8.6

Try to make your summary more logical.

Has the Smartphone Destroyed a Generation?

In this era of explosive electronic products, there is an obvious phenomenon that people are more dependent on the smartphone and they are spending more and more time living in a virtual world. In the passage “Has the Smartphone Destroyed a Generation”, Jean M. Twenge exposes the threat that mobile phones to a generation. The damage caused by smartphone addiction has not only made a generation less happy but also damaged their sleep quality.

First and foremost, smartphones are a major contributor to psychological pressure. To validate this point, Jean cites a survey done by the National Institute which says “Teens who spend more time than average on screen activities are more likely to be unhappy, and those who spend more time than average on non-screen activities are more likely to be happy” (Para27). Jean claims that people in the past had more varied lives such as participating in more extracurricular activities like student clubs and sports and entering society earlier. On the contrary, the generation who grew up with mobile phones are more dependent on their parents, lack independence and self-determination, and their entertainment life is less than that of the previous generation, which is an important reason for their spiritual loss of fun. In a word, smartphones make a generation unhappy.

Moreover, Jean asserts that smartphone has an especially strong ability to disrupt sleep. By comparing the sleep quality of teenagers in 1991 and 2015 Jean shows that mobile phones are causing teenagers to sleep less and less well, which is not only detrimental to the growth and development of young people but also “linked to myriad issues”(Para47). To prove this, Jean also cites the conclusion of a meta-analysis of studies on electronic-device: “Children who use a media device right before bed are more likely to sleep less than they should, more likely to sleep poorly, and more than twice as likely to be sleepy during the day”(Para 44). Blue light from smartphone screens can also be harmful to teenagers' sleep.

To conclude, Jean argues that it is unrealistic to impose limiting technology on a generation of kids who have grown accustomed to having access to the Internet all the time. However, children are gradually beginning to associate some of their troubles with the ubiquity of mobile phones and can realize the dangers of mobile phones themselves, which helps them to reduce their phone use time and even get rid of their phone dependence