JOURNAL OF FAMILY, AFFAIRS AND DIGITAL SOCIETY

VOL.1-NO.1-2026

P ISSN: xxxx-xxx

E ISSN: xxxx-xxx

# THE ROLE OF ARTIFICIAL INTELLIGENCE IN MODERN FAMILY LIFE

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## ABSTRACT

*Artificial intelligence (AI) is increasingly becoming part of modern family life, influencing household management, parenting practices, children's learning, family communication, and everyday decision-making. AI-powered assistants, conversational agents, smart home devices, and educational applications offer families opportunities to manage routines, obtain information, support children's development, and simplify daily responsibilities. However, their growing use also raises concerns regarding privacy, reliability, parental supervision, emotional relationships, and dependence on automated systems. McDaniel et al. (2025) highlight the importance of examining AI in relation to family dynamics, interpersonal relationships, parenting, and ethical responsibilities. Similarly, Zhang et al. (2025) explored how parents and children use ChatGPT and the purposes these tools serve within family life. This article examines the role of artificial intelligence in modern family life, focusing on household organization, parenting, education, communication, and responsible technology use. It adopts a qualitative, literature-based approach to synthesize existing scholarly research and identify the potential benefits and challenges of integrating AI into family routines. The discussion suggests that AI can support family well-being when used responsibly, but it should complement rather than replace parental judgment, human relationships, and direct communication. Appropriate supervision, privacy awareness, and balanced technology use are essential for ensuring that AI contributes positively to contemporary family life.*

## KEYWORDS

*Artificial Intelligence, Modern Family Life, Parenting, Smart Home Technology, Family Communication, Children's Education, Digital Privacy*

## INTRODUCTION

Artificial intelligence has become an increasingly important part of modern family life, influencing household management, parenting practices, children's education, and everyday decision-making. AI-powered virtual assistants, conversational agents, smart speakers, and educational applications allow family members to obtain information, organize schedules, manage household tasks, and access personalized learning support. These technologies can reduce the time required for routine activities and help families manage their responsibilities more efficiently. McDaniel et al. (2025) emphasize that AI's integration into everyday life has important implications for family dynamics, interpersonal relationships, parenting, and children's development. Their work highlights the need to examine AI not simply as a technological innovation but as a factor that may influence the roles, routines, and relationships within households.One important application of AI in family life is household organization and daily planning. Smart assistants can help families set reminders, create shopping lists, manage

appointments, control connected household devices, and obtain information through voice commands. These functions may be particularly useful for households in which parents balance employment, childcare, education, and domestic responsibilities. Van Oosten et al. (2025) examined smart speaker use in Dutch families and demonstrated that household use varies according to the frequency, purpose, and family member involved. Their findings suggest that families do not adopt smart technology in identical ways; rather, their use is influenced by personal characteristics and attitudes toward technology. Consequently, the practical benefits of AI depend on household needs, user confidence, and the extent to which family members consider these tools useful and trustworthy.AI is also creating new opportunities for parenting and children's learning. Parents can use conversational AI to obtain general information about child development, explore educational activities, prepare learning materials, and seek suggestions for managing everyday parenting challenges. Children may use AI-powered tools to ask questions, practise language skills, explore creative activities, and receive explanations of difficult concepts. Zhang et al. (2025) explored the uses and motivations of parents and children who shared a ChatGPT account, identifying information seeking, productivity, entertainment, and social bonding as important motivations. However, their research also identified concerns about credibility, ethical implications, familiarity, and privacy. These findings demonstrate that AI can support family learning and everyday problem-solving, but its use requires appropriate guidance and an awareness that generated information may be inaccurate or unsuitable.

