8.3

Try to make your summary more rounded with detailed evidence.

Pay attention to grammar and English writing conventions.

The Summary of “Has the Smartphone Destroyed a Generation?”

Jean M. Twenge wrote an article entitled “Has the Smartphone Destroyed a Generation?”to argue that smartphone do destroyed a generation because of its negative impact on the physical and mental health of iGen.

Jean M. Twenge argued that the smartphone smartphones can cause iGen's psychological problems of loneliness and depression. She mentioned the iGen's social and historical background.In Para.8, she told that iGens are growing up with smartphones and do not remember a time before the Internet. Because of this, the way iGen socializes has changed dramatically.The author mentions some relevant examples: fewer teens having sex in Para.17, fewer time getting together with their friends in Para.16 and etc. This social style may cause loneliness according to the example from Para.31.Social-networking sites can cause depression.The author presents some statistics to illustrate this point from Para.31 to Para.40. The advent and use of social media has led to higher rates of depression and suicide in this generation.One of the reason is that the social media exacerbate the age-old teen concern about being left out. Also because of the greater possibility of being cyberbullying, the mental health of teenage girls has been severely affected by smartphones.In short, the phone has seriously damaged iGen's mental health.

She also demonstrated the effect of mobile phones on iGen's health in terms of sleep quality. Smartphones have an especially strong ability to disrupt sleep. She interviewed college students and found that they slept with their phones next to them, which might be reassuring but interfered with their sleep.She explained that sleep deprivation is linked to myriad physical issues and also depression and suggested that parents should be telling their kids to put down their phones.

To sum up, the author concludes from the fact that mobile phones have invisibly done serious harm to iGen's physical and mental health that mobile phones have indeed destroyed a generation and the use of mobile phones should be controlled.