Nowadays, computer technology plays a big role in our lives. They make it easier, but we must not forget about the negative consequences. People sitting at the computer have poor eyesight, as well as they have problems with the spine. Computers also negatively affect social relationships, such as communication. People who spend all their time at home in front of a computer can become antisocial. Finally, the most compelling argument against using computers is that the more work computers do, the less people have to do. This is not good for increasing the population. Working at the computer for a long time you need to take breaks. There are also many other problems, but we can solve them if we use computer technology wisely.