8.6

Pay attention to grammar, especially the correct usage of parts of speech.

Summary of Has the Smartphone Destroyed a Generation

The rapid development of digital technology, especially the mobile phone, in recent decades have witnessed the continuous changes almost in every aspect in people’s lives, the style and pace of life, the way people get in touch with other people, the viewpoint at something, included. Compared with the adults, the young worth more attention, as they are going through a period of cognitive growth and acceptance. With the company of mobile phone, is the generation of Millennials, in other words called “iGen”, get better in some or all dimensions of growth than the Generation X? In “Has the Smartphone Destroyed a Generation” by Jean M. Twenge, the author gives out a clear and straight answer: Even though the smartphone does protect the adolescents from physical danger to some extent, the negative effects on growth and mental health are more frightening. The loss totally outweighs the gain.

The first negative impact is that the Millennials are more of a child than the X generation at the same age. Or in other words, the Millennials are more dependent and grow slower. It can be seen from many aspects, such as getting driver’s license later, less dates, later and less sexual activities, more reluctant to work for paid and so on. According to the author, the phenomenon can be caused by mobile phones, because the teenagers’ social life is just lived on their phones and they just don’t need to do all things above, or be independent and grown. Naturally, they grow up slower and become independent later.

The second is about the mental health. Teenagers' social lives are all dependent on social media on their mobile phones. This causes them to have less contact with real people, which reduces happiness, raises loneliness, and even leads to depression. Too much screen time can also lead to sleep deprivation, causing thinking and reasoning skills decreased, depressing the mood. Even worse, emotional ill-health can easily cause physical ill-health, which brings out susceptibility to disease and weight gain.

The problem is more serious than it seems. The continued presence of smartphones will not just affect this generation during their teenage years, but will likely affect them for the rest of their lives. The recurrence of depression, lack of socialization and so on that could happen in the next few years illustrate this point. But it is comforting to know that young people are also recognising the bad effects and are putting down their mobile phones, consciously or unconsciously.