

NEGATIVE EFFECTS OF COMPUTER

N. Sathiyarayanan* & Dr. V. Kulasekaran**

* Research Scholar, School of Vedic Astrology, Vels Institute of Science, Technology and Advanced Studies (VISTAS), Pallavaram, Chennai, Tamilnadu

** Research Supervisor & Head, School of Vedic Astrology, Vels Institute of Science, Technology and Advanced Studies (VISTAS), Pallavaram, Chennai, Tamilnadu

Cite This Article: N. Sathiyarayanan & Dr. V. Kulasekaran, "Negative Effects of Computer", Indo American Journal of Multidisciplinary Research and Review, Volume 6, Issue 2, Page Number 158-161, 2022.

Copy Right: © IAJMRR Publication, 2022 (All Rights Reserved). This is an Open Access Article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

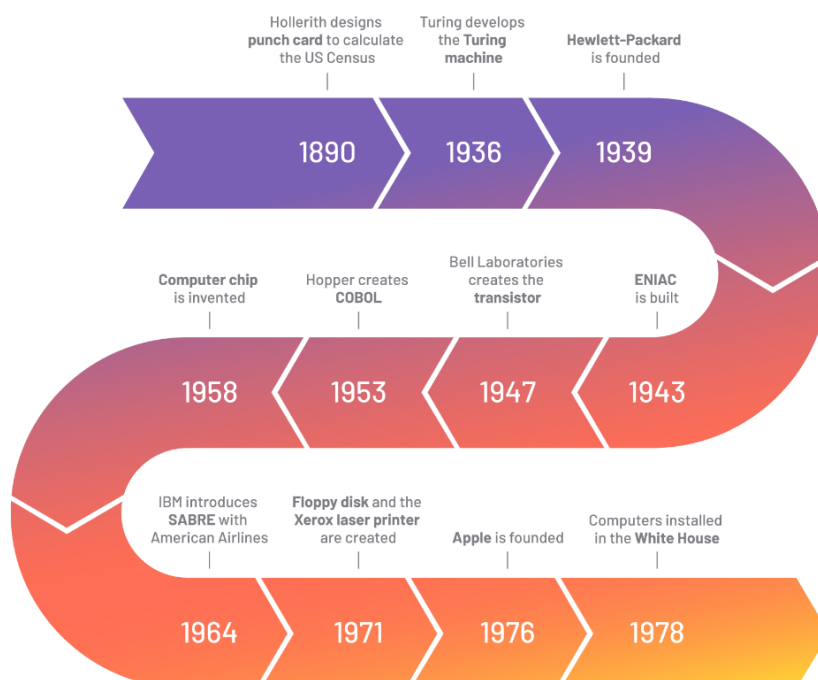
Abstract:

Computer - A technology that came as an invention, that is a great enabler to improve social welfare, obviously has started leaving its scar in the society. Every human invention will have positives and negatives and the absolute quantum and impact it leaves in the living population and environment decides the sustainability of that invention. Computer is no exception to this and has already started leaving its scar in this world. But unfortunately world has gone too deep into its usage and the reversal seems beyond imagination. Is the reversal really needed or can we manage the computers better to make the benefits outweigh the negative effects and heal the scar it leaves? This is a topic for another day, but now in this article we will be exposing you to the negative effects of computer to the society and environment. This article is an inspiration drawn from several real life experiences and readings from articles written by several scholars on the negative effects of computer.

Key Words: Retrospection, Transformation, Sedentary, Psychological, Boon, Bane, Electronic Waste, Toxins, Computer Vision Syndrome, Social Networking, Interpersonal Relationships, Illusion, Depression, Pornography

Introduction:

With a decade long history, "Computers" have been ruling this world. With newer inventions and advancements, it has been a technology transformation that the world is going through and it is important to take a pause, a deep breath and proceed with caution. A retrospection of this transformation is very critical to know the real impact of this transformation to mother earth. This article intends to begin such a retrospection and create an awareness about the ill effects of computers and work with caution when it comes to leveraging the benefits of computers and its related invention. Without any doubt this invention is to be worshipped as it has brought a lot of positive change to this world and human population. This article acknowledges this fact and shares this information with a caution that the displaying and analysing the ill effects is only to bring a caution towards overuse of computers and not to curb the use of computers.



Negative Effects of Computer on Human Beings:

Being one of the greatest technology inventions, computers drew attention of the whole world and has been one of the fastest adopted technology transformations for a long long time. This has led to several other innovative inventions like the mobile phone, tablet, internet, IoT and many others. Together these inventions have shifted the human lifestyle into a fast track mode, including the lifespan. With this context let us sneak into the ill effects of computer and related inventions on human beings;

Physical Development:

When students spend too much time on computers, their physical health could suffer. Students will develop repetitive physical injuries due to improper design of their computer stations. Looking at a computer screen for an excessive amount of time can harm children's eyesight. Children spend too much time in front of computers and get addicted due to the sticky nature of the computers and the content it carries. With this increases the sedentary nature of the lifestyle and hence higher risks of obesity, as well as all the diseases associated with it.

