

A recent review on sentiment analysis of feedback information in effects of computer

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Abstract— Technology has truly become an inseparable part of our lives and an essential tool has made our lives with so much convenient that people would hardly imagine life without computer, internet, cellular phones, cable TV, and various tools in business, office, industry, and medical sector. With increasing number of computer users, the number health issues are also growing rapidly. The objective was to find the health problems by using of computer like Stress disorders, Obesity, Musculoskeletal problems, Repetitive stress injury, Vision syndrome.

IndexTerms— Computer, Prolonged use, Computer Vision Syndrome, Health Disorders, Students

I. Introduction

Computers are one of the main tools in accountants, architect, bankers, businesses, engineers, flight controllers, educational institutes, Graphic Artist, Journalist, offices, homes even student can not work with help of computer. whereas Inappropriate computer use can cause arm, wrist or hand, muscle and joint pain, overuse injuries of the shoulder, and eyestrain. Every electronic device including laptops and computers produce a form of Electromagnetic Radiation. Computers today generate both low-frequency and radio-frequency EMR. Both types of radiation are potentially harmful – even the World Health Organisation now calls them possible carcinogens (i.e. they may cause cancer). this radiation can cause with many serious diseases: Damage to nerves, immune system and reproductive systems, Hormone imbalances, Depression, Heart Disease, Asthma etc.

II. Vision problems from computer use

Bright light or flickering image can strain your eyes. Focusing your eyes at the same distance point for long periods of time causes fatigue. Constantly focusing on the screen without blinking can cause dry eyes. Most of the people suffer from Computer vision syndrome. Computer users may get symptoms such as blurred vision, temporary inability to focus on faraway objects and headaches. Here are some natural remedies for improving eye sight.

Adjust the contrast and brightness such that your eyes are not strained.

You can tilt your screen to avoid glare.

Make sure the screen is not too close to your face.

Frequently look away from the screen and focus on faraway objects.

Have regular eye examinations to check that any blurring, headaches and other associated problems are not caused by any underlying disorders.

Maintain a proper distance from the screen. Look away from the screen intermittently. Don't forget to blink

III. Posture-related injuries from computer use

Regular user of computer are suffered by the most common complaints such as Muscle soreness and muscle fatigue. Back and neck pain, headaches, and shoulder and arm pain are common computer-related injuries. These types of problems mainly occur because your posture while using the computer is not correct. Such muscle and joint problems can be caused or made worse by poor workstation (desk) design, bad posture and sitting for long periods of time. Tips to avoid muscle and joint problems include:

Adjust your chair and desk such that your screen is either at your eye level or lower. Sit with your back straight and legs perpendicular to the floor with feet resting flat on the floor. Your elbows should rest at the sides.

Have the computer monitor (screen) either at eye level or slightly lower.

Have your keyboard at a height that lets your elbows rest comfortably at your sides. Your forearms should be roughly parallel with the floor and level with the keyboard.

Adjust your chair so that your feet rest flat on the floor, or use a footstool.

Use an ergonomic chair, specially designed to help your spine hold its natural curve while sitting.

Use an ergonomic keyboard so that your hands and wrists are in a more natural position.

Take mini breaks from work and stretch a bit or go for a short walk.

IV. Computer-related overuse injuries of the hand or arm

Pain in the neck, shoulder, or anywhere from the shoulder to fingers may indicate repetitive stress injury. Muscles and tendons can become painful with repetitive movements and awkward postures. One of the disorders that affect the fingers and wrist is carpal tunnel syndrome. Symptoms of these overuse injuries include stiffness of the joints, pain, swelling, weakness and numbness. Tips to avoid overuse injuries of the hand or arm include:

- Adjust the mouse besides the keyboard.
- Position the mouse as close as possible to the side of the keyboard.
- Move your entire arm, while moving the mouse. Don't just move your wrist by fixing it at one position.
- Use your whole arm, not just your wrist, when using the mouse.
- Type lightly and gently.
- Remove your hands from the keyboard when not actively typing, to let your arms relax.
- Mix your tasks to avoid long, uninterrupted stretches of using the computer.

V. Headache

Headache is common problem with computer use. Many a times, prolonged use can affect eye power which needs vision correction. This can also result in headache. Reason for headache is

Keep your neck straight when in front of the computer. Constantly looking down or stretching the neck sideways can also cause pain.

- Get your eye power tested if headache is a common problem with computer use.
- Take breaks in between and circle your neck a bit to release the strain.

VI. Stress disorders

Prolonged computer use along with other factors like poor health, work pressure and job environment can make you susceptible to stress. Moreover, the longer you uphold the stress, the more susceptible you become to other health issues mentioned above. It can also lead to loss of concentration, dizziness and weariness. Stress is not only a feeling; it causes changes in body functions (physiology) such as the release of a variety of hormones, quickened pulse, increased breathing and the production of more stomach acid. Workers suffering from repeated, prolonged or continuous job stress may experience like frequent headaches, short temper, sleeplessness, backache and stomach problems, ulcers, high blood pressure and/or, loss of appetite, depression, heart disease. Take an effective yoga poses that can beat stress and laughter yoga to beat stress.

VII. Children problems

Now a days, Maximum children are addicted to play computer games. Whereas Researchers believe that electronic games may be among the causes of childhood obesity (being very overweight). And like adults, children might also get overuse injuries of the hand, and muscle and joint problems such as back and neck pain or headaches. Maximum they spent the time for playing these games so they were not able to concentrate their studies.

Health risks from computer games

- Playing computer games for too long or without correct furniture and posture can lead to health problems such as:
- Obesity
- Overuse injuries of the hand
- Muscle and joint problems
- Vision problems Children behave aggressive behaviour
- Photosensitive epileptic seizures (caused by flashing or rapidly changing lights – this is rare).

VIII. Indigestion and weight gain:

This is the result of physical inactivity due to long hours at work. In ladies, at this age, there is an additional cause of menopause. To prevent take low fat, high fiber nutritious diet must be adhered to. 30 minutes of exercise daily to keep your bowels active and to burn your calories.

VIII Conclusion

The computer is a wonderful tool, but, like any other tool, if used improperly, can cause injury to our health. To avoid some of the problems, must consider some of useful tips discussed above. Before starting to work at your computer, adjust the height, seat pan, seat tilt and back of your chair to your comfort. Take regular stand and stretch break. Try to relax your body as you work

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