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When almost everyone, especially the youth, has a mobile phone and becomes accustomed to online media, what will the world and the life be? The article “Has the Smartphone Destroyed a Generation?”, wrote by Jean M. Twenge, concentrates on the disquieting impact smartphones and digital technology have had on the generation born between 1995 and 2012, who in this article are referred to as iGen. The author argues that while smartphones offer unprecedented connectivity and access to information, they have also brought about significant negative consequences.

In paragraph 10 and 11, the writer says “Some generational changes are positive, some are negative, and many are both.” and “It’s not an exaggeration to describe iGen as being on the brink of the worst mental-health crisis in decades. Much of this deterioration can be traced to their phones.” Apparently, he believes that the phone, like other technology, is a double-edged sword. To prove his points, Twenge develops the article from three aspects: iGen’s distinct behavioral differences from previous generations, iGen’s less happiness linked to screen activities, the decline in iGen’s sleep quality.

Initially, compared with previous generations, they spend more time at home, glued to their smartphones or tablets surfing the internet and engaging with social media, going out less for parties, driving less, and dating less. Twenge concludes, “The allure of independence, so powerful to previous generations, holds less sway over today’s teens.” And in his opinion, this means iGen wait longer to take on both the responsibilities and the pleasures of adulthood. More and more screen time should be blamed for this. Smartphones are believed to have altered fundamental aspects of adolescent development. Face-to-face interactions have been supplanted by virtual communication, which might stunt the development of interpersonal skills and emotional intelligence.

Moreover, all screen-based activities are associated with lower levels of happiness, while all non-screen activities correlate with increased happiness. The longer teenagers spend engaging with screen devices, the more likely they are to exhibit symptoms of depression. Across the generation, adolescents who devote more time to smartphones and less time to offline social interactions tend to experience greater feelings of loneliness. Twenge gives examples. Eighth-grade students who spend 10 hours or more per week on social media are 56% more likely to report being unhappy compared to those who use social media for less time.

Furthermore, sleep patterns are disrupted due to late-night phone usage, affecting physical and mental health. In this article, we can see, “Two national surveys show that teens who spend three or more hours a day on electronic devices are 28 percent more likely to get less than seven hours of sleep than those who spend fewer than three hours, and teens who visit social-media sites every day are 19 percent more likely to be sleep deprived.” In the dark, smartphones that emit blue light are very likely to play a highly detrimental role here.

In fact, smartphones have brought countless conveniences to our lives, and people are increasingly becoming accustomed to living with smartphones. However, there should always be a limit to everything. It is crucial to use smartphones in a reasonable and proper manner so as not to let them ruin people’s life.