8.1

Find out the key parts in the article and try to use more relevant evidence to support your argument.

Summary of Has the Smartphone Destroyed a Generation

With the advent of the digital age, smartphone have become an increasingly important part of people's lives. Post-Millennials, as a generation that grew up in the digital age, how have smartphone impacted them? Jean M. Twenge explores this question of teens and smartphone in the article Has the Smartphone Destroyed a Generation. In this article, the author thinks that though the smartphone provides a physically safer environment for the post-Millennials, it can harm their mental health. They are on the brink of a mental-health crisis.

The smartphone creates abrupt shifts in post-Millennials. To introduce the topic, the author presents the example of Athena, a 13-year-old who lives in Houston. By communicating with her, the author discovered a dramatic shift in behavior and emotional state between the iGens and other generation. The gentle slopes of the line graphs became steep mountains and sheer cliffs (para 4). Compared to previous generations, the allure of independence holds less sway over today’s teens. Through talking to today's youth and doing a lot of surveys, the author comes to the conclusion that the iGens is a generation shaped by smartphones.

The arrival of the smartphone has radically changed every aspect of teenagers’ lives. The author thinks that the generational changes are both good and bad. On the one hand, because of more comfortable in the bedrooms than in a car or party, today’s teens are physically safer than teens have ever been. They are remarkedly less likely to get into a car accident and having less of a taste for alcohol than their predecessors. On the other hand, however, they are more vulnerable in mental heath than Millennials were. Rates of teen depression and suicide have skyrocketed since 2011 (para 11). Moreover, smartphone use disturbs iGens’ sleep. The author cites some studies that show increased screen time leads to less sleep and poor sleep, which is linked to depression, illness, and high blood pressure.

The constant presence of smartphones is likely to affect people lifelong and some boundary-setting could keep kids from falling into harmful habits. The author thinks that adolescence is a key time for developing social skills. As teens spend less time with their friends face-to-face, they have fewer chances to practice them. Though it’s hard to pry the phone out of kids, it’s necessary to urge teens to use their phone responsibly.

In conclusion, this article shows us that smartphones have had a huge impact on iGens which makes them so different from their predecessors. Though they are safer physically, the advent of smartphones greatly affects their metal health. What’s more, they also put off the responsibilities of adulthood. At the end, to reduce the impact of negative aspect of smartphone use, the author calls for some boundary-setting to keep kids from falling into harmful habits.

Work sited

Jean M. Twenge; Has the Smartphone Destroyed a Generation?