

# The effects of computers on our everyday lives

[Technology](#), [Computer](#)



Computers have changed the lives of people's in many ways. Now sitting in front of the computer, people can easily get access to the Internet by a simple click of mouse. Over the entire world 80 percent of people use the Internet every day. On computer people can simply do anything such as, a slide show presentation, a good communication, creating your own assignment, music, or art etc. They can also get a useful information and media on the Internet. For these reason people deeply use computers at places such as schools, hospitals, offices, and at home etc.

There are the lots of positive and negative effects of computers. Some of the positive effects are faster communication, an organization of data and information, computerization of tasks, and easier access to the information. Some of the negative effects of computers are human's break their social interact with friends and families, cause back problem, depression, and poor health. One of the best effects of computer is helping students and workers to complete and ensure of their works. For example, most of the students can easily access to a wealth of information, study online, and translate words or texts on computers.

Students can also easily find information for assignment with in a minute by the helping of wireless technology. There are many of social networking site of learning math's, reading, history and science, and online learning language. And there are also some negative points of computers on learning. For instance, teachers give assignments to students for their knowledge but some students didn't do by themselves they just research on net and do copy paste from the site and then they submit their assignment to the teacher this is not good for them.

They should also use their brain. Moreover, computers give many opportunities to meet new people. There are many social networking sites in which people can interact with others as such Facebook, Skype, and my space etc. When people use these sites they reconnect with old friends and classmates. They can share their pictures and songs with their friends. Wireless technology helps people to talk with friends anywhere easily. These are the positives effects of computers.

Now negatives effects of computers are its can also damage people relationship with parents and friends by using too much computer, some people misuse pictures, videos of others on social networking sites, and some sites are not good for some kids. In case, a person who spends more time on a computer can also cause back problem, may complain about headaches, and pains in their wrists, arms and necks. These pains are often the result of a fixed position when people using the computer keyboard for a long amount of time. It's better to take breaks when typing on the computer.

Eye and other problems are the most common health complaints of computer users. This kind of health issue comes as no surprise to anyone a person who has worked for long time periods in front of a computer. Of course, there are so many cause and effects of computer. A person who use computer daily for long time period, make sure you sit with your back straight and lower back should touch the back rest the whole time as well as your legs should bend to the knee. You can also support your back by pillow if needed. Keep your feet on the floor all the time or use something like box if your feet don't reach at the floor.