8.9

Pay attention to the English writing conventions.

IGen teens are modeled and affected by smartphones

Jean M. Twenge brings forward the issue of teens and smartphones in the article *Has the Smartphone Destroyed a Generation?* The first topic she mentions is that smartphones have brought dramatic changes to the teens born between 1995 and 2002, whom she calls iGens. Then she goes further to discuss iGens’ generational features, including entering adulthood later, psychological distress, disrupted sleep, and their connections to phone use. Finally, she talks about smartphones’ lingering effect and gives some advice on how to levitate smartphone’s negative impact on iGens.

To introduce her idea that iGens are shaped by smartphones, she refers to her research on generational differences and discovers that *around 2012, I noticed abrupt shifts in teen behaviors and emotional states* (Twenge, Para 4). According to her explanation, the trend is just the time when smartphones entered teens’ life, and the rise of smartphones and social media has radically transformed teens’ socialization and psychological state.

Then she describes how smartphones contribute to the changes above in a more detailed way. Towards the first feature that iGens enter adulthood later, she asserts that iGens’ *social life is lived on their phone* (Twenge, Para22). In other words, they prefer staying at home and socializing through smartphones to carrying out the traditional adult activities like driving or dating.

To explain the second feature that iGens suffer from psychological distress, she points out that *social media also exacerbate the age-old teen concern about being left out.* (Twenge, Para 36) To put it in another way, iGens are always afraid of no being invited to hangouts, which they can see with phones anytime. Girls are usually more vulnerable when facing loneness, depressive symptoms and cyberbullying.

Moreover, phone use may disturb iGens’ sleep, which will affect mood negatively. Studies show that increased screen time leads to less sleep, and phone use before bed leads to poor sleep. (Twenge, Para44). The sleep deprivation is linked to depression, illness, weight gain, and high blood pressure

Finally, she warns that phones’ impact on teens can be lifelong. These impacts include lasting depression and lack of social skills due to phone use. Therefore, she *urging teens to*

*use their phone responsibly* (Twenge, Para 50), which means using phones with moderation and self-control.

In conclusion, Jean M. Twenge reveals that iGen is a generation whose behaviors and metal state are linked to smartphones to a great extent. She also explains the connections between phone use and iGen generational features like entering adulthood later, psychological distress and sleep deprivation. Therefore, she calls for attention on the negative influence of phone use and advises teens to use smartphones responsibly.

Work sited

1. Jean M. Twenge; *Has the Smartphone Destroyed a Generation?* (https://irp.cdn-website.com/afa607f2/files/uploaded/CT23%20-%20Have%20Smartphones%20Destroyed%20a%20Generation-.pdf)