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The Significance and Negative Impact of Using Computer in Our Daily Life

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Abstract

Computers have transformed everyday life by providing various advantages in areas such as employment, communication, and education; however, they also pose certain risks, including health problems, privacy issues, and the potential for addiction. Their influence on society is profound, affecting work, learning, entertainment, and social relationships. Although computers deliver unmatched efficiency and connectivity, it is essential to remain aware of the possible adverse effects and to pursue a balanced method of utilizing these technologies. On a positive note, they enhance educational opportunities by providing access to information, facilitating social interactions, and accelerating communication. Conversely, overuse of computers can adversely affect both physical and mental well-being by decreasing physical activity and heightening the likelihood of problems such as eyestrain, back pain, and addiction. It is our responsibility to optimize the advantages of computers while mitigating their adverse impacts. By promoting responsible usage, education, and appropriate regulation, we can ensure that computers enhance our lives without inflicting excessive harm.

Key word: *Computer, Addiction, Privacy, Education, Communication, Advantages, etc.*

1. INTRODUCTION

The invention of computers has resulted in a significant transformation in our everyday lives, leading to an increased reliance on these devices, which have become integral to both households and businesses. Various transactions across multiple sectors have transitioned to digital or electronic formats, with education increasingly dependent on computers and technological advancements to enhance its effectiveness and outcomes. Similarly, the healthcare sector and other domains have also embraced this shift. Computers have emerged as vital repositories of knowledge, providing access to the Internet and a plethora of scientific and educational resources in written, audio, and visual formats, all of which can be downloaded and accessed at any time. The present century is characterized as the era of the information revolution, with computers serving as fundamental components of human existence.

2. COMPUTER FUNCTIONS

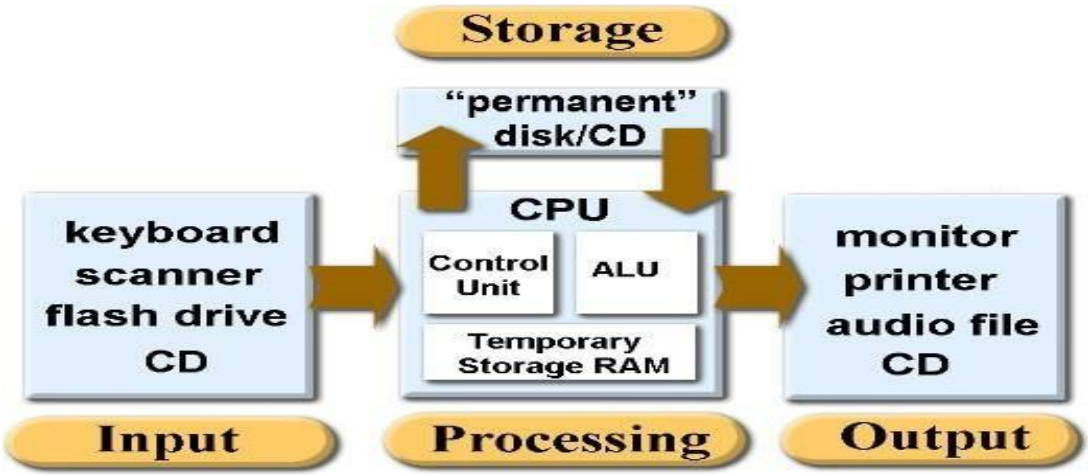
There are the four main functions that a computer performs, which constitute the reasons for the existence of this device and how it works:

2.1 Data Input: The initial operation executed by a computer involves the input of data via various devices, including keyboards, mice, and other peripherals. This data entry process can also be automated using specialized tools designed to collect information automatically and transmit it directly to the computer.

2.2 Data Processing: It is the main function that the computer performs, during which raw data entered is processed to convert it into information to be used by its user, and this function is done by the central processing unit (CPU) and random-access memory (RAM).

