8.6

Pay attention to the English writing conventions and the use of punctuation marks.

### Should learn how to use smartphones appropriately

As Jean M. Twenge puts it in her article *Has the Smartphone Destroyed a Generation?* : Post-millennials are growing up on iPhones, and the impact is huge. So what kind of impact did it have? Did smartphones destroy a generation? After reading the article, I think I have come to a very clear conclusion, that is: the impact of smartphones on the iGen generation is still doing more harm than good, and I will summarize the behavioral characteristics, mental health, and sleep problems of teenagers.

As the author puts it in the fifth paragraph, "Today's teenagers differ from millennials not only in their perspectives, but also in how they spend their time." Their day-to-day experiences are very different from those of the generation that came of age a few years ago. "The iGen generation doesn't have a particularly strong desire for independence, or real-world independence, and they rarely smoke and drink rebelliously, and they don't want to get their driver's license too early and hit the road, all of which can be explained by the responsibilities that come with delaying adulthood. I think that on the one hand, this phenomenon is due to the factors of teenagers themselves, they prefer to socialize on the Internet, they are flowers in the greenhouse, and their basic life is very dependent on their parents, on the other hand, it is also related to their parents, their parents' love for them, and their reluctance to let them contact the outside world too early, for example, my parents do not support me to work part-time, they think that in this era of education, I should do a good job of studying and should not think about my livelihood. But the missing experience is actually what the iGen generation lacks compared to previous generations.

The impact of smartphones is not entirely bad in terms of behavioral traits alone, and socializing online does not mean that adolescents are socially phobic in real life, as stated in paragraph 31: highly social adolescents are more social in both situations, while less social adolescents are less social. However, the general trend is still that teenagers are escaping from reality and socializing, talking about it on the Internet, and only being submissive in reality, which will make it easier to develop a sense of loneliness, so the second thing we need to pay attention to is the impact of smartphones on the mental health of this generation.

As the author says in paragraph 30, the data shows that the iGen generation is a lonely generation. Paragraph 32 also mentions that eighth graders who use social media heavily have a 27% increased risk of depression, while those who exercise, attend religious ceremonies, and even do more homework than the average teenager have significantly lower rates of depression. In paragraph 33, in 2011, for the first time in 24 years, the youth suicide rate was higher than the youth homicide rate. And these mental health hazards are more obvious among girls than boys among their peers, so why does the Internet cause teenagers to have negative feelings of depression, loneliness and even suicide? This is because this generation of teenagers is active and identified on the Internet, their focus is on cyberspace, so they care a lot about other people's likes or opinions, and they are also easily instigated and instructed by others, and they are not completely in a happy state on online social networking all the time, and more time is actually browsing and receiving a lot of information. After all, you know, this is an era of information overflow.

The author mentioned in the article that I can empathize with a phenomenon, that is, I will put my mobile phone next to my pillow, and the last thing I look at before going to bed is my mobile phone, and when I wake up, I see a mobile phone, just like an addict. As a result, adolescents are getting less and less sleep, as mentioned in paragraph 42: in 2015, 57% more adolescents were sleep-deprived than in 1991. In just four years, from 2012 to 2015, teens who slept less than seven hours increased by 22 percent. There are countless problems caused by sleep, health problems, psychological problems, teenagers are in the period of growth, psychological and physical growth, so sleep problems caused by smartphones should not be underestimated.

The above is a brief summary and analysis of this article, the article through case demonstration, citation argument and other methods, to us to draw the impact of smart phones on this generation, there is no clear conclusion, but when we read the article we clearly feel the damage of smart phones to this generation, therefore, effective and restrained use of mobile phones, for today's teenagers is crucial.

Work cited: Has the Smartphone Destroyed a Generation? By Jean M. Twenge