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Pay attention to the English writing conventions.

Has the Smartphone Destroyed a Generation?

Since the appearance of smartphones, they have had a great impact on our lives. In the article "Has the Smartphone Destroyed a Generation?", the author, Twenge, explores the impact of smartphones on the generation known as iGen and argues that mobile phones destroy teenagers. The author focused on these three aspects: adolescent independence, mental health trends, and sleep problems.

First and foremost, Twenge addresses the impact of smartphones on traditional adolescent milestones such as dating, driving, and part-time jobs, which can show the independence of teens. The data of iGens, for example the percentage of high school students who have a part-time job, has shown a decline in these activities, and iGens prefer spending leisure time on their phones. As Twenge notes in this article, "Today’s teens are also less likely to date" and "The allure of independence, so powerful to previous generations, holds less sway over today’s teens." Due to smartphones, nowadays teens' dependence is highly compromised.

Furthermore, Twenge discusses the detrimental effects of excessive smartphone use on mental health among iGen teens. She presents data like the number shift of Americans who take antidepressants that indicate a correlation between screen time and feelings of loneliness and depression. Just as Twenge states: "The more time teens spend looking at screens, the more likely they are to report symptoms of depression." There has been a great increase in depressive symptoms and suicide rates among teens since the advent of smartphones.

In addition, Twenge shows the impact of smartphones on teenage sleep patterns at the end of this article, noting a correlation between screen time and sleep deprivation. Twenge presents data indicating that teens who spend more time on electronic devices are more likely to get less than seven hours of sleep. Besides, as pointed out in article, “the allure of the smartphone is often too much to resist”, Twenge mentions the addictive nature of smartphones, with teens often checking social media right before bed and reaching for their phones upon waking up, contributing to disrupted sleep patterns.

In conclusion, Twenge's examination of smartphone usage among iGen teens reveals a significant decline of independence, mental health trends, and sleep problems with implications for mental health and independence. The rise of smartphones has led to increased online socialization, declines in traditional activities, and adverse effects on mental well-being. It is realistic to set limits on the use of mobile phones, and what should be done is to instill the concept of "moderation" in children.