9.3, good summary with clear logic.

What Smartphones Make of IGen

Michael

The iGeneration, or iGen for short, is a generation greatly shaped by the smartphone and by the concomitant social media. Smartphones bring about irreversible changes to their physical and mental well-being, for better or for worse. In the essay "Has the Smartphone Destroyed a Generation?", Jean M. Twenge discusses the impacts of smartphones on iGens in different aspects. She holds the firm belief that although mobile phones benefit iGen on a physical level, the overall psychological impacts they bring are extremely damaging. On the one hand, she argues that mobile phones have caused severe harm to iGen's mental health. On the other hand, she claims that the constant usage of smartphones leads to the mental immaturity of iGen.

First and foremost, a large proportion of the article is devoted to expounding her view on how smartphone takes a toll on iGen’s mental well-being. She cited the result of the Monitoring the Future survey to illustrate that instead of connecting iGens to their friends and making them happier, the digital space provided by mobile phones actually makes iGens suffer from psychological distress such as loneliness and depression, which, as she hypothesized, is owing to the fact that social media exacerbates the concern of iGens about “being left out”, the anxiety of not getting “likes”, and the cyberbullying going on around the clock. Twenge also claims that smartphone has the side effect of causing sleeplessness, which is one of the main triggers for anxiety and depression. To elaborate her point, she cites data on the rate of sleep deprivation among adolescents, pointing out that there is a close link between its increasing trend and the invention of the smartphone. Smartphones have invaded every corner of our physical life and are now undermining our mental health as well.

Moreover, Twenge implies that because of the constant use of mobile phones, iGen has not reached a state of mental maturity significantly slower than the previous generations. She asserts that iGens are content with staying at home because “their social life is lived on their phone”. As a result, iGens drive less, date less, work less and stay indoors all the time, which, is often seen as a sign of lacking independence. According to Twenge, the smartphone issue “is likely to affect them well into adulthood”. Thus, when iGens reach adulthood, they are so mentally unprepared for adult life that they may “act like a 15-year-old” (para 20). As a result, “Childhood now stretches well into high school”, and adulthood starts way later than it used to.

In conclusion, Twenge believes that the smartphone does harm to the mental health of iGens and that it prolongs the process of iGens reaching psychological maturity. Although one can’t abandon the mobile phone once and for all, it doesn’t mean one should yield to the current circumstances. Twenge proposes that iGens should be taught how to use mobile phones responsively, by setting a limit on the time one uses one’s smartphone, which can provide iGens with a better psychological state.

Work sited

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