

Digital Distraction

Beside all the other reasons of students failure in competitive exam one of the foremost reason now a days is Digital Distraction's "Like a silent thief, Digital media steals most precious resource of all, our Time." The excessive use of social media is so alarming that on an average a person ~~Spent 2-3 hours~~ on social media and he just keep doing doom-scrolling. It is so addictive that a person didn't realize the harm it is doing. The meme's and the seal's work as **dopamine** which is a relevant hormone it gives a false feeling of satisfaction to the person. This is like a deep sea one's a person dive into it he keeps drowning and drowning. And, Now that AI has been introduced it is so easy to gather information with-in seconds. But the excessive use of AI is decreasing cognitive abilities of our youth. Because just like body our minds also needs to work to remain active. with so much dependence on AI, we are losing the ability to critically analyze, research, doing hard thinking. That is how social media decide the fate of the aspirants.

Avoid Grammatical mistakes
Avoid I we personal pronouns
Substantiate your arguments with evidence