9.3, good summary with clear logic.

Pay attention to English writing conventions.

Summary of “Has the Smartphone Destroyed a Generation?”

As digital technology develops, the debate among what smartphones brings us, especially teenagers, never ends. In the passage, “Has the Smartphone Destroyed a Generation?”, Jean M. Twenge discusses the impact of smartphones and social media on the iGen generation, teens born between 1995 and 2012, focusing on various aspects such as independence, mental health, and sleep. It emphasizes a decline in traditional adolescent activities, increased smartphone use which lead to unhappiness and depression, and the correlation between excessive screen time and sleep deprivation.

This passage highlights a decline in activities that reflects independence in the past, such as dating, driving, part-time employment and so on. “Teens, in turn, seem to be content with this homebody arrangement—not because they’re so studious, but because their social life is lived on their phone. They don’t need to leave home to spend time with their friends.”(Jean, 21) Jean asserts that the widely use of smartphones means less social activities, leading to an extended adolescence compare to the other generations.

Jean also claims that there's negative impact of smartphone and social media use on mental health, particularly among teenage girls. Studies shows us an increase in depressive symptoms, suicide rates, and feelings of loneliness these days, with girls experiencing a more significant impact compared to boys. “For all their power to link kids day and night, social media also exacerbate the age-old teen concern about being left out.”(Jean, 35) The will get nerved waiting for friends’ “like” on Instagram or other social media platforms. The smartphone make huge influence on adolescents’ metal health.

Last but not least, this passage suggests that smartphones contribute to sleep deprivation among teenagers. Many teens sleep with their phones, use them before bedtime and upon waking, and there’s apparent correlation between excessive screen time and insufficient sleep. “Children who use a media device right before bed are more likely to sleep less than they should, more likely to sleep poorly, and more than twice as likely to be sleepy during the day.”(Jean, 43) Jean also thinks that a proper screen time limitation will bring children better days.

In conclusion, the iGen generation faces challenges related to social, mental, and physical well-being due to increased smartphone and social media use. Traditional adolescent activities are on the decline, mental health issues are rising, and smartphones contribute to sleep deprivation. However, there are many teenagers who start to realize the impact of smartphones, thus the future may become better on this problems.