

(150-200) Paragraph on Digital Distraction.

Digital distraction is akin to the consumption of sugar. Intoxicatingly sweet at the moment yet silently devastating in long-run consequences.

Firstly, excessive use of social media has ensnared individuals in a vicious cycle of doom scrolling. Where one mindlessly drifts from one application to another application, unknowingly dissolving precious hours into digital oblivion.

Secondly, unchecked proliferation of reels and memes, which have blurred the boundary between fantasy and reality. Individuals start to romanticize fabricated relationships and manufactured lifestyles that bear no resemblance to authentic human existence.

Thirdly, the blind surrender to AI has rendered cognitive abilities of an individual.

They can generate research, arguments and assignments at a single click. That makes the human mind deprived of intellectual challenge and rust it into irreversible cognitive stagnation.

Thus, like sugar silently poisoning the bloodstream, digital destruction corrodes the moral and intellectual foundations of a society.