2.3 Data Output: It is the process by which the processed data is extracted and converted into useful information for the user, and this information is extracted through the output devices available through the computer, such as paper printer, speaker devices, screen, and other types of output devices.

2.4 Data and Information Storage: The fourth and concluding function of a computer involves the processing of data and information through its memory, which is subsequently stored on a hard disk for future accessibility. Additionally, this data can also be preserved using external storage devices, including optical disks.



3. CHARACTERISTICS OF COMPUTER

The computer has a set of characteristics that distinguish it from other electronic devices, and these characteristics are as follows:

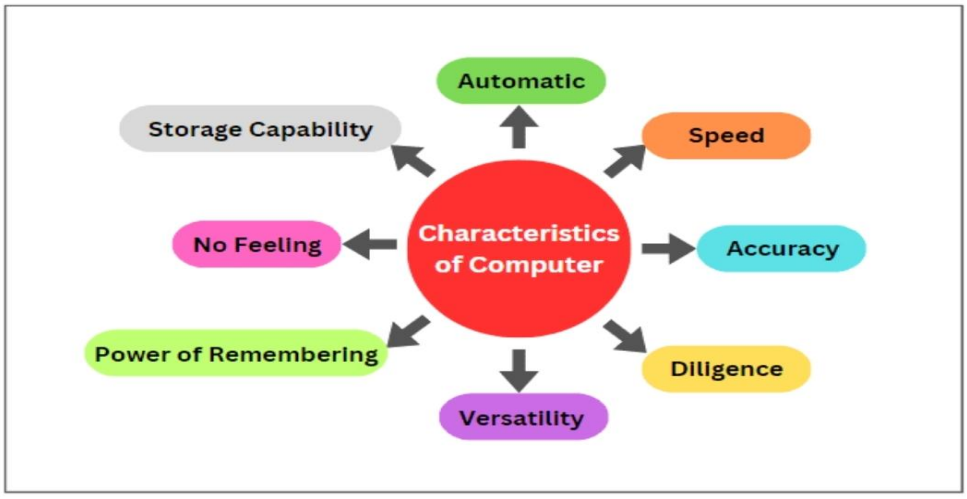
3.1 Speed: the computer is characterized by its ability to process data at a high speed, reaching the point of processing millions of commands per second.

3.2 Accuracy: This attribute is regarded as one of the most crucial features of a computer, as it executes commands and instructions with a remarkable level of precision and efficiency, free from errors.

3.3 Durability: The computer is characterized by its high ability to work continuously without fatigue or change in its accuracy level.

3.4 Storage: The computer can store large amounts of data and information across several storage devices for retrieval when needed.

3.5 Versatility: The computer facilitates the execution of multiple tasks concurrently; for instance, one can engage in typing with a word processing application while simultaneously enjoying music through the device's media player.



4. TYPES & EFFICIENCY OF COMPUTERS

Computers can be classified according to their efficiency and ability to process data into five different types, as

follows:

4.1 Personal Computer: It is a computer that contains a medium-power microprocessor present on a single chip in the device and is used to process some simple computer applications; like word processing and playing games.

4.2 Workstation Computer: It is a computer that is closer to a personal device, but it is characterized by a greater ability to process advanced applications, such as Auto CAD, and other types of applications that require more processing capacity.

4.3 Minicomputer: It is a computer with greater processing capabilities more than its predecessors, despite its small size, and this type of device can be used by about 250 users at one time.

4.4 Mainframe Computer: This is a highly capable computer that can deliver services to thousands of users concurrently, allowing for the simultaneous execution of multiple programs, which enables them to be processed and managed at the same time.

4.5 Supercomputer: This type of computer is recognized as the fastest and most powerful globally, capable of processing millions of commands each second. Consequently, these high-cost devices are employed in fields necessitating extensive digital analysis, including weather forecasting, scientific simulations, and research in nuclear energy.

