**The internet**

The internet is one of the most important things in our life . And that actually

because of many reasons . Firstly it connected the world and make it as a small village , For example you can talk to your friend in America from the UAE however that was impossible in the past . Secondly it is a source that you can get information from about any subject . Thirdly it is a way that you can spend your time , by searching for news or talking with friends . In

conclusion I think that internet is an important thing in our life.

The use of the Internet in our time has become an indispensable necessity, as it has become an integral part of the health, social, military, cultural and other areas of life.

Although that individuals benefit from sitting in front of a computer network; but it has a lot of drawbacks:

**Negative effects of Internet**

Ethical problems, the fact that the Internet is used by many groups, and anyone can load what they want from the Internet. These materials may be pornographic, and thus lead to a deviation of young people who have weak religious and moral grounds.

Social problems, and the use of the Internet for the purpose of social communication; especially with the emergence of various social networks of Facebook, Twitter and Entgram, which led to the lack of social interaction face to face, and thus isolation from others, which reduces the skills of social interaction.

Health problems, Long sitting in front of computer networks can lead to health problems in sight, or back pain due to sitting on the chair for a long period of time.

Despite the enormous benefits of the Internet in terms of providing information and access to information, it is a double-edged sword. A large proportion of information circulating among people on the Internet may be inaccurate , which a person must verify before builds specific results on that information derived from the Internet.

The Internet may be used to abuse people for personal reasons, for example, by reporting people on social networking pages, and the consequent closure of some of the pages; the reason to be personally different opinions sometimes, As the means available to express his anger in it.

And sometimes used to send spam messages or loaded with viruses out of harm or amusement, Which is cautioned against opening attachments to anonymous emails.

The use of the Internet has made children addicted to sitting on it for entertainment on various and varied Internet games.

This may kill some of the old habits that children used to have from reading to children’s stories and developing their imagination in imagining the events of the story, Which may delay and reduce their academic creativity in the school, which is often based on the realization of their thinking and imagination to find solutions to the problems facing them.

Internet addiction

According to the American Psychiatric Association, the patient suffers from several symptoms:

Lack of satiety from using the Internet and spending long hours with it.

Neglect of social life and Family and functional obligations.

The effects of psychological disorders such as trembling, and moving the finger continuously.

Anxiety and hyper-thinking in the Internet and what happens in it, feeling sad and depressed to not contact it.

To get rid of addiction it is recommended that:

The patient must be aware that he is suffering from addiction, to begin the treatment stage.

The patient must set a certain time for his connection to the Internet, and should not think about when leaving.