Mis-Shaping the Future

A concept that I am curious about is how social media and other technological advancements are shaping, or rather mis-shaping the youth of today. Recently I read the book *iGen* by Jean Twenge which summarized the recent technological advancements and how these devices are causing Generation Z children to become less rebellious, less connected to actual people, and overall unhappier. The reasoning for this unhappiness is mainly due to the constant surrounding of social media and overall increased selfishness that is derived from this “me, me me generation.” While their differences can be seen in their mental-emotional state, there are also various physiological changes that are occurring with this new generation that are more prevalent than the millennial generation. According to Xi'an Jiaotong University in Chin6a, approximately 37.1% of the population is suffering from a form of Upper Cross Syndrome, which is also known as forward head/forward shoulder as a result of poor postural practice. Looking deeper into the study, there was also a reported 150% increase in reported back/neck pain for people under the age of 30, which is alarming considering that in a study done from 2000-2005, approximately 10% of people reported back/neck pain to their local physician. The correlation between