5. MAIN PARTS OF COMPUTER

There are many basic components in the computer, which enables it to perform its tasks, and these parts are as follows:

5.1 Processor: This component is responsible for receiving inputs through the computer, processing them to generate the necessary output, and managing all instructions provided by the fundamental system units; this component is referred to as the Central Processing Unit (CPU) in computing.

5.2 Memory: It facilitates quick retrieval of data within the computer, allowing information to be accessed directly rather than from external storage devices. The computer is equipped with various memory types, including read-only memory (ROM) and random-access memory (RAM).

5.3 Motherboard: It is the physical part through which the components of a computer are linked together.

Storage Device: They are the devices responsible for storing data permanently via the computer, such as the hard disk. Input Devices: They are the devices through which the user can communicate with the computer and enter data to it. Output Devices: They are the devices through which output of processing that takes place through the device is seen, and the most famous example is the computer screen.

6. SIGNIFICANCE OF COMPUTERS IN OUR DAILY LIFE

6.1 EDUCATION

Computers play a significant role in the educational sector within schools and universities, utilizing hard and magnetic drives to elucidate lessons and disseminate information to learners. Students are also able to store data for future retrieval. Additionally, computers with Internet access offer vital information and facilitate connections among students globally. The emergence of smart classrooms and e-books is made feasible using computers.

6.2 LIFE SCIENCES

Computers play a significant role in the life sciences by utilizing sensors and various devices that are compatible with computer systems. They possess remarkable processing capabilities, enabling them to analyze intricate operations at a speed that allows for the completion of calculations that would otherwise require years for human execution, achieving results in just a few days. Notable applications of computers in the life sciences encompass medical imaging, genomics, drug design and discovery, assistive technology, and simulation.

6.3 INTERNET

Computers serve as a means to connect to the Internet, facilitating communication with friends and family. They enable users to effortlessly search for information by simply entering a keyword into a search engine, which then displays numerous pages containing relevant data. Additionally, computers connected to the Internet allow users to view movies, videos, and news content.

6.4 INDUSTRY

The industry has come to rely heavily on computers, as factories have used computers to operate modern machines and equipment in order to ensure a high level of quality in production.

6.5 ACCOUNTS

The computer is used in calculations, data storage and analysis in banks, commercial centers and shops, and it can also be used at home to calculate the family budget.

6.6 TRANSPORTATION

Computers play a crucial role in the transportation sector by managing transport routes, facilitating online ticket bookings for various modes of travel, including airline tickets globally. They are utilized to oversee transportation vehicles, establish departure schedules, and direct aircraft, while also serving as a repository for information pertinent to professionals in the transportation and communications industries.

6.7 COMPANIES AND BANKS

Financial institutions utilize computer systems to oversee account management and transaction processing, as well as to handle securities. They offer a range of banking services, maintain digital records of customer information, and enable clients to check account balances and perform financial transactions online easily and swiftly. Additionally, individuals leverage computers to enhance their daily lives by paying bills, managing

household budgets, and enjoying entertainment such as movies and music. Free online applications facilitate communication and information sharing, including platforms like social media and Skype. Computers are integral across various sectors, including healthcare, industry, aviation, and meteorological forecasting.

6.8 MEDICINE

The computer is used in hospitals, clinics and health centers to book appointments and make files for patients. It can also be used in surgeries, and this information is quickly retrieved, as well as preserving patient information, medications taken by the patient and the patient's health development.

6.9 ENTERTAINMENT

The computer serves as a source of entertainment, offering a multitude of options such as engaging in enjoyable games, listening to music, viewing films and videos, or conversing with friends.

7. NEGATIVE IMPACTS OF COMPUTER USE

7.1 HEALTH DAMAGES

Prolonged computer use can result in wrist discomfort due to the repetitive actions of using the mouse and keyboard. Additionally, it may contribute to eye irritation and dryness from continuous screen exposure. It is advisable to be mindful of extended computer sessions by taking regular breaks, changing positions, and engaging in physical exercises.

