

Essay

Why Aspirants Fail in Competitive Exams?

write a paragraph on the following outline

* Digital Distractions

- (a) Excessive use of Social media Give evidence to support your arguments
- (b) Impact of memes and reels
- (c) Excessive use of AI decreasing cognitive abilities.

Digital distractions are among the leading causes of failure for many aspirants.

Excessive use of social media consumes precious study hours and diverts attention from

the real task of preparation. Candidates often fall into the habit of endless scrolling, watching reels, and engaging with memes that provide temporary pleasure and dopamine but drain valuable time. Instead of focusing on their studies, they spend hours chatting with friends or making new plans to **"Start tomorrow"** which never materializes in practice. Moreover, while searching for academic content on platforms like YouTube, aspirants are often diverted by irrelevant videos, further reducing their productivity. This continuous exposure to digital entertainment not only

wastes time but also weakens concentration and self-discipline.

In addition, the overuse of Artificial intelligence has started decreasing the cognitive abilities of students. In this age of technology, many candidates are excessively dependent on tools such as ChatGPT, Google, and YouTube.

Though these platforms are useful, they discourage self-practice, brainstorming and independent thinking.

Students are gradually losing the habit of writing, problem-solving, and critical analysis as they simply paste questions online and rely on ready-made answers.

Consequently, when such

aspirants enter the examination hall, they are often shocked to face questions that demand original ideas and analytical skills.

Having wasted their time on digital distractions

they lack the preparation and confidence required

to succeed. Thus, the

excessive reliance on

social media, reels, and

AI ultimately becomes

a significant reason for

their failure.

243) words

Batch 83

41203 Ume-Farwa

Sir ALI SAHAB