

Why aspirants fail?

A proverb 'A distracted mind is a powerless mind' helps in understanding the role of digital distraction in the aspirants' failure. Digital distraction is an interruption of concentration of a learner during its learning span. It wouldn't let an aspirant to use his/her full potential. There are many factors contributing in digital distraction and all of them act like a hindrance. On-top of the list is excessive and uncontrolled use of social media. Aspirants read or learn for at least 15-20 minutes and then use social media for almost 30 minutes. This habit makes them inconsistent. They lack commitment and are vulnerable to external influence. The second factor is doom-scrolling. Aspirants use their fingers less on writing and more on scrolling their phone. This makes them to lose their precious time and also their view on the importance of time. Last, but not least, dependence on Artificial intelligence. A dead lock state of their mind comes in a moment. They start using artificial intelligence. They become mentally disable and can't think on their own. They become too reliant on AI that they start lacking their ability of creativity.