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Topic:

"Digital Age and Social Media: Benefits and Risks"

1- Introduction:

Thesis Statement:-

Social media in the digital age has brought many benefits in communication, education, and business, but it also brings serious risks such as privacy problems, misinformation, and mental health problems.

2- Benefits Of Social Media in the digital age:

2.1 Instant global communication and connectivity

2.2 Easy access to news and information

2.3 Online education and learning Platform

2.4 Digital marketing and business growth

- 2.5 Provide jobs and career networking
- 2.6 Emergency response and disaster awareness
- 2.7 Platform for social justice
- 2.8 Online health advice and awareness

3. Risks of Social Media in the Digital Age:

- 3.1 Spread fake news and mis-informations
- 3.2 Cyberbullying and online harassment
- 3.3 Loss of Privacy and data theft
- 3.4 Mental health issues
- 3.5 Political polarization
- 3.6 Online Scams and frauds
- 3.7 Affect real-life communication
- 3.8 Threat to traditional journalism

Conclusion:

"Technology is a useful servant
but a dangerous master."
(Christian Louis
Lang)

It means technology is helpful when we control it, but harmful if it starts controlling us. One of the biggest parts of this digital age is social media. In today's world, people live in digital age. This means our lives are now deeply connected to the internet, smartphones and technology. Social media platforms like Youtube, Facebook, ~~etc~~ Whatsapp, Twitter, and many others have changed how we talk, learn, do business, and even think. Social media has become a powerful tool worldwide. It ~~is~~ ^{can} ~~used~~ ^{be} in both good and bad ways. It has many benefits in our daily life. It helps in ~~such~~ ^{instant} ways such as instant

global communication and connectivity, easy access to news and information, online education and learning platform, digital marketing and business growth. Furthermore, social media help in searching about important jobs, it provide awareness ^{issues} emergency, disasters, best platform for justice. However, social media also has risks. Sometimes it spreads fake news and false information that can be mislead people. Cyberbullying is a common problem. In addition, there are privacy issue, data theft, mental health diseases, Political polarization, and online scams and frauds. Social media in the digital era brought many benefits in communication, education, business, but also brings serious risks in Privacy issue, misinformation, and mental health problems.

Instant global communication

and connectivity is one of the most powerful benefits of social media. It helps us connect with anyone, anywhere, and anytime. With just one tap, ~~we~~ the one can talk to friends, family, teachers, or customers around the world. It also allows people to talk and share information with others. Businesses can also connect with customers across the world. During the COVID-19 Pandemic, millions of people used Whatsapp, Zoom to stay in touch stuck at home.

Another benefit of social media is easy access to new and information. Social media is now one of the faster tool for news. People get news and information anytime, anywhere. The one can quickly know what is happening around the world, through different platforms.

It gives updates on politics, Sports, weather, etc within seconds. According to a 2024 survey by Statista, over 50% of people get updates about world events, weather, politics, sports and much more in real-time.

Hence, social media has made knowledge available to everyone, and everywhere.

Online education and learning platform is a major benefit of social media. Learning has become easier through digital tools like social media. Students are using applications like youtube, educational apps and online class to gain knowledge. Some platforms offer free and paid courses on almost every subject, and students have gained knowledge from these courses. It also helps those who cannot afford expensive schools or live in remote areas. Online

learning can save time and travel costs. For example: Platforms like Khan Academy, Coursera, and youtube EDU offer free tutorials.

Thus, students must stay disciplined. due to online learning needs focus.

Digital marketing and business growth is another benefit of social media. It is a great tool for business growth and digital marketing. It promotes businesses. Platforms like Facebook, Instagram, and TikTok allow companies to show their products to million of people at low cost. Customers can also give feedback instantly, which helps businesses improve. Digital marketing saves time and money compared to traditional methods. For example; In Pakistan, thousands of women ~~are~~ run online clothing and other products from home using Instagram and

and whatsapp. Hence, social media has opened new doors for business growth, but success depends on smart and honest marketing.

