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English Essay

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Digital Distraction

Digital Distraction lead CSS aspirants by impairing their ability to absorb and retain information, reducing focus and concentration, and decreasing productivity.

First of all, apps are designed for constant engagement can pull attention away from study materials. It diverts CSS aspirants attention through distraction like endless scrolling. It wastes their time that they should spend on studying.

Secondly, messaging apps distract the focus of CSS aspirants. Continuous notifications and alerts break concentration even if an aspirant just checks "for a minute", it completely diverts his focus.

FOMO (fear of missing out) is another reason of distraction, aspirants may feel anxiety that he might miss important updates, events or discussions which makes them check their phone repeatedly.

Another reason is spending excessive time on non-study-related online activities lead to significant loss of productivity study hours.

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Lastly, AI also has a bad impact on aspirants. Many of the aspirants rely on AI for ready made notes, essays, and outlines which weakens their analytical skills and originality. Moreover, dependence on AI reduces essential writing practice, which is the backbone of CSS exams.