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Topic: Paragraph on how digital distraction causes failure in Competitive Examination.

Besides unsuitable environment, digital distraction also proves to be a critical factor in the failure of aspirants hindering their ability to prepare effectively. Excessive use of social media platforms turns study hours into fragmented and unproductive sessions, as aspirants get bogged down in endless scrolling and mindless browsing. The constant checking of notifications, allure of online content and fear of missing out can distract aspirants, causing them to lose focus and momentum. This can lead to poor time management, reduced retention of information, decreased motivation and increased stress levels. Moreover, the consumption of fast-paced, highly stimulating content like memes and reels conditions the brain to crave immediate, low effort gratification, severely reducing their attention span and capacity for deep analytical reading. Furthermore, over-reliance on artificial intelligence tools can have a detrimental impact on cognitive abilities, as aspirants may rely on AI-generated answers and ideas rather than developing their own critical thinking skills. This can lead to decline in analytical and problem-solving abilities, making it challenging for aspirants to tackle complex questions and perform well in examination.