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to
paragraph

Digital Distractions

- ① Excessive Use of Social media
- ② Impact of memes and Reel
- ③ Excessive use of AI decreasing cognitive ability

Digital distraction disturb goal achievement by fragmenting attention and block cognitive ability. Firstly, excessive use of social media creat a cycle of craving and release dopamine.

When the aspirant sit with mobile phone, the ~~more~~ bombardment of notification grab their attention and distracted from study. This switch between study and social media drain their energy make their mind overwhelmed and cause feeling tired and stressed.

Secondly, seeing reels and memes can cause wastage of time and decrease productivity and focus. When the student want some refreshment after few minutes of study by watching some memes and reels. But he and after spending hours and hours

watching short videos on Instagram
and TikTok, he can

not stop his craving for more.

This leads to wastage of time,
divert focus and loss of productivity.

lastly, Excessive usage of AI can
cause overdependence of students on
short cut and faster way and
decrease effect their power of deep thinking.

The sad thing about artificial
intelligence is that it lacks
artifice and intelligence.

Artificial intelligence make are
making human their slave and
destroy their cognitive ability.

Therefore, social media is more
lethal reason for aspirant to fail.