```c
#include <stdio.h>
#include <ctype.h>

int main() {
    char text[1000];  // Buffer to store input text
    int char_count = 0;
    int alphabets = 0;
    int digits = 0;
    int spaces = 0;
    int special_chars = 0;

    printf("Enter text to analyze: ");
    fgets(text, sizeof(text), stdin);

    // Process each character until we hit null terminator
    for(int i = 0; text[i] != '\0'; i++) {
        if(text[i] == '\n') {
            continue;  // Skip newline character from fgets
        }

        char_count++;  // Increment total character count

        if(isalpha(text[i])) {
            alphabets++;
        }
        else if(isdigit(text[i])) {
            digits++;
        }
        else if(isspace(text[i])) {
            spaces++;
        }
```

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        else {
            special_chars++;
        }
    }

    // Print results
    printf("\nCharacter Analysis Results:\n");
    printf("------------------------\n");
    printf("Total Characters: %d\n", char_count);
    printf("Alphabets: %d\n", alphabets);
    printf("Digits: %d\n", digits);
    printf("Spaces: %d\n", spaces);
    printf("Special Characters: %d\n", special_chars);

    return 0;
}
```

Let's break down how this program works:

1. We define a function count_characters that takes a text string as input.
2. Initialize counters for:
    - Total characters
    - Alphabets (a-z, A-Z)
    - Digits (0-9)
    - Special characters (!@#$ etc.)
    - Spaces
3. The program then iterates through each character in the text and:
    - Increments the total character count
    - Uses built-in Python string methods to check character type:
        - isalpha(): checks if character is a letter
        - isdigit(): checks if character is a number
        - isspace(): checks if character is a space

    - If none of these conditions are met, it's counted as a special character
4. Finally, returns a dictionary containing all the counts

For the example text "Hello World! 123":

- Total characters: 14
- Alphabets: 10
- Digits: 3
- Special characters: 1 (the exclamation mark)
- Spaces: 1