Jobs Searching and career networking is one of the biggest benefits of social media. Platforms like LinkedIn, Facebook, and even Twitter (x) help people find jobs and connect with professionals. Job Seekers can create professional profiles to showcase their skills, education, and work experience. Social media also helps people learn about career. Career networking on social media builds relationships that can lead to future job opportunities. In ²⁰²⁵ ~~2024~~, LinkedIn has over 1 billion users worldwide. Thus, it ^{has} ~~is~~ made finding jobs and building professional connections faster and easier.

Another benefit is emergency ~~response~~ ^{response} and disaster awareness of social media. It is playing a big role in sharing information, quickly during emergencies like floods, earthquakes, or firing, fires. ~~Government~~ Platforms like Facebook and Twitter (X) used by government agencies like rescue teams to give safety instructions and real-time alerts. During Pakistan's 2022 floods, many rescue efforts were organized through social media platforms. Hence, social media is a fast and effective way to spread help messages during emergencies.

Social justice and awareness campaigns is another best benefit of social media. It has become a strong ~~voice~~ voice for people ~~for~~ to speak against injustice and support good causes. Activists use platforms

of social media to raise awareness about human rights, gender equality, climate change etc. Many global movements, like "MeToo and climate strikes" gain power through online platforms. However, it is important to ensure that information is true and the campaign is peaceful. For example: In 2024, awareness about climate change spread through viral campaigns led by different platforms. Thus, social media^a is a powerful stage for promoting justice.

Online Health advice and awareness is one of the main benefits of social media. It helps people learn about health and safety in simple ways. Doctors and experts share tips about diet, exercise, mental health, and disease prevention through videos and posts. People get information about health without going to a clinic. In remote

areas, People get informations about health through online campaigns.

During COVID-19, thousands of doctors in Pakistan offered online checkups through Whatsapp and Facebook. Thus, Social media, makes health information easy to understand and access.

Social media has a major risks one of them is spread of fake news and misinformations. Social media spreads informations very fast, but not all of it is true. Many fake news, stories, and false claim go viral within a minutes. Spread fake news and mis-informations is ^{Very} ~~the~~ dangerous for public and for government. Many people share fake news, this can create panic, damage reputations. According to 2025 report, over 60% of internet userse have come across misinformation online. Hence fake

news is a serious issue for social media. We should always check the source before sharing.

Cyberbullying is another main issue of social media. Cyberbullying is when someone uses the internet to hurt another person's feelings. This can happen through bad comments, rude messages, or sharing someone's private pictures without permission. It can make people feel very sad, scared, or lonely. Some even stop using social media. According to UNICEF, 1 in 3 ^{some} teenagers world wide has experienced from of cyberbullying. Thus, Cyberbullying is harmful and can damage a person's confidence.

Another risks of social media is loss of privacy and data theft. It means our personal

informations on social media can be seen or used without our permission. Many apps collect data. Some kind of data leak or misuse. Hackers can steal data. In 2023, a major data leak from Facebook exposed million of users' details globally. Thus, data theft and lossing of Privacy is a serious issue worldwide.

Using Social media too much can also hurt our mental health. Many people compare their lives to other's, which can make feel unhappy. By using too much it, can affect our mental health. People go in ~~excity~~ anxiety, ~~depression~~ etc. In Pakistan, experts say that young people who use social media more than 3 hours a day to feel depressed. In 2025, studies show that about 40-70 % of users feel anxiety low self-confidence due to social

media. Hence, Too much use of social media can harm our mind and mood.

Social media can change the way of talking in real life. Sometimes the one spend more time on it than meeting face-to-face, which makes our real conversation weaker.

This also weaker family and community bonds.

For example:
families sitting together at dinner often use phones instead of talking — a common global issue. Hence, too much use of social media can reduce our real-life communication skills.

Social media has changed how people get news. Now, people read news on facebook, Instagrams, instead of buying newspapers or watching news channels. This makes traditional journalism lose readers and money. For example, instead of waiting for

for the morning newspaper, people get news online. Hence, social media is fast, but it can harm traditional journalism.

One of the main issue of social media is political manipulation and Propaganda. It can be use to change people's political opinion. Sometimes, Political groups spread false information to get public support. For example, during elections, fake Post or edited videos may be shared to influence voters. Political Propaganda on social media can mislead the public.

