

Essay: Social media is triggering
Fear of Missing out amongst
the youth, precipitating
depression and loneliness

1) Introduction

2) Rising obsession with the use of social media
among youth

3) How social media is triggering FOMO amongst
youth:

3a) Intermittent fear of losing followers on
social media

3b) entangles youth in a recurrent cycle of
content building

3c) Mindless pasting ^{and scrolling} on social media

3d) fear of losing top trends - fashion, beauty and clothing

3e) conspicuous rise in consumerism

3f) fake standardization of beauty

3g) Normalization of showcasing wealth and
power - Excessive materialism

3h) Romanticism of fake relationships on the social media

3i) Rising urge to sneak on people's life through social media

4) How FOMO, triggered through social media, precipitates depression and loneliness:

4a) Social isolation and excessive social media consumption leads to depression and loneliness

Give rise to a
4b) ↑ Constant sense of ↑ ^{self} doubt

4c) Shatters confidence of youth

4d) prevent youth from taking part in productive activities

5) Conclusion

Thesis statement:- The rising use of social media has caused an immense damage to the youth. It installs ~~installs~~ a sense of FOMO through various means. It eventually leads to constant depression and loneliness among youth.

One can imagine to live without drinking water and eating food. But, surely, one cannot even imagine to live without using social media. It has become an inevitable evil of the modern world. Besides having innumerable advantages and plus points, it has a long list of destructive usages. It is immensely ^{triggering} ~~creating~~ a sense of FOMO. All the people, belonging to any age group, seem to be excessively obsessed with its consumption and use. Most particularly, Youth, aka Gen-Z, is mindlessly attracted to a point that it no longer serves pleasure but pain. The increasing use of social media among youth is causing a fear of missing out. They are of the view that their engagement is necessary to sustain followers, likes, comments and engagement on their posts in social media. It has entangled youth in recurrent cycle of content buildup while ignoring the family and friends. It has installed a constant sense of fear of losing top current trends in fashion, beauty and clothing. It has also led to fake standardization of beauty and has installed a sense of consumerism and materialism amongst youth. The youth is posting and scrolling mindlessly on social media without a definite purpose. Their lives have become meaningless, superficial and fake. The showcasing of wealth and power has become a norm on social media, exacerbating sense of deprivation

among youth. Social media romanticizes the relationships on the basis of idealism and perfection, while hiding the true nature of relationships. It leads to unreal expectations among youth ^{with} in regards to their partners. This, in turn, leads to conflicts, misunderstandings and loneliness among youth. It has also fostered a sense of urge to sneak on people's lives through social. Such acts by youth are the leading factors of rising depression and loneliness.

Resultantly, youth is indulged in constant sense of self-doubt. The horrible use of social media has shattered their confidence.

They are poorly isolated from the world.

They have become an unproductive product of the society that is not contributing meaningfully to the society. Thus, triggering not only FOMO but a recurring phases of depression and loneliness.

Essay: BRICS and Pakistan: Prospects of Recovery

A- Introduction

B- Overview of the BRICS as a global south economic alliance

C- What are the Prospects of recovery for Pakistan by joining BRICS:

i- Exploration of diverse markets for trade (imports and exports)

- a) opportunity to diversify exports of textiles and agricultural goods
- b) Pakistan can discover cheap markets and competitive goods for imports

ii- The New Development Bank (NDB) of BRICS could provide an alternative to IMF and WB.

- a) Pakistan could take loans without compromising its sovereignty
- b) The impact of the coercive policies of IMF and WB could be traversed on the world, particularly global south

iii- The volatility of dollars could be minimized and the Pakistani currency would be prevented from devaluing

- a) The fluctuating value of dollar in the Pakistan's economy

iv - The menace of terrorism, extremism and separatism could be curtailed from growing

a - china and other superpowers could mediate peace talks b/w taliban and Pakistan

b - Pakistan could strengthen its security with the help of Russia and Iran

v - BRICS could be a golden chance to resolve the long standing dispute of Kashmir between India and Pakistan

a) allegations of cross-border terrorism on Pakistan and separatism movement allegations by India could be resolved

vi - Pakistan could exploit its geostrategic location for Foreign Direct Investments (FDI's)

a - 'Pakistan and its geo-strategic location' book by Hasnain Askari Rizvi

vii - Pakistan could strengthen its economy through public private partnership (PPP), industrialization and MNCs with the help of BRICS nations

a - Pakistan offers cheap labour and high returns on investments
accelerate

viii - Pakistan could advance its technological inculcation and digitalization with the help of technological advanced nations like India

a) It could strengthen its military capabilities with the help of Iran too

Pakistan to join
 2) What are the hurdles in way of joining BRICS :-

i- Pakistan is the debtor of IMF and have to strictly implement its austere policies
 a) Extended Fund Facility (EFF) → \$7bn loan

ii- The menace of terrorism can deter foreign investors or BRICS from investing
 a) Chinese engineers ^{were} attacked at Bisham Dam
 b) Global Terrorism Index (GTI) → Pak
 4th most dangerous country in the world

iii- Poor governance in Pakistan impedes investments ~~and~~ due to excessive red tapism and bureaucratic hurdles

a) Pak → ease of doing business → 108 → report published 190 by WBI

iv) Deeply imbedded corruption that hinders away development and reduces investment

a) Pakistan → corruption Perception Index (CPI) by TI → $\frac{133}{180}$

v) Weak transparency in administration due to poor technological inculcation and digitalization

a) Pakistan's digitalization policy → not implemented due to poor connectivity infrastructure

3) Conclusion

Thesis Statement:-

Although BRICS has overwhelmed the west by its strong vision and economic potential, Pakistan can take benefits in number of ways.

From de-dollarization, economic revival, fighting terrorism to resolving its dispute with India, BRICS offer multifaceted prospects of recovery for Pakistan.

However, Pakistan faces significant hurdles in joining BRICS. By taking strategic reforms and measures, Pakistan could overcome its hurdles and can manage to steer its way towards joining BRICS.