

The hazard of internet, cell phone, and television addiction

[Literature](#), [Russian Literature](#)



I am a technology addict. When I have my computer connected to the internet, I can forget the time. I am very busy to search any informations through the internet. Beside internet, I also use my cell phone to chat with my friends all day long. One more activity that can make me addicted is spending my time to watch my favorite TV programs. Yeah, those three kinds of technology are very enjoyable. But, I want people to know the potential risk of over using internet, cell phone, and television in the daily life.

First of all, those three kinds of technology make us lazy. Take a look when we are too enjoy watching our favorite TV programs, we will postpone our assignments. We will delay them in 5 minutes later, then 5 minute later again, and again, and finally we don't finish them. Moreover, our time for studying are reduce. We are more interested watching television, browsing through internet, or chatting by phone than study the lesson. When we get assignments from lecturers, we just copy and paste from internet.

Once we are too over using those technologies, we will be very wasteful person. for example, If we chat with friends all day long, we will spend so much money to pay phone bills. If we are blogging through the internet, we also have to pay the bandwidth bills. Or maybe, sometimes we don't turn off the computer or the television until we are fall asleep, so the electric claim will increase. Thus, our monthly expense will uncontrollable.

Some studies find that over use of those technologies can create diseases. A simple example is if we are sitting in front of the screen for a long time without rest, absolutely we will get stomachache, headache, and back pain. The radiation of television or computer screen are also dangerous for our

eyes. Just take a look to me, who has been suffered myopic since I become television addict. Another case is when we are using cell phone, actually, we are potentially get the brain cancer.

According to Vini Khurana, one of Britain's top neurosurgeons, using cell phones for more than 10 years can effectively double risk of developing the cancer, such as Vestibular schwannoma (accoustic neuroma) and Astrocytoma (Karachi, 2008). How terrible they are, aren't they? No doubt that those three kinds of technology bring big impact in our life. They give us pleasure and happines. So we can very addict of them. But, they will be very dangerous for us, if we can not manage the time to use them. Thus, cosidering the potential risk of them are very important. (an23)