8.5

Try to make your summary more logical.

The Worldwide Phenomenon of Smartphones and Its Potential to Derail a Generation

As smartphones have proliferated across the globe, numerous concerns have arisen amidst their benefits of fostering human connections. In the essay "Has the Smartphone Destroyed a Generation?", Jean M. Twenge delves into how smartphones have altered, perhaps even decimated, the iGen—those born between 1995 and 2012—who have grown up amidst this technological revolution. Jean argues that the more time adolescents spend gazing at screens, the more prone they become to exhibiting symptoms of depression, subsequently leading to a surge in teenage suicide rates.

First and foremost, Jean detects that iGens are “more vulnerable and rates of teen depression and suicide have skyrocketed”(Para 11). Coinciding with the widespread ownership of smartphones, Jean zeroes in on the impact of these devices on the iGen. Smartphones have caused iGens to venture out less frequently and made them less inclined to engage in dating activities, resulting in a decline in sexual activity and job opportunities, both significant factors affecting their mental well-being. They just prefer to remain indoors.

Furthermore, Jean delves deeper into why smartphones are leading to teenage depression. What exactly are teens doing while they remain indoors? Jean avers that "They are on their phone, in their room, alone and often distressed."(Para 24). Admittedly, the dearth of offline social interaction makes iGens feel more isolated and unhappy. Virtual friends can never replicate the warmth and authenticity of real-world relationships. Additionally, there is a growing body of statistical evidence to support this assertion. The impact of screen time is undeniable: the more time teens spend gazing at screens, the higher the likelihood of them reporting symptoms of depression.

Finally, to reinforce her argument, Jean delves into the "connection between smartphones and the apparent psychological distress this generation is experiencing" (Para 36). Contemporary adolescents may attend fewer social events, thus fostering feelings of loneliness, but when they do gather, they tend to excessively document their gatherings on social media. Consequently, they feel disconnected from their friends, leading to a sense of isolation and depression.

In summation, Jean contends that the widespread usage of smartphones is detrimental to a generation, causing them to feel unhappy and manifest in symptoms of depression. Therefore, it is imperative for us to limit screen time and embrace meaningful interactions with our friends, allowing us to fully experience the joys of life.