and other activities
5:00 pm to 6:00 pm	Taking snacks
6:00 pm to 10:00 pm	Scrolling Facebook, Instagram and chatting with friends
10:00 pm to 12:00am	Completing Dinner
After 12: am	Again, mobile scrolling
After 12: am	Go to bed for sleeping

Technology-based activities

Common activities depend on smart devices. This dependency is raised due to the pandemic situation. Daily routines are shaped by smart devices. Analyzing respondents' daily activities, we developed a technology-based daily routine that is given above.

Table 4. Smart devices influence the social lifestyle and habits of human beings (n=261).

Social lifestyle and habit		
Positive sites of smart devices		
	Frequency (f)	Percentage (%)
Strong Communication	60	22.99
Educational Benefit	30	11.49
Applications of Apps in Health Issues	37	14.18
Access of information	30	11.49
E-Services	30	11.49
Total	187	71.65
Negative sites of smart devices		
Criminal Activities	17	6.51
Online & Selfies Addiction	24	9.20
Cheating & break up of relationship	15	5.75
Harassment & Bullying	19	7.28
Suicide	9	3.45
Total	74	28.35

Source: Processed by researchers (2021)

Smart devices influence the social lifestyle and habit of human being

Table 4 examines that, most of the respondents (187 out of 261) agreed that smart devices are influenced social lifestyle and habits positively. Few respondents (74 out of 261) disagreed that smart devices are influenced positively social lifestyle and habits. Rather they said that smart devices influence their social lifestyle and habit negatively.

Table 5. Smart devices influence the economic lifestyle and habits of human beings ($n=261$).

Economic lifestyle and habit		
Positive sites of smart devices		
	Frequency (f)	Percentage (%)
Online Shopping	65	24.90
Marketing and Freelancing	37	14.18
Earning Revenue	40	15.33
Mobile Banking & Mobile Wallet for Payment	53	20.31
E-Ticketing	16	6.13
Total	211	80.84
Negative sites of smart devices		
Deception	15	5.74
Delivery of low-quality product	17	6.51
Ignorance of the use of domestic products	5	1.92
Account hacking	10	3.83
Blackmailing	3	1.15
Total	50	19.16

Source: Processed by researchers (2021)

Smart devices influence the economic lifestyle and habits of human beings.

The above discussion clearly tells that most of the respondents with 80.84% (211 out of 261) agreed that smart devices are influenced positively the social lifestyle and habits. Few respondents with 19.16% (50 out of 261) disagreed that smart devices are influenced positively the social lifestyle and habits. Rather they said that smart devices affect their economic lifestyle and habit negatively.

Table 6. Smart devices influence the cultural lifestyle and habits of human beings ($n=261$).

Cultural lifestyle and habit		
Positive sites of smart devices		
	Frequency (f)	Percentage (%)
Goole Map	53	20.31
Access of Entertainment	65	24.90
Globalization	27	10.34
Medium of traditional feeling for expatriates	35	13.41
E-learning	27	10.34
Total	207	79.31
Negative sites of smart devices		
Wasting Time	19	7.28
Cultural Imperialism	17	6.61
Reluctance to Indigenous Entertainment	10	3.83
Late night sleeping	4	1.53
Media Imperialism	4	1.53
Total	54	20.69

Source: Processed by researchers (2021)

Smart devices influence the cultural lifestyle and habit of human being

The above discussion clearly shows that most of the respondents with 79.31% (207 out of 261) agreed that smart devices are influenced positively the social lifestyle and habits. Few respondents with 20.69% (54 out of 261) disagreed that smart devices are influenced positively the social lifestyle and habits. Rather they said that smart devices affect their cultural lifestyle and habit negatively.

Smart device has become a part of our living organism. We can live without rice now but we cannot live for a moment without smart devices. Whole aspects of our lives are starting to be controlled and changed through smart devices. That means, smart devices influence and change our practical life. However, this change and control are happening both in a positive and negative way.

