

Why Aspirants Fail in Competitive Exams

Apart from poor planning, unsuitable environment also plays a significant role in failure. First of all, unsupportive home environment is the real concern. Family problems, lack of proper space for study, and excessive household chores reduce study hours. The influence of unmotivated friend circle can also undermine aspirants' potential for success. Lastly, the harsh weather in exams also affects candidate performance. For instance, extreme temperature in CSS exams can create a physically uncomfortable environment, making it difficult for candidates to focus on exam questions. Therefore, unsuitable environment is as lethal as other reasons of failure.

Another critical issue is the digital distraction in the preparation.

Nowadays, digital distractions have taken a new form. The excessive use of social media, and doom scrolling drain cognitive energy. While online classes and digital platforms can enhance the preparation, the ambiguous use of digital platforms lead to uncertainty. Aspirants often spend more time consuming the motivational videos than actually studying. Social media addiction and the pressure of to multitask can lead candidates to higher levels of stress and anxiety. Moreover, the over-reliance on artificial intelligence tools has decreased the ability of students to think independently. The excessive use

of artificial intelligence leads to the death of creativity, and candidates may not develop the skills like critical thinking and problem solving. They may use AI to solve questions or MCQs, but in exams their inability to write without support becomes apparent. To conclude, digital distraction is another reason of failure.