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In the modern age of technology, Jean M. Twenge's article, "Did Smartphones Destroy a Generation?", raises key questions about the impact of smartphones on young people's mental health. The correlation between increased smartphone use and increased psychological problems in the younger population was explored.

Twinger's first claim is that smartphones and social media influence young people's behaviour and emotional state(para.4). The research she cites shows that spending too much time on your phone is more likely to feel disconnected from real-life social interactions. But this state of affairs makes them less at risk(para.9).

In addition, Twinger argues that smartphones make it harder for young people to form independent minds. She highlighted that social media discourages young people from traditional signs of adulthood(para.19), leading them to be less independent enough. Today's teenagers have to wait longer to take on the responsibilities and pleasures of adulthood, which has something to do with the shift in economics and parenting.

Third, the authors argue that the more time teens spend on screens, the more likely they are to report depressive symptoms. Smartphones exacerbate age-old fears of exclusion among teens, and showing uninvited parties on social media can lead to an increased sense of being left out(para.35), a trend that is especially pronounced among girls, who are also bearing the brunt of the main stress of today's increased depressive symptoms among teens. These more dire consequences for teenage girls may also stem from the fact that they are more likely to be cyberbullied. Boys tend to bully each other physically.

Fourthly, electronic devices have severely affected teens' sleep, some teens check social media before going to bed, others see their phones as an extension of their body(para.41), even like lovers, leading to problems including impaired thinking and reasoning, susceptibility to disease, weight gain, and high blood pressure. It can also affect mood: people who don't get enough sleep are prone to depression and anxiety(para.43).

In conclusion, Jean M. Twenge's article "Did Smartphones Destroy a Generation?" provides compelling evidence that smartphones and social media have a negative impact on young people's mental health. The increase in loneliness, anxiety, depression, and sleep problems in this population is a serious problem that needs to be addressed. It is vital for society to recognise the potential harms of excessive smartphone use and take steps to promote healthy digital habits among young people.