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**Smartphones have destroyed a generation**

In the last 20 years, technology and the internet have developed rapidly and smartphones have become an important part of our daily lives. Growing up with the boom of smartphones and social media, teenagers born in the 21st century have been greatly influenced by the new technology. Jean M. Twenge, a psychology professor at San Diego State University, showed her opinion in her article *Have Smartphones Destroyed a Generation?* She believes that smartphones make the generation that is shaped by the new technology and the rise of social media, which she calls iGen, less independent, more depressed, and have less sleep.

Firstly, Twenge pointed out that smartphones make iGen teens less independent. Smartphones make it much easier for teenagers to communicate with friends. As a result, they don’t have to leave home to spend time with their friends as their social life is on their smartphones. In consequence, on the one hand, they lose interest in the allure of the pleasure of adulthood, such as driving, drinking, and dating; on the other hand, they wait longer to take on the responsibilities of adulthood. In short, smartphones make them less independent.

Besides, Twenge believes that smartphones are making iGen teenagers more depressed. In her article, she introduces a survey launched recently as an example. The survey found that social media use does indeed cause unhappiness: more Facebook use leads to more unhappiness, but more unhappiness does not lead to more Facebook use. Twenge explains that this is might because on social media teenagers often see others gathering together and having fun, thus they feel lonely and left out. When such feelings accumulate, they lead to depression. Moreover, cyberbullying is also a reason why iGen teens are more depressed.

Last but not least, in Twenge’s view, smartphones make iGen teens have less sleep. She showed that many now sleep less than seven hours most nights. This is because the allure of the smartphone is often too much to resist. Many teenagers spend night hours on their smartphones, which undoubtedly harms their sleep quality.

In summary, Twenge points out that smartphone use makes iGen teens less independent, more depressed, and have less sleep in her article. Based on the facts mentioned above, she believes that smartphones have destroyed the iGen.