DATE: Oct 13, 2025

Write a Paragraph of 150-200 words on "digital distractions" in the context of why aspirants fail in CSS exams.

Digital distractions

Another major reason for the failure of aspirants in CSS exams is the digital distractions. The excessive use of social media is a covert enemy of aspirants. Those aspirants who scroll their mobile or laptop screens in search of qualitative material came across with irrelevant content in the form of video. First it debauched their tempo of study and then the aspirant student starts enjoying video one after the other. Second, when an active major portion of time a student wasted in scrolling then it starts creating a fear in the student's mind of time shortage. It indirectly effects on the brain reflexes of the student, and then students go for E-notes. Third, the aspirant starts relying on artificial intelligence (AI) based apps for notes making. In the beginning

these apps proven to be very helpful. But with time (they took) the cognitive abilities of a student. The time a student
had to
utilise for writing practice , and in creative creating is no more available to him. Therefore, digital distractions are silently killing the dreams of many aspirants and they are unaware of it.

words = 182