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Unsuitable Environment

- a) Unsupportive home environment
- b) Company and friend circle
- c) Harsh weather in exams

A great number of aspirants fail the competitive exam each year due to unsuitable environment. As the saying goes, a man is the product of his environment, therefore, the success of aspirants is contingent on the environment they are exposed to. A stress or anxiety inducing environment is not only not conducive to learning but also distracts aspirants. Parental support is the bedrock to a stable home environment where everyone is mindful of the importance of mental peace for the aspirants. A home environment riddled with filial conflicts, financial constraints, or stress serves to detract the aspirant leading to failure in exam. Moreover, aspirants, during preparation, are plagued with uncertainties regarding their future especially when the passing ratio of CSS was as low as 2.77% in 2025. This anxiety is further exacerbated by their peers who instead of offering support highlight probabilities of their failure. This demotivates the aspirants causing them to lose the initial optimistic spark they began their preparation with. Furthermore, the harsh conditions of examination halls contribute no less to their failure. Aspirants sit on metal chairs for three long hours in rooms without any heating facility. The cold makes it impossible to write at a greater speed causing aspirants to miss questions. Competitive exams are a game of nerves and an environment riddled with stress inducing factors leads to failure in exam.

Digital Distractions

- a) Excessive use of social media
- b) Impact of memes and reels
- c) Doom scrolling
- d) Excessive use of AI decreasing cognitive abilities

Digital distractions are the leading cause of failure among the aspirants, however, the ubiquity of digital devices has led aspirants to greatly undermine the role it plays in their failure. ~~The~~ The excessive use of social media among aspirants is the biggest distraction as well as hurdle to their success. Short form content and its continuous consumption greatly reduces their attention span. Therefore, aspirants require more time to cover a single topic as they are unable to focus for greater periods of time. Moreover, social media offers aspirants dopamine inducing memes and reels which they gladly consume as means of reprieve from the anxiety inducing preparation. This leads them to spend more time online surfing rather than actually preparing for the exams. Furthermore, doom scrolling also leads to failure as aspirants favour multiple CSS related pages online. These pages rather than alleviating their stress traps them in a cycle of anxiety as they scroll through suggestions, experiences of others and news of failures. Doom scrolling not only leads aspirants to waste their precious time but also induces anxiety that impacts their performance. Additionally the rise of AI and the convenience it offers attracts aspirants who end up relying on AI produced content and arguments rather than their own cognitive abilities. Alas to how muscles atrophy if not used, the aspirants cognitive abilities also erode with reliance on Artificial Intelligence for their thinking. This erosion and dependency causes aspirants to fail in exam as they intake superficial knowledge and are unable to produce arguments by themselves. AI at times provides aspirants with inaccurate information which they copy without verification. Digital distractions are thus detrimental to the aspirants goal of success in exams.