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Batch # 83

Date: _____

Substantiate your argument with evidences

A significant reason why many aspirants fail in competitive exams today is growing menace of digital distractions. Excessive use of social media platforms i.e; Facebook, Instagram, & Tik tok consumes countless hours that could otherwise be spend in focused preparation. Instead of using technology productively, aspirants often fall into trap of endless chatting, posting & checking notifications, which disrupts their concentration & waste precious time. The impact of memes & reels is equally damaging; their short, entertaining & addictive nature trains the mind to seek quick doses of amusement, ultimately weakening patience & ability to engage with lengthy & challenging study material. In addition, doom scrolling has emerged as a serious problem. Student unconsciously spend hours scrolling through news feeds or irrelevant content, which not only delays study schedules but also drains mental energy, leaving them tired & demotivated. Another growing concern is excessive reliance on artificial intelligence. While AI can be helpful tool, overusing it for shortcuts reduces critical thinking, problem solving & analytical abilities that are essential for success in competitive exams. Therefore, unless aspirants learn to discipline themselves against digital distractions, their chances of achieving desired results remain diminished.