This study proves that smart devices affect and control our social, economic, and cultural lifestyle, behavior, and habit. But from the analysis above, it is found that devices influence us not only in positive ways but also in negative ways. The social lifestyle and habits section (Table 4) shows that 71.65% of respondents agreed that devices influence us positively ensuring different services and situations.

Table 7. Social sites of smart devices (positive)

Social sites	Percentage (%)
Strong Communication	22.99
Educational Benefit	14.49
Applications of Apps in Health Issues	14.18
Access of information	11.49
E-services	11.49

Source: Processed by researchers (2021)

Table 7 above shows positive sites of smart devices in the social status of respondents. Here, 187 respondents out of 261 count the positive sites of smart devices. Of these 22.99% of respondents said that smart device has made our social life easier through strong communication. Smart device is helpful for social life through the educational progress view of 14.49% of respondents. Using Apps 14.18% of respondents are benefited in health issues. Access to information and e-services are changed our social life that's percentage are 11.49%.

On the other hand, the social lifestyle and habit section (Table 4) showed that 28.35% of respondents agreed that devices influence us negatively in several sectors and sites.

Table 8. Social sites of smart devices (negative)

Social Sites	Percentage (%)
Criminal Activities	6.51
Online and Selfies Addictions	9.20
Cheating & break up of relationship	5.75
Harassment & Bullying	7.28
Suicide	3.45

Source: Processed by researchers (2021)

Table 8 examined negative sites of smart devices in the social status of respondents. Here, 74 respondents out of 261 count the negative sites of smart devices. Of these 6.51% of respondents said that smart device has made our social life difficult with negativities like criminal activities. Smart devices destroy social life through the disease of online and selfies (taking a photo of yourself) addiction view of 9.20% respondents. 5.75% of respondents said that cheating tendency & break up of a relationship is raised due to smart devices and 7.28% respondents agreed that harassment and bullying are raised with this online world and suicide also occurred through smart device view of only 3.45 respondents. Most of the respondents have counted positive sides when it comes to making

positive or negative comments within a question. So, it is painted that, smart devices influence our social lifestyle and habit positively.

This paragraph will show the relation between smart devices and the economic status of respondents. In the economic lifestyle and habit section (Table 5) showed that 80.84% of respondents agreed that devices influence us positively ensuring different matters and services.

Table 9. Economic sites of smart devices (positive)

Economic Sites	Percentage (%)
Online Shopping	24.90
Marketing and Freelancing	14.18
Earning Revenue	15.33
Mobile Banking & Mobile Wallet for Payment	20.31
E-Ticketing	6.13

Source: Processed by researchers (2021)

Table 9 shows positive sites of smart devices in the economic status of respondents. Here, 211 respondents out of 261 count the positive sites of smart devices. Of these 24.90% of respondents said that smart device has made our social life easier through online shopping. Smart device is helpful for economic life through marketing and freelancing view of 14.18% respondents. 15.33% of respondents argued that the GDP of our country is raised through earning revenue. Mobile Banking and mobile wallet for payment were introduced according to 20.31% and e-ticketing services are available according to only 6.13% of respondents.

On the contrary, the economic lifestyle and habit section (Table 5) showed that 19.16% of respondents agreed that devices influence us negatively in the different items and issues.

Table 10. Economic sites of smart devices (negative)

Economic Sites	Percentage (%)
Deception	5.74
Delivery of low-quality product	6.51
Ignorance of the use of domestic products	1.92
Account hacking	13.83
Blackmailing	1.15

Source: Processed by researchers (2021)

Table 10 examines negative sites of smart devices in the economic status of respondents. Here, 50 respondents out of 261 counts the negative sites of smart devices. Of these 5.74% of respondents said that smart device has made our economic life difficult through the practice of deception. Smart devices destroy the belief system on the production in economic life through the delivery of low-quality view of 6.51% of respondents. 1.92% of respondents said that ignorance of the use of domestic products is raised due to smart devices and 13.83% respondents agreed that, account hacking raised with this online world and blackmailing also occurred through smart device view of only 1.15% respondents.

