

4. Unsuitable Environment :-

Unsuitable environment plays a major role in distracting and makes it difficult for student to focus on studies. Many aspirants face constant disturbances at home such as background noises and unsupportive family behaviour. They had to fulfill family obligations that reduces their study hours. Moreover, the friend circle that discourages aspirant reduces their self confidence and motivation which result in lower productivity. Extreme weather conditions during exams also impact negatively on aspirant's performance. Without calm and supportive atmosphere even the most intelligent candidates struggle to maintain discipline. Hence, the absence of favourable environment significantly reduces chances of success in competitive examination.

5. Digital Distraction :-

One of the major distraction that diverts aspirant focus is digital distraction. The use of social media throughout the day consumes users time and hook them to usage of social media. The

addiction of scrolling instagram, facebook and tik tok impacts negatively on aspirant's productivity. The short reels and memes develop impatient nature which is harmful for aspirants as they have to study for long hours. The aspirants will lose focus after short period of time and will struggle to cover long, extensive topics. Another main culprit is artificial intelligence that is reducing students cognitive abilities. Excessive use of AI prevents aspirants to think, analyze and generate ideas on their own, and they will eventually struggle to pass the competitive exam especially essay exam.