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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

Another prevailing reason behind the failure of masses in competitive exams is falling prey to seemingly attractive but time-consuming digital world. The powerful algorithms running these social media platforms make sure that users remain attracted for longer periods of time. Most of the students fail to limit their social media usage during preparation journeys leading to failure. Moreover, the way memes and reels leave long term impact on the user's brain in very short period of time is considerable. Naturally and as proven scientifically, one's mind is not capable of processing and digesting information at the rate by which one keeps scrolling reels. So, it limits our cognitive abilities to think and analyze the real world. Similarly, excessive use of AI also plays a destructive role in the underachievement of candidates. Recently MIT published a study showing how overdependency on AI can affect your brain negatively. It is very important to train your brain to calculate what to do while dealing with an unseen problem. AI provides easy access to solutions that harm creativity and problem-solving skills, basically what you need in exams, of individuals. Therefore, excessive use of digital platforms is a major contributor towards failure of candidates in competitive exams.

### **6. Physical and Mental Health Issues**

- a. Lack of exercise
- b. Unhealthy junk food/eating habits
- c. Stress and anxiety

Another major reason due to which candidates underperform and eventually fail is failing to maintain physical and mental health. During their preparation period, candidates focus only on study materials becoming bookworms rather than giving adequate time to those practices, like exercise, which can actually improve performance. Another important factor in this regard is being excessively dependent on unhealthy junk food. Generally, students fail to develop healthy eating habits during preparation, leading them to eat without following any timetable or diet restrictions. Furthermore, as a result of these physical health issues, mental problems like stress and anxiety are becoming very common among youth. Competitive exams are for those jobs which demand a professional who can deal with extreme pressures in the field. Therefore, we can say disturbed mental health leads candidates not to meet this

requirement. Overall, failing to have good physical and mental health is the first step towards poor performance of candidates in competitive exams.