



اوپو دسیٰ تکنولوچی  
UNIVERSITI  
TEKNOLOGI  
MARA

**UNIVERSITI TEKNOLOGI MARA  
UITM PUNCAK PERDANA BRANCH  
(IMC401)**

**FOUNDATION OF INFORMATION AND COMMUNICATIONS  
TECHNOLOGY**

**INDIVIDUAL ASSIGNMENT**

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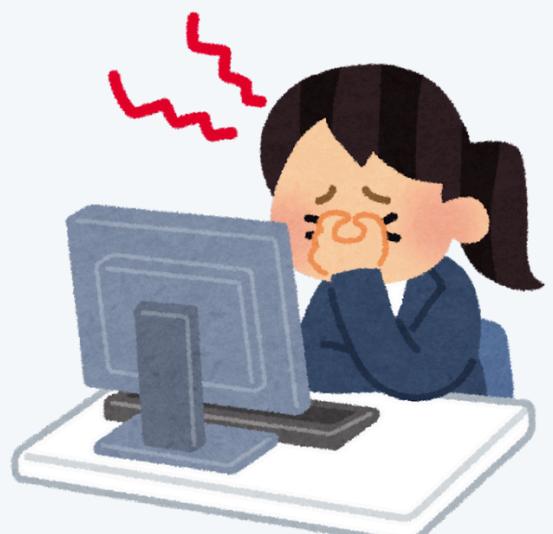
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# DISADVANTAGES OF USING COMPUTER

Although there are many advantages to using a computer, there are also dangers and disadvantages.

## HEALTH ISSUES

- Prolonged computer use can lead to various health issues, including eye strain, back pain, and repetitive strain injuries such as carpal tunnel syndrome.
- Spending too much time in front of a screen can also contribute to poor posture and unhealthy lifestyle problems, such as obesity and cardiovascular disease.



## ADDICTION AND DISTRACTION

- Computers can make a person addicted to play games.
- Internet access can lead to time-wasting activities such as social media.

## SECURITY RISKS

- Computers are vulnerable to security threats such as viruses, malware and hacking.
- This can lead to data breaches and identity theft, where personal information is accessed and misused.
- Computer use for online activities increases the risk of identity theft and loss of personal privacy.



## COMPUTERS RELIANCE:

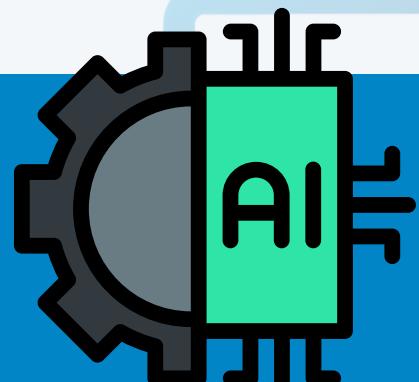
- Reliance on computers to perform tasks will reduce critical thinking skills and problem solving abilities.
- It can hinder the learning process as individuals may turn to quick online solutions instead of engaging deeply with the material.

## COST

- Advanced computers, software and maintenance can be expensive, making it difficult for some individuals or businesses to afford.



These issues highlight the downsides of computer use, especially when not managed responsibly.



# REFERENCES

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