

Day: _____

PARSA KHAN (075)

Date: _____

WHY ASPIRANTS FAIL IN COMPETITIVE EXAMS?

DIGITAL DISTRACTIONS

- a. Excessive use of social media
- b. Impact of memes and reels
- c. Excessive use of AI decreasing cognitive abilities

Aspirants of today's world excessively rely on social media for everything. For instance if they are looking up for some information or data they will simply give commands to google or AI rather than searching out books, reading newspapers or journals. So while searching for their academic information they get distracted by notifications of different apps and will eventually open the apps to see what's happening and in no time they get so hooked to it that they spent almost an hour scrolling reels and memes. On the other hand these new technologies and advancements like AI are eroding cognitive abilities. The use of artificial intelligence should be carefully limited; otherwise, its unchecked growth may eventually overwhelm humanity.