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Writing #1

We currently live in a world where technology, such as smartphones, is evolving rapidly. With the rise of technology also comes the rise of problems that people have. Although people argued that the usage of smartphones is deteriorating the mental health of the young generation, closer examination shows that the usage of smartphones can also be helpful for the younger generation.

In the article “Have Smartphones Destroyed a Generation?” written by Jean Twenge, she argues that the usage of smartphone amongst the younger generation causes them to have depression and loneliness. However, I would argue that back then, children still had loneliness and depression despite not having any technology. For example, if a kid did not fit in with their peers at school, they would get isolated and bullied. The only difference between the past and the present is that bullying in the past was in person whereas the present is through the internet. Hence, Twenge cannot argue that smartphones solely caused depression. Depression and loneliness was always there amongst children.

Twenge also chooses to ignore benefits that smartphone usage can bring for the younger generation as stated in “No, Smartphones are Not Destroying a Generation” by Sarah Cavanagh. One example that smartphones help the younger generation would be the social media app that is used from the smartphone help young people connect with others and develop characteristics. Not only that but I have noticed that young people who do have mental problems tend to go to the internet to vent or seek out help from others. It is easier for them to ask for help online rather

than in person because there is that sense of anonymity. Another example of the beneficial factor of smartphone usage for a younger generation is that kids learn technology early on in their life so in the future, when the world is even further in with technology, will be able to adapt and use the new technology faster than past generations. For example, in Twenge's article, she mentions her kids knowing how to use the tablet. Instead of seeing that as something negative I see it as something positive because it shows that her kid is smart enough to adapt quickly in learning how to use a tablet.

Due to reasons above, I see no reason to regulate or set limitations that constrains smartphone usage amongst the younger generation. I would also like to refer to television and how back then adults believed that the daily usage of television was poisonous for the mental health of children. However, as you can see now, people have grown out of that phase and moved on to disliking a newer set of technology, which basically showed it is a whole cycle. In conclusion, the general public should accept that the current generation is all for the technological change and move on with their current lives instead of bringing back a past where technology did not thrive as highly.