

Date

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Subject

Body Para → Digital Distraction

The ~~fifth~~ ~~reason~~ ~~behind~~ ~~failure~~ is ~~excessive~~ of digital distraction which plays a vital role in failure. ~~Because~~ the ~~excessive~~ use of social media consumes valuable time that should be dedicated to focused studies, preventing aspirants from maintaining a proper routine. Constant scrolling and engagement with digital contents disrupts their schedule and reduce productive study hours. Similarly, the impact of memes and reels destroys the aspirant's mindset and weakens their analytical thinking, making it difficult for the student to do creativity in their studies. Although, persons who have the habit of scrolling memes and reels may be physically present while studying but are mentally distracted, constantly thinking about the content they cannot resist. This is the case in US, where administrators banned cell phones in classrooms to reduce digital distractions, and test scores improved notably, demonstrating how constant use of social media can interfere with academic focus and learning. However, excessive use of AI can reduce cognitive abilities, as students may rely on AI instead of thinking critically for themselves. Studies from institutions like MIT shows reduced brain activity in areas

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related to attention and memory. Suggesting that overuse of AI may weakens deep cognitive engagement. Thus, excessive digital distraction details the academic performance of aspirants.