

Digital Distractions:-

- a) Excessive use of Social Media
- b) Impact of memes and reels
- c) Excessive use of AI decreasing cognitive abilities

The third reason behind failure is digital distractions. Firstly, social media consumes a major portion of valuable time. Hours are wasted in endless scrolling of Facebook, Instagram, or Twitter under the illusion of relaxation, which in fact the focus and seriousness required for competitive exam is silently slipping away. Secondly, the impact of memes and reels cannot be ignored.

They provide instant gratification and entertainment, yet they reduce the seriousness of preparation, making the exam journey appear lighter than it truly is. Thirdly, the excessive use of Artificial Intelligence tools poses another danger. Instead of reading, analyzing, and developing original arguments, many aspirants rely heavily on machine generated content. This overdependence decreases

their cognitive abilities, weakens critical thinking, and makes them less capable of expressing unique perspectives. To crown it, overdependence on digital tools spoils creativity, fosters laziness, and ultimately wastes precious time. Hence, digital distractions waste precious time and quietly spoil the journey of an aspirant.