Today, the Internet has gained a great importance in the modern society. According to the rules of the modern society, it is almost impossible to exist without using the Internet resources. Using the Internet is a global saving of time, but excessive use of the Internet can affect our psyche. No wonder there is a saying: «everything is good in moderation». Excessive fascination with the Internet can have a detrimental effect on various spheres of our life, and subsequently causes the Internet addiction.

Among the positive effects of the Internet we can distinguish: collection, storage, availability and transfer of valuable information; acquisition of goods and services; communication; entertainment source; Internet source of income; opportunity to be in the center of events.

First of all, the Internet is a huge library at your home. Without leaving the house, you can visit absolutely any place of the world. The most recent news, weather forecast, traffic information, route to any place all this is provided by the Internet. The Internet simplifies our life by providing the opportunity to communicate «on-line».

Among the negative impact, we can identify such as inaccurate and negative information, fraudulent actions, a lot of virus programs, and a decrease in the level of literacy.

The human body is exposed to the negative effects during a long work at the computer. Especially it is reflected to a greater extent on the vision and the osteo-muscular system of the person. Also, the consideration of unnecessary information leads to the development of stress.

What the World Wide Web will be for each individual and for you personally it depends on you. Modern technology provides great opportunities, and you just need to use them for your own benefit.