9.3, good summary with clear logic.

Pay attention to spelling errors.

Comprehensive Summary of

“Has the Smartphone Destroyed a Generation?” by Jean M. Twenge

Has the Smartphone Destroyed a Generation? Jean M. Twenge’s answer is yes. In her article titled with this question, she explores the neglected impact of smartphones on today’s teens. Twenge argues that although these post-Millennials, also known as iGens, are safer, physically, than previous generations, they are facing a mental health crisis due to their heavy reliance on smartphones — they lack independence, feel depressed, and sleep less.

Firstly, Twenge points out that the allure of independence holds less sway over today’s teens because the smartphones keep them at home. She compares the lifestyle of iGens and of previous generations, and finds out that the traditional markers of adulthood, like driving, dating and working for pay, are being put off by iGens. She then argues that this is because they tend to spend more time alone in their rooms, feeling content with this homebody arrangement, since their social life is lived on their phone.

Secondly, Twenge argues that smartphones and social media use are strongly correlated with increased feelings of longlines, unhappiness and depression. She notices that the rates of teen depression and suicide have skyrocketed since 2011, arounds when the proportion of Americans who owned a smartphone surpassed 50%. She then proofs that this is not a coincidence by showing that the more time teens spend looking at screens, the more likely they are to report symptoms of depression. What’s more, bad experience like cyberbullying contributes to depressive symptoms, particularly among teenage girls.

Furthermore, Twenge illustrates that smartphones have significantly disrupted teenagers’ sleep, which leads to myriad issues. She shows that many teens nowadays sleep less than seven hours most nights, and that is because most of them sleep with their phones near, in order to check social media right before they go to bed and right after they wake up.

Lastly, Twenge advocates for moderation in today’s teens’ smartphone use by encouraging parents to urge teens to use their phone responsibly and set boundaries for them mildly. She also highlights that despite the challenges, there are hopeful signs that teenagers themselves are recognizing the negative effects of excessive smartphone use.

In summary, Twenge’s article paints a comprehensive picture of the detrimental effects of smartphones on today’s teens’ mental health, emphasizing the urgent need for parents to moderate their children’s smartphone use.