

50% of people using the internet in their offices and the other people use the internet in their home. Some of them didn't think that sitting on the internet for a long time could cause for them an eye problem, which could let them to feel tired and uncomfortable and by that they might find difficulty in changing focus, glare and temporary changes in how they perceive color. The second point. The internet may cause brain problems. Sitting for a long time on the internet can cause a brain problem, that because the light that came from screen of the computer, phone and from the screen of the tablets it is dangerous for adults and children brains, that because the lights that came from it goes straight to the brain so it harm the human brain. Waugh (2012) states sitting at the internet for a long time 4 hours plus could let you to have a mental illnesses.

CONCLUSION

To sum up, the internet have a negative effect that can harm a people. It let the person have a psychological problem, it let the person have a bad behavior and it cause a health problem. It is bad psychologically because it let the person to be angry most of his time as we can see in the essay, it shows us how the internet brought the depression for people and it show us the connection between the internet and the social isolation. It is bad for the people behavior, it let the people think to harm their self and kill themselves, it lies at people and let them to think that what they are seeing in the internet is right and it learn the teenagers a bad things like using a drugs and drunk. The internet is bad for health for many reasons. Using the internet for a long time could cause for a person an eye problem and sitting for a long time at the internet cause a brain problems. So as we can see that why I think the internet have a dark side