Maximum respondents have counted positive sides when it comes to making positive or negative comments within a question. So, it is painted that, smart devices influence our economic lifestyle and habit positively. This portion will be shown the relation between smart devices and the cultural status of respondents. The economic lifestyle and habit section (Table 6) showed that respondents 79.31% agreed that devices influence us positively ensuring different services and sections.

Table 11. Cultural sites of smart devices (positive)

Cultural sites	Percentage (%)
Google Map	20.31
Access of Entertainment	24.90
Globalization	10.34
Medium of traditional feeling for expatriates	13.41
E- learning	10.34

Source: Processed by researchers (2021)

Table 11 explores positive sites of smart devices in the cultural status of respondents. Here, 207 respondents out of 261 counts the positive sites of smart devices. Of these 20.31% of respondents said that smart device has made our cultural life easier through Google map. Smart device is helpful for cultural life through available access of entertainment view of 24.90% respondents. 10.34% of respondents argued that the cultural life of our country is changed and shaped through globalization. According to 13.41% of respondents medium for traditional unity is developed for expatriates and e-learning services are available according to only 10.34% of respondents.

To say more, the economic lifestyle and habit section (Table 6) showed that 19.16% of respondents agreed that devices influence us negatively in the different issues and purposes.

Table 12. Cultural sites of smart devices (negative)

Cultural sites	Percentage (%)
Wasting Time	7.28
Cultural Imperialism	6.61
Reluctance to Indigenous Entertainment	3.83
Late-night sleeping	1.53
Media-Imperialism	1.53

Source: Processed by researchers (2021)

Table 12 analyze negative sites of smart devices in the economic status of respondents. Here, 54 respondents out of 261 counts the negative sites of smart devices. Of these 7.28% of respondents said that smart device has made our cultural lifestyle worst by spending more time for the purpose of smart device. Smart devices destroy the traditional belief system through cultural imperialism proven by the view of 6.61% of respondents. 3.83% of respondents said that reluctance to indigenous entertainment is raised due to smart devices and only 1.53% of respondents agree about that. Late-night sleeping is a common matter through smart devices. Media-Imperialism is also practiced in our cultural life view of only 1.53% of respondents. A large portion of respondents has counted positive sides when it comes to making positive or negative comments within a question. So, it is painted that, smart devices influence our cultural lifestyle and habit positively.

In fine it is concluded currently smart devices (smartphones, TV, computer, and so on) are the permanent friends that influence our social, economic and cultural lifestyle and habit. Analyzing the data, it is also proved that, these devices controlled ours not only positively but also negatively. But the portion of positive influence is higher than negative influence.

5. Conclusion

At this juncture, this study investigated the changes and shapes of the lifestyle of human being through smart devices. In this study, researchers found that people are still using smart devices positively or negatively for the purpose of social, economic, and cultural activities.

New smart devices and technologies are designed to make and ensure the easier lifestyle of the population. That is why it still has positive effects than negative effects on human beings. Now about

3.2 billion people browse actively in the world ([AgingInPlace, 2021](#)). By the way, today, children socialize, get entertained, and be more productive through smart devices. Smart devices shaped not only official activities but also domestic activities ensuring sophisticated home automation ([Panda, 2018](#)). But technology is not always the key to success. In real-life management, it also has adverse effects on the population. The presences of digital devices affect home life and family relationship in a large portion of American families ([Greg, 2019](#)).

In fine this study aimed to analyze how smart devices influence our social, economic, and cultural lifestyles and habit. Actually, our lifestyle is not only influenced but also controlled by smart devices. This study proved that smart devices are the part and percale of our lives.