Escoredo et al. (2025) discussed the development of an AI-based conversational platform intended to support parenting skills, illustrating the potential of conversational technology to provide accessible, structured assistance. At the same time, the authors acknowledged that comprehensive empirical evidence of the platform's effectiveness remained pending. This distinction emphasizes the need to separate the potential benefits of AI from outcomes that have been firmly established through research.Privacy, security, fairness, and responsible use are further concerns as AI becomes integrated into household routines. AI systems may process personal information, respond to children's questions, and influence decisions based on the data and instructions they receive. Families therefore need to consider what information is shared, how digital accounts are managed, and whether AI-generated advice is appropriate for the situation. Lee et al. (2025), in a scoping review of AI applications in family research involving young children, found that the available evidence was limited in scope and that ethical considerations received insufficient attention in much of the reviewed research. Their findings reinforce the importance of transparency, fairness, privacy protection, and responsible implementation when AI is used in family-related contexts AI can help families organize daily activities, support children's learning, access information, and explore new ways of managing parenting challenges. Nevertheless, its benefits depend on responsible use, appropriate supervision, and the continued importance of human interaction. McDaniel et al. (2025) emphasize the need to investigate AI's influence on family relationships and ethical responsibilities, while Zhang et al. (2025) demonstrate that families approach conversational AI

with different purposes and concerns. Building on this research, the present study examines the role of artificial intelligence in modern family life, focusing on household management, parenting, education, communication, and privacy. It also explores how families can benefit from AI while protecting children's well-being, maintaining meaningful relationships, and preserving parental responsibility.

## RESEARCH OBJECTIVES

1. To examine the role of artificial intelligence in household management, parenting, and children's learning.
2. To identify the benefits and challenges of AI use in family communication, decision-making, privacy, and child development.
3. To explore strategies for ensuring the responsible and balanced use of artificial intelligence in modern family life.

## RESEARCH QUESTIONS

1. How does artificial intelligence influence household management, parenting, and children's learning?
2. What are the major benefits and challenges of AI use in family communication, decision-making, privacy, and child development?
3. What strategies can families adopt to ensure responsible and balanced use of artificial intelligence?

## LITERATURE REVIEW

McDaniel et al. (2025) examined the relationship between artificial intelligence and everyday family life, emphasizing its potential effects on family dynamics, interpersonal relationships, parenting, and children's development. Their work identifies several areas of concern, including how AI is integrated into household routines, how it may support family-related research and interventions, and what ethical responsibilities arise from its use. The authors argue that AI should be examined within the broader context of family relationships rather than solely as a technological tool. This perspective is important because household technologies may influence how responsibilities are distributed, how family members communicate, and how decisions are made. Their work provides a foundation for understanding AI as a technology that can support family activities while potentially changing established household practices.Zhang et al. (2025) explored how parents and children use ChatGPT and the benefits they seek from the technology. Their qualitative study involved interviews with 12 families in the United States that had experience sharing a ChatGPT account. The researchers identified four main motivations: information seeking, increased productivity, entertainment, and social bonding. However,

participants also expressed concerns about credibility, technological familiarity, ethical implications, and privacy. These findings demonstrate that families may use conversational AI for both individual and shared activities, including answering questions, supporting everyday tasks, and exploring ideas together. At the same time, the study highlights the importance of understanding family members' different expectations and experiences. This research suggests that the usefulness of AI depends not only on its technical capabilities but also on how families understand, evaluate, and incorporate its responses into everyday life.Lee et al. (2025) conducted a scoping review of artificial intelligence applications in family research involving families with young children. Their review examined studies in which AI was used for data collection, data analysis, or family-centered services. The authors identified 21 eligible studies and found that much of the available evidence focused on maternal and child health outcomes, particularly the use of AI to identify important predictors of outcomes. They also highlighted the limited attention given to ethical considerations in the reviewed literature. These findings demonstrate that AI has potential applications in understanding family needs and supporting family-related services, but the research base remains limited in several areas. The review emphasizes the importance of fairness, responsible implementation, and ethical safeguards when AI is used in contexts involving children and families.

