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

Do you agree or disagree?

Nowadays we are facing ~~with~~ the growth of technology and anything that was done manually ~~handy~~ before, is today~~s~~ do~~ne~~ with computers, such as writing letters , registering at university , open~~ing~~ a~~n~~ bank account and many other tasks ~~things~~. of course using ~~of~~ computers is undeniable.

However ,using the computer for a long time is not acceptable.not only can it cause damag~~e~~ing the eyes,but also the physical postur~~e~~ of people.a young child can become acquainted with subjects that aren't related to their age and cause~~s~~ bad effects on their behavior.In ad~~dition,~~ ~~vance~~ , it's not suitable for spending time in front of computers and contact~~ing~~ ~~with~~ friends via the internet, people need~~s~~ to visit their friends and family, make eye contact and shar~~e~~ing non-virtual experiences.

In spite of this, computer~~s~~ have benefits,using computers make~~s~~ ~~get~~ our life easier and faster.we can do some work at hom~~e.~~, it can help to reduce traffic jam~~s~~ in the cities.and people have more time for being with their families,reading books and doing some positive and useful activities.Adults can do some of their activities on computers , parents can communicate with their children's ~~adult's~~ teachers every time during ~~in~~ day and night.

In conclusion if the people us~~e~~ing their time in front of the computer for entertainment , they can choose another way for their spare time. But someone wants to learn something or advanc~~e~~ing their knowledge about computer software, hardware and networking would become a skilled person for the future. Therefore, it's better to encourage people to use computers for learning and of course not use it for a long time.