People today often sit at home, on buses and even at work or school, staring at digital devices for half of the day. Although this is unhealthy and often harmful to people’s mental health, people still do it. I firmly believe that we shouldn’t use digital devices too much, as it is harmful for people’s eyes, makes their mental mind tired as well as the content being damaging to many people.

First and foremost, the act of laying eyes fixatedly on digital screens can strain the pupil. The screens emit unnatural light, meaning that it is too much for the eyeball to contain without being harmed badly. Today, we can see that many people have already been affected immensely by this, as shown by the huge number of people unable to see properly without glasses in the modern world. This could affect their convenience at certain things and other aspects of life, all because of the digital device overuse they’ve had. Therefore, digital screens emit an unnatural light that is harmful to people’s eyes, making it harmful for us to overuse.

Secondly, it is unhealthy for people’s mental state of mind. As I had said before, it harms people’s eyes with its unnatural light. This often results in less sleep and more tossing and turning when trying to do so, meaning that they get less sleep during the night and are unable to pay it back during the day due to other things that need to be completed. This allows more tiredness to sneak in during the day, making them unable to focus on the task at hand. This makes important things like working and studying not able to achieve their purpose properly, making it not only a waste of time when they could’ve been catching up on sleep. So, it is imperative to decrease usage of digital devices as they harm the person’s mental state of mind.

Last of all, the content children and adults see on devices are sometimes inappropriate or insulting. For children, they might experience cyberbullying online when they are chatting. This will result in anxiety and too much attention on it during school times, making most of the learning ineffective. For adults, they might see an ideal holiday online and try to copy it but instead get tricked because that holiday might be AI generated and completely unrealistic. They might also see other people’s life being better than theirs and get jealous or miserable because of it. Therefore, digital devices may contain harmful or inappropriate content on there.

In conclusion, I definitely believe that it is vital to lower our usage of digital devices. This is because that it harms the human eyeball, is unhealthy for people’s mental mind, and may contain inappropriate or damaging content. So, why not put down your digital devices now?