Martens et al. (2025) examined the potential implications of domestic AI systems for household responsibilities, family surveillance, and interpersonal communication. Their analysis considered three possible roles of domestic AI: a home maintainer that supports household tasks, a guardian that assists with monitoring and safety, and a companion that participates in everyday household experiences. The authors highlighted that these technologies may offer convenience while also introducing changes in the distribution of domestic responsibilities, privacy practices, and family interaction. For example, AI-based monitoring may be intended to protect children, yet it can also create tensions between parental supervision and children's privacy. Similarly, automated household management may simplify routine tasks while influencing expectations about who performs domestic work. This research suggests that families should consider how AI fits their existing values, responsibilities, and relationships before relying on it extensively.Escoredo et al. (2025) explored the development of the Parenting Assistant platform, an AI-based conversational agent designed to support parenting skills and provide accessible assistance for parenting challenges. Their work describes the development of the platform and its potential to deliver structured, personalized guidance through digital conversations. Such systems may help parents explore strategies for managing children's behaviour, understanding developmental needs, and responding to everyday parenting difficulties. However, the authors noted that comprehensive empirical results were still pending, meaning that the platform's effectiveness should not be assumed without further evaluation. This research illustrates the potential for AI to supplement parenting support while emphasizing that technological assistance requires appropriate safeguards and evidence-based development. AI-generated suggestions should support, rather

than replace, parental judgment and qualified professional advice when complex developmental or psychological concerns arise.

Van Oosten et al. (2025) investigated smart speaker use in Dutch families with young children, examining how frequently these devices were used, their purposes, and which family members used them. Their study of 370 parents identified different patterns of household use and found that parental trust and perceptions of technology-related media narratives influenced these patterns. Smart speakers can support families through reminders, information retrieval, entertainment, and control of connected household devices. Nevertheless, family members may differ in their willingness to use these technologies and in the degree of trust they place in their capabilities. The findings demonstrate that the integration of AI into household routines is influenced by personal attitudes and family circumstances rather than by technical availability alone. This perspective is useful for understanding why some families adopt AI extensively while others use it selectively or remain cautious about its presence in the home.

Erdem et al. (2026) developed a systemic perspective on conversational artificial intelligence in everyday family life. Their conceptual review proposed that conversational AI agents may operate as virtual assistants, proxies that supplement or influence family processes, and mirrors that reflect or respond to family dynamics. The authors argued that interactions between family members and AI systems can influence household organization, communication, family roles, and relationship boundaries. Their work also highlighted concerns about privacy, parental oversight, and the changing relationship between technological assistance and human interaction. This perspective reinforces the importance of studying AI at the level of the family system rather than focusing only on individual users. Taken together, the literature indicates that AI can support household management, learning, and parenting, but its effects depend on responsible use, family expectations, and the preservation of meaningful human relationships. Further empirical research is needed to establish its long-term implications across diverse family structures and cultural contexts.

## METHODOLOGY

This study adopts a qualitative, literature-based methodology to examine the role of artificial intelligence in modern family life. It draws on published scholarly research concerning household AI, conversational agents, parenting support, children's learning, smart home technologies, and family relationships. The selected literature includes conceptual reviews, empirical studies, qualitative interviews, and scoping reviews published between 2024 and 2026. These sources provide different perspectives on the potential benefits and challenges of AI use within households. The study relies on secondary data and does not claim to collect original information from families or conduct new experiments.The selected publications were examined thematically to identify recurring ideas, similarities, differences, and gaps in existing research.

Particular attention was given to household efficiency, parenting assistance, educational opportunities, family communication, privacy, and responsible technology use. The findings of individual studies were compared while considering their research methods, populations, and limitations. This approach provides an organized understanding of the topic and helps distinguish demonstrated findings from potential benefits that require further investigation.

## RESEARCH DESIGN

The study uses a descriptive and analytical research design. The descriptive component explains the ways AI technologies are incorporated into family routines, including household planning, educational activities, information seeking, and parenting support. The analytical component examines the opportunities and challenges associated with these applications, particularly their implications for family relationships, privacy, parental responsibility, and children's development. The research is organized around the stated objectives and questions to ensure that the discussion remains focused on the role of AI in contemporary family life.The research design relies exclusively on secondary sources from relevant scholarly publications. Findings from different studies are compared and interpreted to develop an integrated understanding of AI's potential contribution to family well-being. No original surveys, interviews, experiments, or statistical measurements are conducted. Consequently, the study can identify important themes and research gaps but cannot independently establish causal relationships or claim that the reviewed findings apply equally to every household.

