8.3

Reduce the use of repetitive expressions.

Summary of *Has the Smartphone Destroyed a Generation*

​ In the article "Has the Smartphone Destroyed a Generation?" by Jean M. Twenge, the author explored the impact of smartphones on the post-Millennials, which is called iGen in the article. The author argues that the ever-present smartphone has brought about significant changes in the behaviours, attitudes, and emotional states of iGen, and it may lead to a mental-health crisis.

​ The author suports her claims by pointing out the abrupt shifts in teen behaviours and emotional shifts she observed around 2012, when the smartphone ownership in America surpassed 50 percent. She states, "Around 2012, I noticed abrupt shifts in teen behaviors and emotional states..." and "But it was exactly the moment when the proportion of Americans who owned a smartphone surpassed 50 percent." (Para.6)

​ The author case-studied a teen girl named Athena to provide a real-life example of the impact of smartphones on iGen's social interactions and mental health. Athena, like many of her peers, is almost constantly connected to her phone. Twenge notes that Athena's social life largely exists online, with her interactions with friends primarily taking place through social media platforms and text messages. Despite being in constant digital contact, Athena admitted to feeling more like she was alone and missing out, and sometimes nervous about other's judgment on social media platforms.

​ Furthermore, she highlights the negative effects of smartphone usage on mental health, particularly the increase in rates of teen depression and suicide since 2011. She notes, “Psychologically, however, they are more vulnerable than Millennials were: Rates of teen depression and suicide have skyrocketed since 2011. 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" (Para.10). She highlights the fact that teens who spend three hours a day or more on electronic devices are 35 percent more likely to have a risk factor for suicide. (Para.33)

​ Another aspect mentioned is the relationship between mobile usage and iGen's sleep quality. According to the author, the screen time among teenagers is rising, making them get less and poorer sleep, which is related to illness, overweighted and high blood pressure.

​ In conclusion, the author demonstrates that smartphone does cause a negative change on iGen's behaviours and attitudes. She suggests that setting boundaries and promoting responsible smartphone use are helpful for these issues. She advocates for more parental involvement, stating, "The correlations between depression and smartphone use are strong enough to suggest that more parents should be telling their kids to put down their phone" (Para.46).

Work Cited

[1] Jean M. Twenge, Has the Smartphone Destroyed a Generation?