Name of Student

Name of Professor

Name of Class

Day Month Year

Annotations-Kids and Smartphones

Haid, “*We Need to Talk About Kids and Smartphones" | Time*. http://time.com/4974863/kids-smartphones-depression/. Accessed 12 Mar. 2019.

The author critically highlights the adverse impacts of the pervasive usage of mobile phones in the youth. Primarily, the youth gets affected by receiving severe mental health issues as inferiority complex, mental disorders and the depression. Nina Langton was a happy girl who never ever deemed of committing suicide in her life. However, she became depressed because of the pop culture and suffering from inferiority complex after viewing the models on Instagram. The author advances to manifest the psychological disorders suffered by youth by the pervasive use of the mobile phone coupled with the social media. The chief purpose of the author is supplemented with the empirical instances. Approximately 60% of teenagers in the United States suffered from the menace of depression between 2010 and 2016. Moreover, the author proceeds to address the challenge by offering five tips to authorize the usage of mobile phone in the youth. The stories shared by parents are discussed in the article which reflect that they considered the mobile phone a fundamental necessity for their children. Such critical are the manifestations of the utilization of mobile underpinned in the article.

 The theme and the ideas of the article, irrefutably, resonate with me. Personally, I devote significant amount of time to use mobile phone daily. May it be swiping on the screen while viewing Facebook or searching for top models in Instagram, I am habitual of using mobile phone. The author indicates a wide range of psychological concerns as depression as the youth is more responsive to the popular trends and looking for harmful content in their mobile phones. Their brain is adamant to adhere to potentially respond to these elements which is not the case with adults. I believe, fortunately, I have never felt the need to be suppressed by the influence of a complex or a strange feeling. Meanwhile, I cannot deny that the mobile phone causes me to stay awake late till night. I am hesitant to relate it with the detrimental implications mentioned in the article by the author. Nevertheless, the article encouraged me to have a strict check on the time I devote to use the mobile phone. It will be a challenging task but the provided instances urge me to ponder upon the use of the mobile phone.

 Moving forward, this source serves as a cornerstone to extend the research from here. The instances mentioned in the source are the fundamental elements which highlight the adverse consequences of mobile phones in the contemporary age. In addition, the research studies and expert opinions have also been mentioned to assert significance on the matter. When used in an essay, the source will offer the premium research material. It not only contains strong argument but also supports it with empirical evidence and facts. Essentially, there exist tons of articles on the internet on the same topic. This article occupies the top slots because of the scintillating manner wherein the author has sketched the contemporary patterns observed by the youth, the radical instances manifesting in consequent depression and the postulates of the seasoned experts and field specialists. Thus, these aspects make it obligatory to assess the article to expand the research on the critical issue of the detrimental ramifications of the mobile data and technological incentives on the youth. It is worthy to mention that the author also incorporates the remedies to prevent the outburst of the mobile phones. Parents are endowed with the responsibility regulate a sound mental health of their children by paying heed to the adverse consequences of the mobile phones.

Works Cited

Haid, *We Need to Talk About Kids and Smartphones | Time*. http://time.com/4974863/kids-smartphones-depression/. Accessed 12 Mar. 2019.