8.7

More evidence to support your points will be better.

Pay attention to the grammar.

Has the Smartphone Destroyed a Generation

The post-Millennials were raised on many digital devices and the effects have been seismic both mentally and physically. In the article Has the Smartphone Destroyed a Generation, Jean M. Twenge made a discussion on these problems. He talked about the sudden change on the ways of the iGen’s life, their less interest on independence, and their higher level of mental unhappiness.

Above all, the appearance of smartphones has dramatically altered the lifestyles and social habits of the iGen teenagers. The current generation of teens shows a diminished interest in independence compared to previous generations. Teens today are less likely to leave the house without their parents, to date, or to drink. Resulting in the lower holding rate of diver license and less experience of part-time jobs. These spare a lot of time for teens, but teens will probably be on their phone, in their room alone. Unlike their Gen X and millennial predecessors, who were more likely to engage in physical activities and direct social interactions, teens of iGen tend to spend more time on social media and they are negative to take part in activities in the real world, which has led to a profound shift in general behaviors and emotional states.

While changes on teens’ behavior have advantages and disadvantages, smartphones have great side-effect on teens’ mental health, which destroyed a generation. Twenge states: "The more time teens spend looking at screens, the more likely they are to report symptoms of depression." Excessive smartphone use makes more vulnerable and more likely to have mental diseases like depression, loneliness and suicide. And this trend has been especially steep among girls. Also, Twenge stated that teens who spend more time on electronic devices are more likely to get less than seven hours of sleep.

In summary, the rise of smartphone usage among iGen teens has caused a dramatic change in their lifestyle and social habits, and contributed to a higher incidence of mental health problems. Just as Twenge argued, smartphone has made iGens unhappy.