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Generation Deterioration by Technological Innovation

In today's society, technology has become an integral part of life from being able to just make phone calls to being devices that people need in order to go on with their day (completing tasks, fitness, etc). In the article, *Have Smartphones Destroyed a Generation*, Twenge states a lot of negative impacts that these forms of technology have had on the Millennials and "iGens." For example, she mentions "Eighth-graders who are heavy users of social media increase their risk of depression by 27 percent, while those who play sports, go to religious services, or even do homework more than the average teen cut their risk significantly" (11). In a world that is so heavily influenced and fueled by technological advances, it wouldn't make sense to stop the progress that it has made, but rather cause us to move backwards. Instead, we should start on small-scale influences first such as the parents' role in setting limitations on technological use and as a society, focus on mental health awareness and guidance.

Technology use has increased so much in the following years that stopping the progress now will not do any good. Twenge mentions how social media has influenced the likelihood of being diagnosed with depression and other mental health issues amongst teenagers, but that's where moderation comes in and that's the job of the parents to set those limits. When I was in high school, I wasn't able to keep my phone past 6PM, whereas children nowadays can keep their phone on their bodies 24/7 and these devices are given to them at such a young age as well with iPads being required for elementary school or as a way to pacify the children. If we wanted to attack the issues that Twenge presents in her article, I believe that parents need to take more initiative in taking more actions towards their children and their use of technology. In the article, "No, Smartphones are Not Destroying a Generation," Cavanagh agrees that there should be more moderation in the use of digital access, but also points out how smartphones have actual positive impacts as well such as being able to build a social network via online, interact with those of the same interests, etc., which are essential tools in development.

Twenge was right in the sense that the possession of smartphones have increased amongst children of all ages over time as well as the chances of being diagnosed with depression and other mental health illnesses, but there isn't sufficient information that proves that technology by itself produces these outcomes and that it only leads to negative effects, as pointed out by Cavanagh. Although technology can produce negative effects, our job as a society shouldn't be to stop its progress and further advancements but figuring out how to mend those negative effects as they come. I believe that if we wanted to see more progress in the well-beings of the future generation, then it starts with the parents taking action in preventing their children from being so active and distracted by

their smart devices and making themselves the more prominent role in the children's life than technology.