Limitation and study forward

Notwithstanding, it is necessary to acknowledge the limitations of the study. Again, a small sample size means that the conclusions cannot be broadly generalized to other countries and groups. But our study design is completely appropriate for the task at hand during this situation. The survey procedure is mathematical which helps to prove and test hypotheses. For all of these reasons, the researchers feel confident in our choice of research methods and think their research results will be valid ([McCauley et al., 2013](#)). A research paper does not cover all sides of the topic. Not all sides and sections are covered in this study. The current era is the era of globalization. Smart devices are the soul of this era. People are now relying more on social media as well as their socio-economic, cultural, political, and religious issues are being changed and controlled by the media. These topics can be researched separately in the future.

Acknowledgment

We would also like to acknowledge the research respondents who share their valuable opinion for this work purpose steadily. Any opinions, findings, conclusions, or recommendations expressed in this material are solely those of the author(s).

References

- A. Olayemi, A. (2020). Public perception, practices, and readiness for post-Covid-19 lifestyle in Ikolaba Community, Ibadan. *Journal of Social, Humanity, and Education*, 1(1), 1–12. <https://doi.org/10.35912/jshe.v1i1.171>
- Abraham, R. (2006). Mobile Phones and Economic Development: Evidence from the Fishing Industry in India. 2006 International Conference on Information and Communication Technologies and Development, 48–56. <https://doi.org/10.1109/ICTD.2006.301837>
- AgingInPlace. (2021). Technology In Our Life Today And How It Has Changed. <https://aginginplace.org/technology-in-our-life-today-and-how-it-has-changed/>
- Alsawalqa, R. O. (2021). Cyberbullying, social stigma, and self-esteem: the impact of COVID-19 on students from East and Southeast Asia at the University of Jordan. *Heliyon*, 7(4), e06711. <https://doi.org/10.1016/j.heliyon.2021.e06711>
- Anadza, H., & Utungga Pasopati, R. (2021). Globalization, Islam Nusantara, and contemporary character empowerment. *Journal of Social, Humanity, and Education*, 1(2), 79–89. <https://doi.org/10.35912/jshe.v1i2.372>
- Audell, C. (2019). The impact of social media on cultural practice.
- Buabbas, A., Hasan, H., & Shehab, A. A. (2021). Parents' Attitudes Toward School Students' Overuse of Smartphones and Its Detrimental Health Impacts: Qualitative Study. *JMIR Pediatrics and Parenting*, 4(2), e24196. <https://doi.org/10.2196/24196>
- Cortney Hughes Rinker, J. R. E. H. E. B. and H. E. (2016). Religious Apps for Smartphones and Tablets: Transforming Religious Authority and the Nature of Religion. *Interdisciplinary Journal of Research on Religion*, 12, 1–14.
- de Wet, W., Koekemoer, E., & Nel, J. A. (2016). Exploring the impact of information and communication technology on employees' work and personal lives. *SA Journal of Industrial Psychology*, 42(1). <https://doi.org/10.4102/sajip.v42i1.1330>