In a nutshell, social media in digital era has brought many benefits, but it also bring a serious risks. It has changed our lives completely. From learning to connecting and sharing, they bring many benefits, such as access to news and information.

informations, mean people get news and informations very easily. Instant global communications. people connects across the world in seconds with their families. Furthermore, Online education and learning platform, digital marketing and business growth. It helps in growing businesses, Searching jobs and careers plate. Social media is one of the best platform for Searching jobs. Spread awareness, even saves lives during emergencies. On the other hand social media also brings serious risks, such as spread fake news that misled the people, cyber-bullying and harassment. ~~At~~ mental health issues. In ~~addition~~ it ^{weaken} real-life communication. It can be use for political manipulations. Traditional journalism suffers due to social media. The truth is, social media is neither good nor fully bad - it depends on how ^{the one} use it.

Topic:

"Poverty, Inequality, Economic Instability: The Triple Burden On Pakistan's Development"

(1) Introduction:

Thesis Statement:-

Poverty, inequality and economic instability are the three major issues that stop Pakistan from growing. Fixing these problems is important for Pakistan's better future.

(2) Causes of Poverty, Inequality, and Economic Instability:

Poverty:

(2.i) High unemployment Rate

(2.ii) Rapid Population growth

(2.iii) Poor education system

(2.iv) Lack of basic facilities

(2.v) Poor infrastructure in rural area

(2.vi) Terrorism and extremism

(2.vii) Misuse of development funds

Economic Instability:

- (2-i) Child labour
- (2-ii) Urban-rural education disparity
- (2-iii) Over-reliance on import
- (2-iv) High debt and IMF dependence
- (2-v) Chronic energy shortages
- (2-iv) Inflation Burden
- (2-v) Political instability and mismanagement

Inequality:-

- (2-i) Feudal system
- (2-ii) Educational inequality
- (2-iii) Gender discrimination
- (2-iv) Urban-Rural development gap
- (2-v) Economic polarization
- (2-vi) Weak rule of law
- (2-vii) Social inequality

3 Impacts:- On Pakistan Development

- (3-i) Social unrest and Political instability
- (3-ii) Low GDP growth

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(3-iii) weak institutions

(3-iv) low human development

(3-v) Migration of education^{ed} youth

Conclusion:

"Poverty is the worst form of violence." (Nelson Mandela). Pakistan is a country blessed with natural resources, a young population and strategic location. Yet, despite these all resources, Pakistan still remains trapped in three major problems, like Poverty, inequality, and economic instability. These are not a separate issues, they are connected like links in a chains. Poverty means a millions of people cannot afford basic needs, like food, shelter, health-care, and education. Inequality means that resources and opportunities are not equally provided. The rich is being richer, and poor is being poorer. Economic instability means repeated shocks like inflation, currency devaluation, and unemployment. These three are more dangerous for Pakistan's development. Poverty, inequality and economic instability cause due to major reasons such as, high unem-

employment rate, rapid population growth, poor education system, lack of basic needs, poor infrastructure in rural areas. In addition, inequality happens due to feudalism, ~~educational~~ educational gap, gender discrimination, urban-rural divide, economic polarization and weak rule of law. Economic instability scares investors and stops ~~the~~ business growth. This cycle continues, making life harder for citizens and slowing development. So, poverty, inequality, and economic instability are the three major issues that stop Pakistan from growing. Fixing these problems is important for Pakistan's better future.

One of the major challenges faced by Pakistan is high unemployment rate, which affects millions of people across the country. The lack of sufficient job opportunities

forces educated and uneducated youth to remain idle, causing frustration and poverty. According to the Pakistan Bureau of Statistics, the unemployment rate stood at around 6.9% in 2023. Hence, high unemployment rate not only a triple burden on Pakistan's development but also contributes to social unrest and crime.

