

The Essay

Avoid I we our in English

The forth reason behind failure is the unsuitable environment which creates a barrier to success in competitive exams. ~~For aspirants.~~ The foremost barrier is an unsupportive home environment, as it results in compromised focus in studies and confidence in aspirants. ~~1~~ Discouraging and clauanty comments create emotional stress and instability which further cause aspirants to question their abilities. Furthermore, peer influence also effects aspirant's mindset. If an aspirant is surrounded by friends who are careless regarding their careers and are indulged in time-wasting activities then it's natural that the aspirant might also lose consistency and discipline. As ~~we know~~, a man is known by the company he keeps. Additionally, harsh weather conditions during exams affect aspirant's writing

capabilities. Inclement - extreme sweating in heat and frozen fingers in winter - can also create hurdles and result in time mismanagement. Therefore, it can be concluded that success is not only a matter of knowledge rather it demands good peer influence, emotional validation and a suitable environment.

The fifth reason behind aspirant's failure is digital distraction. First of all, the overuse of social media leads to time wastage that could prove to be productive study time otherwise. The constant urge to check updates and the fear of missing out something - FOMO - breaks the focus and consistency of aspirants. Secondly, the memes and reels - quick entertainment - disturbs flow of deep concentration. The mind of aspirant continues to linger on distracting thoughts shared in memes and

the mind takes time to dis-engage itself from the distracting stuff to refocus on the present stimulus. Similarly, doom scrolling can affect young minds, it not just wastes aspirant's time but it also drains the mental energy. According to recent studies, human mind takes almost 23 minutes to focus again after 15 minutes of scrolling. The negative content lowers motivation, creates mental stress, fosters anxiety and produces fear of lagging behind. Moreover, too much dependence on artificial intelligence has negatively affected the cognitive abilities of aspirants. They become so habitual to AI generated answers, quick responses rather than relying on critical thinking, which is essential for aspirant's success. To conclude this all, aspirants must train themselves with digital self-control to ensure their success in competitive exams.