8.8

Try to make your summary more logical.

The essay titled “Has the Smartphone Destroyed a Generation?” written by author Jean M. Twenge mainly introduced about the negative impact on post-Millennials, who were born during 1995 and 2012 and grew up with smartphones. In order to demonstrate this, the author cited examples of Athena, his generation analysis and a large number of researches, discussing this broad issue in several aspects, such as the impact on their way of spending time, the trend that they stretch adolescence longer than ever, the connection between smartphones and psychological stress and the negative influences on teens’ sleep quality. At the end of this essay, the author saw difficulties in restricting technology and put forward some advice for educators.

First of all, the post-Millennial are influenced by smartphone in their way of spending time. One typical example is the 13-year-old girl Athena, who spend time with her friends on their phones most of the time and keep up their mobile-life everyday(Para. 2). Owing to constant surveying, the author realizes there is a generation shaped by the smartphone and the concomitant rise of social media(Para. 7). The Internet has been playing a role throughout their teenage years and affected their lives radically and universally.

Secondly, the iGen teens tend to spend more time in the process of growing up into adults. They have less desire for spending time unsupervised, show less interest in dating and having sex, putting off learning to drive and working for their own money(Para. 12-Para. 18). To sum up, the teens are waiting longer to take on both the responsibility and the pleasures of adulthood. The economy that rewards higher education, consequential parenting orientation and the rise of social media may lead to this result(Para. 21,22).

Thirdly, recent research suggests that screen time does cause unhappiness, depression and suicide rate, proved by the Monitoring the Future survey and a block of statistical data. The author agrees that “the more time teens spend looking at screens, the more likely they are to report symptoms of depression”(Para. 28), and it’s partially because social-media show them the party they were not invited to and reversely make them anxious about likes received for their own experiences. From another perspective, girls bear the brunt of the rise in depressive symptoms. The reason may be that girls tend to undermine the victim’s social network in bullying while boys tend to do so physically(Para. 37).

Fourthly, electronic devices and social media are strongly disrupting sleep. Some teenagers check social media right before they go to bed and wake up as a result of addiction, while others are trapped by the emotional bond between themselves and their phone. As a consequence, they suffer from sleep deprivation, the number of whom has been increasing, and other relative symptoms, such as compromised thinking and reasoning, susceptibility to illness, weight gain, high blood pressure, anxiety and so on(Para. 45).

Although the communication between the author and Athena included at the end of this essay demonstrates the “hopeful signs”(Para. 49) that kids are realizing the role that mobile phone plays in their life, it is still hard to remove digital media from children’s lives. The author appeals that educators and parents teach their kids to use their phone moderately and responsibly for their “healthy” adolescence.