8.7

Pay attention to grammar and spelling errors.

As the consumption of media explodes, the excessive screen time is garnering increasing concerns. In the essay "Has the Smartphone Destroyed a Generation", Jean M. Twenge asserts that the smartphone causes deleterious impacts on iGens, who grown up with explosive smartphone uses. She claims that iGens are spending so much time with their phone that they're losing the interest in independence. She also claims that the time spent on electronic devices leads to significant effects on both mental heath and sleep time.

First and foremost, Jean analyzes iGens' behavior and contends that "the allure of independence holds less sway over today's teens" (Jean, Para5). It seems beneficial, as the previous generations' independence is more about hanging out, driving, drinking, smoking and having sexual activities, that today's teens are to some extends physically safer. However, the unwelcoming altitude towards these physical activity are deemed as "putting off the responsibilities of adulthood" (Jean, Para20). This generation hang out with friends less but communicate with them through social media; accept homebody arrangement more but not assiduously learning. It seems that the pursuit of adulthood, fellowship and family affection are translated into simplex thirst for internet.

Then, Jean emphasizes that the smartphone use makes iGens psychologically more vulnerable than other generations. Jean invokes the Monitoring the Future survey to demonstrate that the more time spent on screens, the more likely teenagers are to be unhappy. She also invokes other studies to show that this generation is lonelier, more dislocated, more afraid of being left out and has higher depression rate and suicide rate. Jean noted that teenage girls suffers more due to the undermined social status or relationships from cyberbullying.

More than causing emotional damages, Jean argues that "the smartphone is cutting into teens' sleep"(Jean, Para 43). She lists experiences around her and other statistics to demonstrate that teens who visit social media sites more are more likely to be sleep deprived. Compared to those who read before sleep, those who obsessed with electronic devices faces stronger allure of pleasure and sacrifice their sleep time. Jean points out that "sleep deprivation is linked to myriad issues", posing a detrimental impact on adolescent.

In conclusion, Jean assert that the smartphone is detrimental the new generation, making them lose the trait of independence, experience more mental issue and deprived of sleep.