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THE NEGATIVE CONSEQUENCES OF FREQUENT USING OF A COMPUTER

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We live in the age of machinery, in the time when highly productive machines and up-to-date devices take the place of men for doing work. In industry and agriculture machines play an important role. They lighten man's labour and do all the hard work in all spheres.

Great and rapid changes take place in science and engineering. Computers represent a new branch of science, the first of them have appeared more than 70 years ago. These machines bring a real revolution in science, technology, statistics and automatic control.

With a high speed electronic computer can carry out several thousand arithmetical operation in one second. A calculation took several years of human work in the past. Now it takes a few minutes or hours. A number of various complicated problems have already solved by computers.

Nowadays computers have become an extremely important part of our life. Firstly, computers make human's life easier. In every modern office there are computers to help people work faster. Students and schoolchildren use computers for studying. Secondly, computer is a tool for fun and communication. As any new technology has its advantages and has aided the human race with many advancements and conveniences, it also presents with some unfortunate consequences for people.

The purpose of our work is to make an analysis of the consequences that have a negative impact on the human organism which can be because of the frequent use of computers.

Objectives of the study:
- to evaluate the result of the impact of computers on the eyes
- to analize a depend upon this gadget
- to describe a new attitude towards digital services.

One of the most important negative consequences of using a computer is damage to the eyesight. It can be the main cause of loss of vision. Nowadays about 30% of people suffer from poor vision. "We assume that by 2050, 4.75 billion people will have myopia (49.8 percent of the population), and 2,938 million people will have severe form," say scientists who published their research in the journal Ophthalmology [4].

Studies have shown that between 50 and 90% of people who work in front of a computer screen have some symptoms of eye trouble.

"We definitely see a lot of people who complain of eyestrain," says opthalmologist Dr. Brian Boxer Wachler [2].

"Hours upon hours of close focusing without taking a break is usually the main culprit" [2].

The problem is so common, there's even a name for it: Computer Vision Syndrome (CVS).

Wachler says that people usually blink around 18 times per minute, which refreshes the eyes naturally. But blink rates are reduced when staring at a computer screen or other digital device, and this can make eyes burn, dry out, turn red or feel itchy [2].

Sitting too close to computer monitor, or holding a digital device closer to eyes than people would normally hold a book or newspaper, also poses a problem, according to Wachler. "This forces eyes to work harder than usual as people strain to focus on tiny font sizes," he warns [2].

Other urgent problem is a computer addiction. In a study, people were asked to give a personal opinion of whether they believe society is too reliable on technology and how they came up with that response. The results were one-sided. 77% of people responded believe society as a whole relied too much on technology to succeed. Some of the responses looked like this, "Thirty years ago, 90% of the kids were outside getting oxygen and playing sports. In addition, they were building forts and enjoying life. In this day an age, more than 75% of children are playing video games and staying indoors. Now, the dilemma is that we are having a weight issue with children.

Child obesity is a growing concern for the whole planet" [1]. Very few, if any, enjoy the outdoors and can enjoy life without technology sitting in front of them.

Gadgets are a great development for technology and lead us to various technological advances, but with the good, also comes the bad. MNN did a study of different signs showing the controversy of why society is based around technology. A few of the signs included, "Without phone people feel naked. Nobody knows a phone number, and if the internet is down, work is over for the day." [1]. Society has integrated technology into every aspect of human life so we cannot live without.

The Internet has a lot of violence. Most games carry aggressive tendencies. If in the virtual world one can kill, destroy, then this can be done in the real world - this conclusion is formed in the child's mind.

President Donald Trump said Thursday during a White House meeting on school safety that the nation needs to address what young people are seeing.

"I'm hearing more and more people saying the level of violence on video games is really shaping young people's thoughts," he said. "And then you go the further step, and that's the movies. You see these movies -- they're so violent, and yet a kid is able to see the movie if sex isn't involved." Killing, though, is involved, he said [3].

To date, York Times has published text with the main thesis: using digital services is a sign of poverty. You are poor if your doctor advises you on the Internet, not during a personal meeting, if you buy goods online, not in a beautiful store at a downtown. The author of the article Nellie Bowlers declares that there is a "luxuryization" of human relationships. If you receive a service from live people and have the opportunity to communicate with them, then you are a representative of a new elite. The prestigious use of which is based on the refusal of digital services in favor of off-line ones. Poor people try to teach their children to use a computer, the rich send their children to private schools where learning is based on communication between people. If 30 years ago, having a computer was prestigious then for today's life spending behind the screen is a sign of your unsuccessful life [5].

In conclusion, as was seen above, people are more closely connected with gadgets. It is due to development of science and engineering ideas. With the advancement of progressive ideas a new man will appear-a man who will use his hands less and less, but empcomloy his brains and computers more and more. So we cannot refuse of it. In article the negative implications of using computers were considered. So people should make their own conclusions and make possible to maintain their health. Because human life in their hands.

Key words: influence of computers, deterioration of vision, dependency on gadgets, aggressive tendencies, "jluxuryization" of human relationships.

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