

CPU useage

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I hope I'm at the right place; I'm new at this & hope I'm doing it right...
here goes...

CPU – What takes up the computer's CPU's? How do I free up some CPU's? I have just a little knowledge of computers/lingo, but would appreciate what ever advice I could get.

My computer: Feb. 2002; HP 780n; 512MB Ram; Intel Pentium 4 CPU 1.80GHz; Windows XP Home – Upgraded to XP Professional, version 2002 with service pack 2. [used space: 73.9 GB, Free Space: 33.1GB] I keep up with all the program's latest updates. I have a highband cable ISP.

A few months back I have started to have slow loading programs, and it seem to be getting worse. Sometimes not so bad, and other times terrible!

Large programs, such as Internet Explorer 7, IncrediMail, PrintMaster 17, Yahoo Music Jukebox, etc. have started to hit the 100% of my computer's CPU useage on program start-up, after load-up the useage drops back down to around 3 or 4 %. Internet Explorer (web based programs) seem to be the worst, changing Web pages/sites jumps the CPU useage to 100% again and it waits/loads as if I was on a poor dial-up ISP.

The Windows Task Manager shows usually 49 process; Commit Charge 435M to 470M of 1246M; The Physical Memory (K) runs around: a total of 523,808 and available 100,000 to 150,000; The Kernel Memory (K) is around 30,000 paged & 20,000 Nonpaged.

I have scanned the computer with up to date: McAfee VirusScan Plus 2007; Lavasoft Ad-Aware SE Plus; and Microsoft Windows Defender, and it is clean.

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I ran the HP Help and Support Center, Instant Support Professional Edition (online diagnostic tools): System Health Scan – with no critical issues; Hardware Diagnostics (Processor, Memory, IDE hard disk, Modem) – with no problems noted; and Advanced Diagnostics (Memory, IDE hard disk) – with no problems noted).

(I also have a: Feb. 2004; HP zd7000 Laptop; 1.00 GB Ram; Intel Pentium 4 CPU 3.20GHz; Windows XP Media Center Edition, version 2002 with service pack 2. With about the same exact programs as the HP 780n. [used space: 56.2 GB, Free Space: 18.2GB] The CPU usage on it tops around the 75–80% range when opening the mentioned programs. This computer still operates real well, loading programs/web pages quickly.)