How do computers affect people?

Nowadays we can't imagine our lives without modern technologies. Even if you want to become a driver, play baseball or build a house, all of these things have been turned upside down by computers and software. For example, agriculture, energy, medicine, even fashion, art, design and entertainment, all these areas hang upon computers.

The history of information technologies begins with the idea of creating the first computer. It was used for calculating army tables. At that time the large room was necessary to hold this computer. But in that way technology didn't stay in the same place and soon appeared mainframe computers. And then personal computer as we know it today with the graphical user interface. Today the computer specialists foremost the programmers and system technologists become more and more claimed. Programming is the typical task of modeling different systems and solving tasks and problems of all types with the help of the algorithms and analysis.

The 21 century is the Information age. Computers and the Internet are among the biggest benefits of the modern age. The opportunities of digital technologies are amazing. We do shopping, study online, find and read books, watch movies, communicate with friends whenever we want, wherever we are. Communication between people has become easier and much faster. People are also creating their own media – including blog posts, music and videos, and sharing them with a huge audience without permission from big media companies. So, besides impacting and changing our lives, technologies change the way we do business and replace humans. Today more and more factories use machines instead of men. This speeds the production but leaves many employees without jobs. Also, computers replace our brain functions. Anyway, with the positive changes also come the negative ones. Hackers are becoming more technologically advanced and are creating viruses and other threats to invade people's computers to steal their information, identity or money. Besides, some people are worried that sometime in the future the Internet and computers will be monitored by the government, which means they will be able to see all the Web pages we go to and violate our privacy rights.

The future is changing. Computers play an important role in our today's life. Ways on how computers changed our lives: they are penetrating into all spheres of human activity, planning our cities, running our factories, teaching our children and predicting our future. Everyday technologies offer us new and new devices to simplify our life. The abilities for communications were improved. The way you

connect to the Internet has also changed. It went from taking a few minutes to load a page to half a second.

Meanwhile, we should be aware of the fact, that sometimes people are too absorbed by the virtual reality. It causes a new obsession, which leads to different mental disorders. Excessive, over-use of the Internet can cause addiction, sleep deprivation, social isolation, depression; fear of missing out (occurs through a user's repetitive and obsessive status-checking related to social events).

You can see how the computer has changed the lives of students. Before we went to the library to search for information and now we open the browser and search for knowledge. Earlier learning occurred only in the classroom and now students can learn with help of educational sites. Before teachers used the chalk and the blackboard in teaching and now they use projectors to present topics. Earlier teachers taught inside the classroom and now they can teach online using e-learning. Without computers, it would be a lot harder to get homework done. But also it is a well-known fact that young people play computer games now more than ever. In general, there are some privileges. Games can develop fast reaction and quick wit or require a logical mentality and intelligence. But the disadvantages are much more formidable. We fully agree that computer games can be bad for a child's development and progress.

As for disadvantages, the most important one is a harmful influence on people's health. First of all, the amount of short-sightedness has been increasing constantly over the last years. Spending a lot of time at the computer is a great tension for the eyes. Secondary, sedentary way of living instead of an active mode of life is very harmful to a normal physical development. Instead of playing sports, reading books, going for a walk and communicating with friends young people play computer games. It is necessary to do regular breaks for the eyes to have a rest. But often people neglect that.

In conclusion, we'd like to say that parents should limit the amount of the time their children play on the computer in order to bring up an all-round developed person. So while enjoying the technological progress, one should take into consideration both the pros and cons of computers. What we should do is to evaluate their effect on our lives and try to eliminate the negative effects. Don't let the technology manipulate you. In conclusion, computers and the Internet, like mass media provide us with the information about important events in the world.