8.4

Try to make your summary more logical.

Pay attention to the correct form of each word.

A recent article written by Jean M. Twenge calls ‘Has the Smartphone Destroyed a Generation’ reveals a profound reality of the controversial topic on the relationship between the utility of contemporary devices and the healthy growth of the adolescent, both on mental and physical levels. According to the author, smartphones make the interactions between children safer, however, the disastrous trend of a declining mental health is approaching.

The increasing trend of social communicating online nowadays shapes a safer physical relationship between young people. Comparing to the predecessor of the Gen Xers, the occurrence of offline activities like having sex and drinking is declining. “The average teen now has had sex for the first time by the spring of 11th grade, a full year later than the average Gen Xer.” Less exposure to those face-to-face activities leads to the declining consequence of the fading charm of independence, even though it is still a mainly attractive pursue of the young people.

The screen time adolescent paid on smartphones is making them less happy, according to the author. In a survey funded by the National Institute on Drug Abuse, teens who spend more time on screens and smartphones are more likely to be unhappy, and the consequence is strong enough to reject any exception. ‘All screen activities are linked to less happiness, and all non-screen activities are linked to more happiness.’ As a result, the sentimental situation of negative mood makes symptoms of depression a common condition of adolescents’ health, and the social network also increases symptoms of depression. Furthermore, the increasing potential of negative sentiment may be responsible for the skyrocketing rate of adolescent suicide.

Simultaneously, the addiction to the smartphones has a significant impact on the sleep of the young people. ‘Fifty-seven percent more teens were sleep deprived in 2015 than in 1991. In just the four years from 2012 to 2015, 22 percent more teens failed to get seven hours of sleep’, according to sleep experts. Technological devices are depriving sleeping time of young people, making ample of issues, such as compromised thinking and reasoning and so on.

Overall, the smartphone brings quantities of mental and physical issues, although it may decrease the risk of offline social interactions. Consequently, it is vital to ensure a healthy and positive lifestyle of adolescents, and regard the smartphone as an inevitable tool which is a great part of the life of the younger generation.