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Essay

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Unsuitable Environment

- (a) Unsupportive home environment
- (b) Company and friend circle
- (c) Harsh weather in exam.

An unsuitable environment can badly affect the student's learning and performance. An unsuitable home environment, where there is lack of guidance, constant pressure, lack of peace or family conflicts makes it difficult for a student to concentrate on studies. In this environment instead of focusing on studies, their energy is consumed by emotional struggles. Similarly, the company and friend circle also affect a student's character and performance. Good students motivate, share knowledge, and encourage hard work, while bad company leads to carelessness, misuse of time, and even harmful habits. Along with this harsh

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weather during exam is another major factor that affect the student performance. Exams are often conducted during extreme heat or cold. sitting for many hours in such conditions make students uncomfortable and worried, which lowers their performance. Therefore, a suitable and supportive environment is essential for better performance.

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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 distraction is another critical issue that affects the student's preparation and performance. Excessive use of social media often consumes valuable time, reducing focus on studies, work and preparation. It reduces attention, creates addiction, and sometimes causes anxiety, depression and low self-esteem due to constant comparison with others. Memes and scrolling reels, thought meant for fun, often trap users in endless scrolling, waiting hours without them realizing. Doom Scrolling, the constant habit of going through negative or

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Unnecessary contents can lead to stress, anxiety, and disturbed sleep. Similarly, students spend more time consuming motivational videos than actually studying. Moreover, the over reliance on AI tools can also affect the students performance. Depending too much on AI for thinking, writing, or problem solving lowers human effort, critical thinking, and creativity. Therefore, digital distraction affects badly students performance and lead to failure.