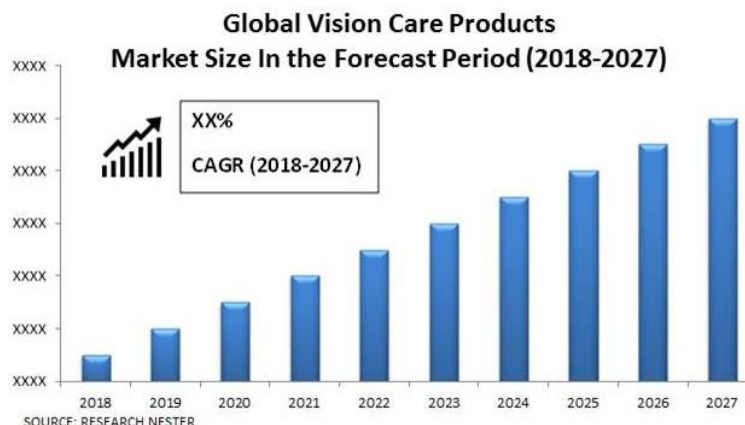


Health Challenges:

Comes along with a computer is the boon and bane of internet - "the Social media". It has already started leading to psychological and physical issues, such as eyestrain and focus challenges. They may also result in serious health conditions, such as depression. In Tamil there is a saying "அளவுக்கு மிஞ்சினால் அமுதமும் நஞ்சு". Just like that, the overuse of technology has started impacting the younger generation with deep wounds.



Eye clinics have been flooded with patients and interestingly the number of eye doctors have increased too. A statistic says, >50% of computer users end up with computer vision syndrome. Below is some eye catching statistics on eyecare products market share trend:



Social Development:

This is an interesting impact that is more like a reversal effect. With the invention of computers and the internet, one would have thought that social networking would increase and hence people could stay more connected and relationships would improve thereby improving the quality of life. Yes, of course it has improved the levels of networking among people and helps to stay connected across the day without physically being close to them. But there have been concerns that excessive computer use has stunted the development of social skills and interpersonal relationships. It just shows that use of social networking tools such as Facebook and Twitter might have made networking among people easier, but children need guidance to make sure they get the proper experience.

The negative effects are more dangerous and it is worth thinking about a proper guided and restrained use of these tools. As an example: in one extreme case, a Japanese man 'married' a video game character. There are many such cases in the world today where people do not realize the limits and start losing the understanding of life's reality. There is a sticky question among experts, "If computers are creating an illusive world for its users?"



Psychological:



Due to the amount of information available on the internet and the number of people using it, unsupervised usage by children will without a doubt lead to a negative impact of their psychological health. Pornography is highly prevalent on the internet. Unrestricted access may expose children to these sites. At an age where their understanding and outlook on this world and people is just exploratory and on a "build" phase, the sexually explicit and violent content, can be extremely detrimental to psychological health. In the interest of capturing larger market share, some video games companies do not seem to have social responsibility, exposing children to extreme violence and sensitive content through their games. Studies have also linked these violent video games with children being desensitized to violence and in turn display increased hostility and aggression. These negative effects associated with computer use are detrimental to society if unsupervised or uncontrolled. It is highly critical for educators, parents, and other adults who work with children to become computer literate and understand ways to guide children to make good choices with regards to computer use.

Negative Effects of Computer on the Environment:

Computer invention reduced the usage of paper drastically with so much of records stored digitally. But so much as it saved trees, the carbon footprint it is leaving in the form of electronic waste and

chemical waste has contributed to the depletion of environment. Below are some critical pointers on how computer technology impacts the environment negatively:



- The chemicals from the electronic components inside the computer serves as a major threat to the environment. When computer parts are thrown away, they end up in a landfill, where they can recover things like gold, silver, and copper. This requires burning these components, releasing hazardous smoke into the air. Toxins are also released into the air and impacts our health, due to water pollution, which causes some health risks when people drink this polluted water.
- Though computer and digitization has saved lot of paper, it has also in a way increased the unnecessary usage of paper. With lots of content in the internet, computers allow businesses to print any content they need from the internet. So it computers have also increased the temptation to print and use anything and everything. Now this is a huge waste as lots of trees are to be cut to make paper to print so much content. This hurts the environment.
- Computers run on electricity and we leave our computers running all the time, which is a major waste in electricity. This requires more fossil fuels to be burned to be able to generate that electricity, which releases toxins in the air. Putting computers in sleep mode when not in use will help saving some of the extra electricity that is otherwise required to run computers.



<https://edubirdie.com/examples/negative-impact-of-computers-on-the-environment-and-human-health/>

Conclusion:

This article is intended to create an awareness about the ill and negative effects of computer and its related inventions which is deeply hidden under its benefits. People need to realize it is important to understand the best and optimal way to use computers and related technology without creating radical damage to self, fellow beings and the mother earth. We have the social responsibility to leave the best of the earth for future generations apart from making best use of it.

References:

1. <https://edubirdie.com/examples/negative-impact-of-computers-on-the-environment-and-human-health/>
2. https://wikieducator.org/user:vtaylor/cis2/fall_2009/group_4
3. <https://www.g2.com/articles/history-of-computers>