8.6

Try to make your summary more logical.

Pay attention to the English writing conventions.

**How smartphones have destroyed a generation**

Nowadays,smartphones have a deep impact on our lives and they change the way we connect to other people and the society.They have become an integral part of our lives without doubt.However, there are pros and cons of smartphone use. Jean M. Twenge showed that the post-Millennials which were raised on the iPhone are on the brink of a mental-health crisis in her article Has the Smartphone Destroyed a Generation?She believes that smartphones make iGen lack of independence and be unhappy,the relationship between them and their families are further and the may suffer from sleep problems and mental-health crisis.

Firstly , Jean M.Twenge found that smartphone usage is linked to less happiness.In her article,she mentioned a recent research which suggests that screen time,in particular social-media use, does indeed cause unhappiness.Social-networking sites like Facebook promise to connect us to friends,but the portrait of iGen teens emerging from the data is one of a lonely,dislocated generation.Today’s teen may go fewer parties and spend less time together in person , but when they do congregate they may document their hangouts relentlessly on the internet , those not invited may feel lonely , thus lead to less happiness.

Secondly , Jean M.Twenge thought that smartphone make the allure of independence hold less sway over today’s teens.The author pictured the lives of teens in the early 1970s,which are totally different from the iGen.Today’s teens are also less likely to date , and the decline in dating tracks with a decline in sexual activity ,even driving has lost its appeal for today’s teens.What’s more , they are less likely to work as much which is a must in the past to pay for their independence.They also managed to stretch adolescence beyond all previous limits and wait longer to take on the responsibilities and the pleasures of adulthood.

Thirdly,Jean M.Twenge held the idea that the smartphone is cutting into teen’s sleep: Many now sleep less than seven hours most nights.She mentioned two national surveys which talk about the relationship between electronic devices use and sleep less condition.They reached a conclusion that the electronic devices and social media have an ability to disrupt sleep.Sleep deprivation is linked to myriad issues,and they may lead to depression and anxiety.The blue light glowing in the dark from the phone is the main cause , playing a nefarious role.

In a conclusion , Jean M.Twenge believed that smartphone has done a great harm to this generation,and they have destroyed a generation.