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Ansa Zahid

Batch: RWP OB 73

Tutor: Sir Ali Shahab

"Why Aspirants Fail in Competitive Exams"

Another important factor contributing to aspirants' failure is the unsuitable environment in which they prepare for exams. Firstly, many students suffer from an unsupportive home environment. Instead of providing peace, silence, and encouragement, their families often expect them to attend social gatherings or fulfill household responsibilities; as a result, candidates fail to maintain consistency in their studies. For instance, a student living in a joint family may constantly be interrupted by noise or distractions, which weakens his concentration. Moreover, the company and friend circle of

aspirants also matters a lot. If aspirants surround themselves with friends who are careless about studies or spend time in unproductive activities, they, too, tend to waste precious hours that could have been invested in preparation. It is rightly said: "Tell me who your friends are, and I will tell you who you are." In addition to this, harsh weather during exam days often becomes a hidden but strong obstacle. Aspirants sitting in exam halls without electricity in scorching heat or shivering in extreme cold cannot perform to their full potential, no matter how well they have prepared. Thus, an inhospitable environment — at home, in society, or in the exam hall — often seals an aspirant's fate.

In today's hyper-connected world, one of the most deceptive reasons behind aspirants' failure is the trap of digital distractions. To start with, excessive use of social media consumes

the precious hours meant for study. Instead of revising notes, many students waste time scrolling through endless feeds; ten minutes turn into an hour, and an hour into half the day. A aspirant preparing late at night may think, "just one quick check," yet ends up sacrificing his entire revision schedule. For example, during the COVID-19 lockdown, surveys I revealed that students preparing for competitive exams in India and Pakistan spent more time on Facebook and Tiktok than on their books—ultimately failing to complete their syllabus. In addition, the flood of memes and reels makes the matter worse. Though they appear harmless, they constantly interrupt concentration—like a knock at the door every five minutes while trying to read. Beyond this, doom scrolling has emerged as a silent enemy. Aspirants immerse themselves in negative news and sensational updates, which not only waste time but also burden the mind with anxiety. Moreover, the excessive use of AI tools is lowering cognitive abilities.

Relying on ready-made answers, instead of critical thinking, weakens problem-solving skills required in exams. In short, the digital world - if not controlled - slowly becomes a cage that keeps aspirants from flying toward success.