

## 《2025年中考英语阅读理解专项训练及答案（14）》

According to a 2018 study from San Francisco State University, nearly 2.4 billion people around the world used a smartphone in 2017. By the end of 2019, more than a third of the global population will be using a smartphone.

However, smartphone technology can be a double-edged sword. On the one hand, it sends us unlimited amounts of information. On the other hand, using a smartphone may become an addiction.

Erik Peper and Richard Harvey are both health education professors at San Francisco State university. They led the study. Peper explains that smartphone addiction forms connections in the brain that are similar to drug addiction.

And these connections form slowly over time. Also, addiction to social media may affect our emotional state. The two professors asked 135 university students about their habit of smartphone use and their feelings. They found that students who used their phones the most reported higher levels of feeling lonely, depressed and anxious.

Peper and Harvey do not blame users for their technology addiction. They believe it is the tech industry's desire to make more money that is to blame for the technology addiction. The researchers warn that workers in the technology industry know how to control our brains and turn us into addicts.

But the researchers say that we can limit our brains to be less addicted to our phones and computers. Erik Peper suggests turning off our phones before we sleep or do something important. The researchers also suggest taking control of when and where you answer texts or emails. You do not need to answer them all. And you certainly don't need to answer them as soon as you get them. They also suggest putting limits on the time you spend on social media. If you want to catch up with friends on Facebook, set aside a small amount of time to it. You should focus on important tasks and do not allow technology to disturb you.

1、 What can we infer from Paragraph 1?

A. Smartphone use has become extremely common.

B. Most young people can't live without smartphones.

C. Smartphones make our life more colorful and convenient.

D. Most people consider smartphones as the greatest invention.

2、 The underlined sentence in Paragraph 2 means smartphone technology\_\_\_\_\_.

A. has a brilliant future

B. can be better than most people think

C. has both advantages and disadvantages

D. can give us unlimited amounts of information

3、 What did Enk Peper and Richard Harvey find about smartphone use?

A. It can help reduce loneliness.

B. It's more popular with students.

C. It's preferred by young people feeling lonely.

D. It can harm students' emotional state in many ways.

4、 What does the last paragraph mainly want to tell us?

A. Social media isn't that important to us.

B. We can train our brain to do many things.

C. We shouldn't become addicted to our smartphones.

D. There are ways to deal with Smartphone use addiction.

5、 Which of the followings is True?

A. We can use smartphones to deal with loneliness.

B. An addiction can't be controlled if we still use smartphones.

C. There were nearly 2.4 billion people using smartphones in the world in 2017.

D. Stop using smartphones if you don't know when and where you should answer the emails.

答案解析：

1、 A. Smartphone use has become extremely common.

解析：从第一段的数据可以看出，2017年全球有近24亿人使用智能手机，到2019年底，超过全球三分之一的人口将使用智能手机，说明智能手机的使用已经变得非常普遍。

2、 C. has both advantages and disadvantages

解析：划线句子前的内容提到了智能手机带来的好处(无限量的信息)，而后文提到了智能手机可能成瘾的坏处，因此这句话意味着智能手机技术既有优点也有缺点。

3、 D. It can harm students' emotional state in many ways.

解析：第四段中提到了Peper和Harvey的研究发现，那些使用手机最多的大学生报告了更高水平的孤独、抑郁和焦虑感，说明智能手机的使用可能会以多种方式损害学生的情绪状态。

4、 D. There are ways to deal with Smartphone use addiction.

解析：最后一段主要提出了限制智能手机使用成瘾的方法，如定时关闭手机、控制回复短信和邮件的时间地点、限制社交媒体使用时间等，告诉我们有办法处理智能手机使用上瘾的问题。

5、 C. There were nearly 2.4 billion people using smartphones in the world in 2017.

解析：这个选项直接与文章第一段提供的数据相符，2017年全球有近24亿人使用智能手机。其他选项要么与文章内容相悖，要么是错误的推论。