## DATA ANALYSIS

The study employs qualitative thematic analysis to interpret the selected literature. The first theme concerns household management and everyday efficiency, including the use of AI assistants for scheduling, reminders, information retrieval, and routine domestic tasks. Research by van Oosten et al. (2025) and Martens et al. (2025) informs this theme by examining how smart devices and domestic AI can support household activities while potentially changing responsibilities and family routines. The second theme focuses on parenting and children's learning. Zhang et al. (2025) and Escoredo et al. (2025) provide relevant perspectives on conversational AI, shared family use, and technology-based parenting assistance. These findings were examined to understand how AI may supplement learning and parenting without replacing human judgment.The third theme addresses ethical and relational challenges, including privacy, information reliability, appropriate supervision, and the possible effects of AI on family communication. Lee et al. (2025) highlight the limited attention given to ethical issues in some areas of family-related AI research, while Erdem et al. (2026) emphasize the importance of understanding AI within wider family systems. The selected findings were compared to identify the conditions under which AI may be useful and the safeguards needed for responsible use.

Because the study is based on secondary literature, the analysis represents a synthesis of existing research rather than new empirical or statistical results.

## FINDINGS

The analysis indicates that artificial intelligence offers several potential benefits for modern family life, particularly in household organization, information seeking, and children's learning. AI-powered assistants can help manage schedules, organize routine tasks, and provide convenient access to information. Conversational AI can also support shared educational activities, creative exploration, and everyday problem-solving. Zhang et al. (2025) found that families use ChatGPT for information seeking, productivity, entertainment, and social bonding, while van Oosten et al. (2025) demonstrated that smart speaker use varies according to household needs and parental attitudes. These findings suggest that AI can make certain family activities more convenient, although its usefulness depends on the suitability of the technology for the family's circumstances.The findings also identify challenges involving privacy, reliability, parental supervision, and changing household responsibilities. AI systems may generate inaccurate information, process personal data, or introduce new forms of monitoring into family life. Parents therefore need to consider how children use AI, what information they share, and whether generated responses are appropriate. Martens et al. (2025) highlight the potential for domestic AI to reshape household responsibilities and surveillance, while Lee et al. (2025) identify gaps in the ethical treatment of AI in family-related research. These concerns indicate that technological convenience should be balanced with privacy protection, critical evaluation, and appropriate adult guidance.A further finding is that AI is most appropriately understood as a supplementary resource rather than a replacement for human relationships and parental responsibility. Erdem et al. (2026) emphasize that conversational AI can become integrated into family systems in ways that influence communication, roles, and relationship boundaries. However, the long-term effects of these changes remain insufficiently understood. Families can respond constructively by establishing clear rules, protecting children's personal information, verifying important AI-generated information, and maintaining direct communication between family members. Overall, the literature suggests that responsible and balanced AI use can support family routines and learning, provided that human judgment, emotional care, and meaningful interaction remain central to family life.

## CONCLUSION

Artificial intelligence is becoming an important component of modern family life, offering new opportunities to improve household management, support parenting, facilitate children's learning, and simplify everyday decision-making. The literature reviewed in this study indicates that AI can help families organize responsibilities, access information, and explore educational and creative activities. At the same time, its integration introduces concerns about privacy,

reliability, parental supervision, and the possible redistribution of household responsibilities. McDaniel et al. (2025), Zhang et al. (2025), and Martens et al. (2025) demonstrate the importance of understanding AI within the wider context of family dynamics and everyday relationships. Consequently, the influence of AI should not be evaluated solely in terms of convenience or efficiency; its implications for family well-being, responsibility, and human interaction must also be considered.The study concludes that responsible AI use requires clear boundaries, appropriate supervision, privacy awareness, and continued reliance on human judgment. Parents can use AI as a supplementary source of information and educational support while ensuring that children receive appropriate guidance and that important decisions are evaluated carefully. Families should also maintain meaningful face-to-face interaction and avoid depending on AI for emotional care or sensitive decisions that require qualified professional assistance. Further empirical research is needed to understand the long-term effects of AI across different family structures and cultural settings. Ultimately, artificial intelligence can contribute positively to modern family life when it supports household needs without undermining human relationships, parental responsibility, and the values that sustain family well-being.

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