```python
def caesar_cipher(text, shift, direction):
    result = ""

    for char in text:
        if char.isalpha():
            ascii_offset = 65 if char.isupper() else 97
            result += chr((ord(char) - ascii_offset + shift * direction) % 26 + ascii_offset)
        else:
            result += char

    return result

def main():
    direction = input("Do you want to (E)ncrypt or (D)ecrypt? ")
    text = input("Enter the message: ")
    shift = int(input("Enter the shift value: "))

    if direction.upper() == 'E':
        direction_value = 1
    elif direction.upper() == 'D':
        direction_value = -1
    else:
        print("Invalid direction. Please enter E for encryption or D for decryption.")
        return

    result = caesar_cipher(text, shift, direction_value)
    print("Result: ", result)

if __name__ == "__main__":
    main()
```

Output

```
Do you want to (E)ncrypt or (D)ecrypt? E
Enter the message: how are you
Enter the shift value: 4
Result:  lsa evi csy

=== Code Execution Successful ===
```

Output

```
Do you want to (E)ncrypt or (D)ecrypt? D
Enter the message: lsa evi csy
Enter the shift value: 4
Result:  how are you

=== Code Execution Successful ===
```