

(Batch No # 75)

5. Digital Distractions

First and foremost, The excessive use of social media has become serious source of digital distraction. Social media, which was made to connect people, is now taking away time and focus through endless scrolling, likes, and updates. Many students and workers spend hours on these platforms and ignore their studies, duties, and even families. Another major cause is rise of memes and reels, which has created a new form of distraction. These short videos and jokes may look funny, but they keep the mind busy with shallow entertainment and reduce the ability of thinking seriously. Most alarming of all is the increasing use of artificial intelligence, which is also affecting human abilities. While AI makes work easy to deal and handle. AI is reducing the human creativity and problem-solving power. Altogether, these distractions are damaging focus, discipline, and critical thinking. If people do not use technology wisely, it will weaken both personal growth and intellectual progress.