

— Paragraph on digital distractions —

Furthermore, digital distractions also create hindrance in the success of aspirants. Firstly, excessive use of social media leads to aspirants losing precious time. The time that could have been spent on a chapter or written practice test, is spent on liking, reposting and commenting on Instagram, Facebook, TikTok and Snapchat. Research shows it takes over 23 minutes to fully refocus after a distraction, meaning, frequent checks result in hours of lost time. Spending too much time on social media can decrease the level of productivity that the aspirant could achieve if he was not using social media. No doubt, social media can be addictive and hard to resist as they are made to be that way. In March 2026, a US jury found Meta and Google liable in a landmark case, ruling their platforms were designed to be addictive causing mental health harm to a young user. The plaintiff alleged that features like 'infinite scroll' and 'autoplay' were intentionally addictive, leading to 16-hour daily usage. Secondly, infinite scrolling of memes and reels leads to brain rot and brain fog. Unnecessary and ^{low-quality} repetitive information occupies space in the brain which blocks necessary information to get in when the aspirant tries to be productive. One more reel, one more meme and just like that 10pm turns into 1am. It also has an impact when an aspirant has to write an exam as they find it hard to recall necessary information due to the low-quality information being easily recalled. Overall, decreasing the attention span of an average

Finally, excessive use of AI decreases cognitive abilities, with the use of AI the aspirant slowly loses creative and analytical thinking skills because now AI would be doing it for him. This help directly leads to the solution leaving no room for the students to think and come up with solutions on their own. Excessive use of AI makes it challenging for them to interpret the questions in exam hall as heavy reliance on AI hinders their ability to understand what the questions actually demands.