

Using a computer every day can have more negative than positive effects on young children.
Do you agree or disagree?

Nowadays, unlike the previous generations, our youngsters are occupied in front of their computers for long hours playing video games or chatting with their peers, instead of riding their bicycles or reading their books. Whether or not this alternation in children's lifestyle is more positive or negative is still a moot point. I, personally, believe the downsides of this change outweigh its merits.

The findings of various studies illustrate that our offspring are spending most of the precious hours of their lives in in front of the screens of their computers which leads to catastrophic consequences for them. For one thing, it is undeniable that sitting still for hours has detrimental effects on children's physical health. A majority number of our young children is suffering from obesity and high blood pressure which result from their sedentary lifestyles. Moreover, a number of research has proven that constant use of computers would inevitably contribute to poor eye sight and body posture.

For another, spending long hours in the virtual world, children are becoming isolated now more than ever. Due to lack of adequate interactions with their parents and peers, the adolescents are incapable of developing their interpersonal skills, which bring about unwillingness to interact with others. Consequently, these unconfident youngsters set out to be isolated individuals in the future, who find communication and cooperation with other most troublesome.

Overall then, for the good of our offspring, should they use their computers every day, adults' supervision is definitely required so as to restrict the hours spent on this activity and to prevent its adverse effects on our children's physical and mental health.