

Using a computer every day can have more negative than positive effects on young children.

Do you agree or disagree?

Over the last half century, computer prevalence has evolved day by day, so that it has become a part of many families and whether or not, with numerous advantages, it has shown its darkness to ~~those who whom which~~ use computers every day. Although, I agree with the opinion expressed, I would rather ~~to~~ split the disadvantages of sitting constantly in front of a screen into two parts: physical ~~damage~~ and mental ~~damages~~ health.

The physical damages have more effects on the limbs as a toolkit for using computers such as wrist, eyes and ~~the~~ waist. However, overusing ~~the~~ computer can take a toll on mental health because it can increase children's anxiety and can hugely increase the risk of depression, insomnia, reluctance to get up for school in the morning and also excessive use of social networking sites to create relationships rather than spending time with family or friends may destroy real-life relationships.

It is clear ~~than~~ that improper usage ~~will lead to many problems~~ is not as useful as its applications. I think, since children do not have any good prospects of drawing back for overusing, a great deal of solving this matter must be undertaken by parents by laying down some rules in this regard and deducting its usage time to be sure that use of technology is in a constructive way.