8.6

Pay attention to English writing conventions.

Has the Smartphone Destroyed a Generation?

Since the advent of smartphones, they have had a big impact on our lives. In Did Smartphones Destroy a Generation? In the article, author Twenge explores the impact of smartphones on a generation known as iGen and argues that phones have destroyed teenagers. The authors focused on these three areas: adolescent independence, mental health trends, and sleep problems.

First, Twenger talked about the impact of smartphones on traditional teen milestones like dating, driving, and part-time jobs that can show teens' independence. Data from iGens, such as the percentage of high school students who work part-time, shows a decline in these activities, with iGens preferring to spend their free time on their phones. As Twenger points out in this article, "today's teens are also less likely to date," and "the allure of independence is so powerful for previous generations that it has less of an impact on today's teens." Nowadays, teens' dependence is highly compromised due to smartphones.

In addition, Twenge discussed the adverse effects of excessive smartphone use on the mental health of iGen adolescents. She provided some data, such as changes in the number of Americans taking antidepressants, suggesting a correlation between screen time and feelings of loneliness and depression. As Twenge puts it, "The more time teens spend on screens, the more likely they are to report depressive symptoms." Since the advent of smartphones, there has been a significant increase in depressive symptoms and suicide rates among adolescents.

Besides, Twenge shows the impact of smartphones on teens' sleep patterns at the end of the article and points out the correlation between screen time and sleep deprivation. Data provided by Twenge shows that teens who spend more time on electronic devices are more likely to get less than seven hours of sleep. In addition, as noted in the article, "the allure of smartphones is often hard to resist", Twenge mentions the addictive nature of smartphones, where teens often check social media before bed and reach for their phones when they wake up, causing sleep patterns to be disrupted.

In conclusion, Twenge's examination of iGen teens' smartphone use revealed a significant decrease in independence, mental health trends, and sleep issues, which had an impact on mental health and independence. The rise of smartphones has led to an increase in online socialization, a decrease in traditional activities, and adverse effects on mental health. Restricting the use of mobile phones is realistic, and what should be done is to instill in children the concept of "moderation".