8.7

Use more relevant evidence to support your argument.

In today's society, smartphones have become an indispensable part of our daily lives. However, as their use has become more widespread, people have also begun to worry about their possible negative effects. In Jane M. Twenge’s article “Have Smartphones Ruined a Generation?” ", the author believes that although smartphones have brought convenience and fun, they have also had a devastating impact on the younger generation. Twenge believes smartphones are contributing to a decline in young people's sense of independence and exacerbating the widespread problem of depression.

Twenge first pointed out that smartphones have made young people more dependent and unwilling to go out independently. Nowadays, many teenagers prefer to stay at home with their families and mobile phones instead of going out and exploring the world independently. This trend is supported by evidence that traditional markers of adult independence, such as socializing with peers, dating, getting a driver's license and holding a job, are in decline. Twenge quotes: "Today's teens are also increasingly reluctant to date. The initial courtship stage that was once called 'liking' is now called 'chatting' by kids, which plays into the preference for texting rather than engaging in An ironic choice for a generation that actually communicates” (Twenge). This highlights how traditional rituals of teenage years, such as dating, have been replaced by digital communication, leading to a decline in face-to-face socialization and a sense of independence.

Additionally, Twenge highlighted the link between smartphone use and increasing depression among young people. Prolonged smartphone use has been linked to increased suicide rates, as excessive screen use can exacerbate feelings of loneliness and isolation. Twenge states: “Again, the impact of screen activity is self-evident: the more time teenagers spend on screens, the more likely they are to report depressive symptoms” (Twenge). This suggests that prolonged screen exposure may exacerbate mental health problems in teenagers, further highlighting the harmful impact of smartphones on their well-being.

Additionally, smartphone disruption of sleep patterns exacerbates mental health issues, as sleep deprivation is associated with impaired cognitive function, vulnerability to disease, and mood swings, including depression. Twenge observed: “Electronic devices and social media appear to be particularly capable of interfering with sleep” (Twenge). This highlights that widespread smartphone use, particularly before bed, may impact sleep quality, leading to a range of negative consequences for mental health.

Overall, Twenge asserts that smartphones have indeed had a damaging impact on iGen, affecting their sense of independence and mental health. He warned that the pervasive influence of smartphones could last into adulthood, shaping the future trajectory of this generation. Twenge encourages readers to reevaluate their reliance on smartphones, suggesting prioritizing real-world connections over digital distractions to mitigate the negative effects of smartphone use and foster healthier lifestyles among today's youth.