7.2 LACK OF ATTENTION & DISTRACTION

Computers connected to the Internet facilitate access to information instantly and quickly, which makes a person able to multitask, but it leads to be distracted, which leads to reduce productivity and commit more mistakes, and to feel frustrated when the inability to reach the desired results easily.

7.3 LEARNING SKILLS

While computers offer sophisticated educational tools, their prolonged usage can diminish concentration levels, thereby hindering learning capabilities. The entertainment options, such as games, can detract from cognitive focus and divert attention. The constant toggling between various applications and games complicates the ability to maintain concentration. Over extended durations, this may adversely impact students and their academic progress.

7.4 SOCIAL ISOLATION

Individuals should not depend solely on computers for self-entertainment or social interaction, as the extensive time spent on Internet-connected devices can go unnoticed, potentially leading to addiction or social isolation. Furthermore, this behavior may contribute to feelings of depression when individuals engage in unfavorable

comparisons with others based on images shared on social media.

7.5 WASTE OF TIME AND ENERGY

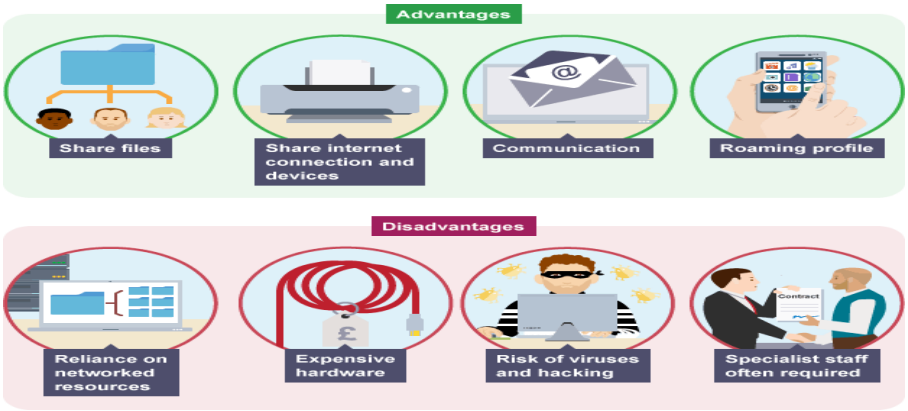
It is evident that numerous individuals utilize computers without a constructive objective, as many engage in prolonged gaming and chatting activities, leading to a significant waste of time and energy. Currently, a substantial portion of the population dedicates excessive time to social networking platforms, such as Facebook and Twitter, or in sending lengthy text messages via smartphones. This behavior adversely impacts their health and has detrimental effects on their social interactions.

7.6 ADDICTION

The phenomenon of computer addiction has become increasingly prevalent in contemporary society, adversely impacting both children and adults. This condition often arises when a child is permitted to engage with a computer for extended periods, resulting in a decline in physical activity and social engagement. Consequently, it is imperative for parents to establish clear guidelines regarding the duration of computer use, as well as to monitor the nature of the games and applications that their children access.

7.7 DATA SECURITY

Computers enable access to data stored on the computer by unauthorized persons to access this data, as it has posed many serious data security problems.



8. TIPS TO PREVENT COMPUTER HARMS

1. Do not continue to look at the computer screen for more than 40 minutes. It is necessary to take breaks for 5 minutes. It is preferable to take a tour on foot and wash the face with cold water.
2. Continuing to blink eyes from 20 to 30 times per minute.
3. Do not use glasses while using a computer without consulting a specialist, even if these glasses are used to treat some eye diseases.
4. Make sure to rotate the eye in an anti-clockwise direction for 4 or 5 times after every hour of working in front of a computer screen.

CONCLUSION

In conclusion, our study on the role of computers in everyday life has elucidated the various components and types of computers, highlighted their significance, discussed the potential negative impacts of their use, and provided essential strategies to mitigate these harms. We have emphasized that computers have become essential tools, integral to facilitating numerous operations and activities, thereby establishing themselves as the backbone of modern existence.

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