

Digital Distraction

Beside all the other reason of students failure in competitive exam one of the foremost reason now a days is Digital Distraction's "Like a silent thief, Digital media steals most precious resource of all. our Time." The excessive use of social media is the so alarming that on an average a person spent 2-3 hours on social media and he just keep doing doom-scrolling. it is so addictive that a person didn't realize the harm it is doing. The memes and the reels work as **dopamine** which is a relaxant hormone it gives a false feeling of satisfaction to the person. This is Like a deep sea one's a person dive into it he keeps drowning and drowning. And, Now that AI has been introduced it is so easy to gather information with-in seconds. But the excessive use of AI is decreasing cognitive abilities of our youth. Because Just like body our minds also need to work to remain active. with so much dependence on AI, we are losing the ability to critically analyze, research, doing hard thinking. That is how social media decide the fate of the aspirants.