- Greg, D. (2019, January 29). Rise of Smart Devices in Homes Has Positive Impact on Family Life, Study Suggests. Folio. <https://archive.foliomag.com/rise-smart-devices-homes-positive-impact-family-life-study-suggests/>
- Haque, Md. T., Eyemoon, E. J., & Rahaman, A. (2021). Social Media Use During Social Gathering Among Youth: A Study on Moghbazar Area of Dhaka City. *Advanced Journal of Social Science*, 8(1), 205–219. <https://doi.org/10.21467/ajss.8.1.205-219>
- Harwood, J., Dooley, J. J., Scott, A. J., & Joiner, R. (2014). Constantly connected – The effects of smart-devices on mental health. *Computers in Human Behavior*, 34, 267–272. <https://doi.org/10.1016/j.chb.2014.02.006>
- Hassan, A. K., A. D. S. and I. B. (2011). The role of mobile phones on sustainable livelihood (pp. 1–30). The Economic and Social Research Foundation ESRF.
- Hudson, M. (2020, June 23). What Is Social Media? Definition and Examples of Social Media. The Balance Small Business. <https://www.thebalancesmb.com/what-is-social-media-2890301>
- Islam, Md. R., Islam, Md. R., & Mazumder, T. A. (2010). Mobile Application and Its Global Impact. *International Journal of Engineering & Technology IJET-IJENS*, 72–78.
- Kabali, H. K., Irigoyen, M. M., Nunez-Davis, R., Budacki, J. G., Mohanty, S. H., Leister, K. P., & Bonner, R. L. (2015). Exposure and Use of Mobile Media Devices by Young Children. *Pediatrics*, 136(6), 1044–1050. <https://doi.org/10.1542/peds.2015-2151>
- Khan, Md. M. R., & al Amin, M. M. H. (2021). A study on digital transformation in the healthcare sector of Bangladesh: Current scenario and the future roadmap. *Journal of Governance and Accountability Studies*, 1(2), 163–176. <https://doi.org/10.35912/jgas.v1i2.747>
- Kim, M.-H., Min, S., Ahn, J.-S., An, C., & Lee, J. (2019). Association between high adolescent smartphone use and academic impairment, conflicts with family members or friends, and suicide attempts. *PLOS ONE*, 14(7), e0219831. <https://doi.org/10.1371/journal.pone.0219831>
- McCauley, M., Minsky, S., & Viswanath, K. (2013). The H1N1 pandemic: media frames, stigmatization and coping. *BMC Public Health*, 13(1), 1116. <https://doi.org/10.1186/1471-2458-13-1116>
- Mozumder, & Nabi, M. G. (2019). Social Conditions of the Innovative Use of Smartphone: A Qualitative Investigation among Young Users in Dhaka. *The Bangladesh Development Studies*, 42(4), 135–156.
- O’Keeffe, G. S., & Clarke-Pearson, K. (2011). The Impact of Social Media on Children, Adolescents, and Families. *Pediatrics*, 127(4), 800–804. <https://doi.org/10.1542/peds.2011-0054>
- Ofcom. (2011). A nation addicted to smartphones. Ofcom.
- Okumus, B., & Bilgihan, A. (2014). Proposing a model to test smartphone users’ intention to use smart applications when ordering food in restaurants. *Journal of Hospitality and Tourism Technology*, 5(1), 31–49. <https://doi.org/10.1108/JHTT-01-2013-0003>
- Panda, M. (2018). 5 Ways Consumer Electronics Are Shaping the American Lifestyle. Panda Media center, a WatchGuard Brand. <https://www.pandasecurity.com/en/mediacenter/technology/consumer-electronics-lifestyle/>
- Pandia, P. (2018). Impact of Social Media on Culture, Society and Education. *Journal of Advanced Research in Humanities and Social Science*, 17–24.
- Pervin, Most. T., & Sarker, B. K. (2021). Benefits and challenges in adopting social media for SMEs: A case from Bangladesh. *Journal of Sustainable Tourism and Entrepreneurship*, 2(3), 171–185. <https://doi.org/10.35912/joste.v2i3.783>
- Sarwar, M., & Soomro, T. R. (2013). The Impact of Smartphone’s on Society. *European Journal of Scientific Research*, 98, 216–226.
- Sawyer, R., & Chen, G.-M. (2012). The Impact of Social Media on Intercultural Adaptation. *Intercultural Communication Studies XXI*, 151–168.
- Svetlana Glushkova, Denis Belotserkovich, Natalia Morgunova, & Yulia Yuzhakova. (2019). The role of smartphones and the internet in developing countries. *ESPACIOS*, 40, 1–10.
- TechTerm. (2010, July 30). Smartphone. TechTerms.Com.
- Teixeira da Silva, J. A. (2020). Stigmatization, Discrimination, Racism, Injustice, and Inequalities in the COVID-19 Era. *International Journal of Health Policy and Management*. <https://doi.org/10.34172/ijhpm.2020.87>

Thomée, S., Härenstam, A., & Hagberg, M. (2011). Mobile phone use and stress, sleep disturbances, and symptoms of depression among young adults - a prospective cohort study. *BMC Public Health*, 11(1), 66. <https://doi.org/10.1186/1471-2458-11-66>