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Digital distractions:

Digital distractions have a worst effects on students. Firstly, ~~they~~ reduces the attention span of students. Due to using social media memes, students' attention span decreases to 10-15 seconds. This affects the classroom learning.

Professor Gloria Mark reports that the average attention span while using digital devices has dropped from 2.5 minutes in 2004 to just 4 seconds today. This change is linked to cognitive overload and multitasking stress. Secondly, digital distraction make students passive learners. They spend more time scrolling and less time thinking critically. This habit reduces their ability to concentrate and perform well academically.

Finally, excessive use of social media and digital devices has a negative impact on students focus, learning ability, and mental performance.