

Writing #1

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01/31/2018

No Need for Limits

In Twenge's piece for *The Atlantic*, she posits the theory that technology and the devices that have been fashioned from it are creating a dependence on these items, particularly in younger users. She places an emphasis on the effects smartphones and tablets are having on the generation born between the years 1995 and 2012. There is a growing addiction in these individuals where they are so reliant upon electronic devices, social media, and the joy derived from both. These influences can be so pervasive as to form the basis of their very happiness. Likes and follows can become a matter of life and death to some and that can spark feelings of depression while being away from these facets can trigger symptoms of withdrawal akin to that which an alcoholic or drug addict feels when they can't get near their substance of choice. That negative aspect is significant enough for Twenge to formulate her theory that smartphones have destroyed this generation by ushering extreme unhappiness as an unintended result of the advancement of technology.

But regardless of whether or not you subscribe to this way of thinking (and there are many who do not agree with Twenge's assertions in the piece), it does not mean that the remedy for the condition is to put the brakes on innovation. Technology is something we use and, perhaps, have developed some level of dependence on in our daily lives in almost every facet of our everyday routine, however, it is our error to allow technology to become woven

into that fabric. Human beings should have the capacity to decide what is harmful and what is not and taking the necessary steps to address the matter. In the case of young people becoming depressed or sad from so much smartphone use, that is a matter for parents to acknowledge and solve. There are already too many restrictions and warnings designed to take parents off the proverbial hook and leave the responsibility to third parties. The movie ratings system is a good example, parents should do the diligence into the type of films their children watch. It need not be left up to a ratings committee to do the heavy lifting. It's the same thing for smartphones and social media. Parents must be the regulation standard to ensure they're kids are safe. Young adults and those who are into their 20's need to learn how to take personal responsibility for their actions and stop trying to seek someone or something else to blame. Placing limits and restrictions to constrain technology is just laying blame and responsibility elsewhere yet again. These tools exist for us to utilize for better or worse and the decision as to which one that is in each of our lives falls entirely upon the user.

References

Twenge, Jean M. Have Smartphones Destroyed a Generation? *The Atlantic* Retrieved from:

<<https://www.theatlantic.com/magazine/archive/2017/09/has-the-smartphone-destroyed-a-generation/534198/>>