Rapid population growth in Pakistan ~~is~~ is another major challenge for Pakistan's development. It puts extra burden on limited resources, worsening poverty and economic instability. More people need more food, housing, education, and jobs. When resources are limited poverty and inequality grows. Over population leads to economic instability as well. For example, Pakistan's population is now over 240 million and growing about 2% annually. Youth are more than

60% of the population, putting pressure on schools and jobs sectors. Thus, if population growth is not controlled, poverty, inequality, and economic instability will increase, making development difficult.

Poor education system is one of the major challenges in Pakistan's development. Poor education system provides limited opportunities for many people, increasing poverty. There are no proper education systems, especially in rural areas. Poor quality of education and outdated curriculum there. Without proper education, people cannot get good jobs, which increases poverty and unemployment. According to UNICEF, Pakistan's literacy rate is around 60%. Female literacy is much lower, especially in rural areas. Thus, the poor education system increases poverty, inequality and economic instability, which affects Pakistan's development.

Poor infrastructure in rural areas is causing poverty, inequality and economic instability. Poor infrastructure in rural areas limits access to basic services. Many poor areas lack proper roads, electricity, clean water, and basic health facilities. It affects farming and small businesses especially in rural areas, reducing income for rural families. According to govt reports, over 60% of rural households lacks access to clean water. Many roads become unstable during monsoon seasons. Thus, without proper infrastructure, Pakistan cannot move towards development.

Terrorism and extremism are major obstacles to Pakistan's economic stability, inequality and poverty, which hindering Pakistan's development. Terrorist activities destroy

infrastructure, and scare away investors. Extremism causes division and intolerance in society, further weakening progress. In recent years, Pakistan's forces hundreds of terrorist attacks that have severely affected its economy and security. Thus, terrorism and extremism increase economic instability, social divisions, making Pakistan's development more challenging.

The misuse and corruption of ~~dev~~ development funds weaken Pakistan's economy and increase poverty and inequality. Funds are often used to improve public service and infrastructure, but it is stolen by some corrupt officials. This causes the delays or stop of important projects like schools, hospitals etc. Some reports show that billions of rupees allocated for development are lost due to corruption every ~~ear~~^{year}. Therefore, misuse of funds stops development, which worsens Pakistan's triple burden.

Child labour is a serious issue in Pakistan that keeps children out of school and trapped in poverty. Many children work due to financial difficulties. Child labour denies children from their basic rights like education, and proper development. According to Pakistan Bureau of Statistics (PBS), approximately 12.5 million children aged 5 to 14 are engaged in child labour (PBS, 2022). Thus, child labour keeps children away from education and traps families in poverty, increasing inequality and harming the country's development.

Urban-rural disparities is a serious issue causing poverty, inequality, and economic instability, making hinder Pakistan's development. It creates unequal access to resources and opportunities. Rural areas often lack proper schools, hospitals, roads, and clean

and clean water. Urban areas have access to these opportunities. This gap forces rural residents to migrate to cities increasing burden on urban areas. The literacy rate in Urban areas is 79%, while in rural areas it is only 51%. Health facilities per capita are much lower in rural areas compared to urban centers. (PSLM 2021) (Pakistan Social and Living Standards Measurement Survey). These urban-rural disparities can lead poverty, inequality.

Over-reliance on import is a serious problem for Pakistan economy. The country import essential goods like petroleum, machinery, and food instead of producing them locally. This increases the import bill, adds to foreign ~~debt~~ debt and weakens national currency. Local industries cannot compete with imported goods, which reduces jobs and income opportunities, causing

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depended more on foreign aids, making the economy vulnerable. According to State Bank of Pakistan, the import bill reached \$ 77 bn in 2022-23. Hence, more dependency on imports weakens domestic Production, increases unemployment and makes Pakistan's economy unstable.

High debt and IMF dependence is a serious issue in Pakistan's development, which is increasing poverty, inequality, and economic instability. Pakistan spends a large part of its budget on debt repayment instead of development projects. IMF loans come with strict conditions that may affect government policies. Reliance on foreign loans is making the economy weaker. High debt is increasing inflation, and limits government's ability to invest in health education etc. For example, As of 2023, Pakistan's total public debt exceeded \$ 150 bn, and the

country continues to rely on IMF more. Therefore, High debt and rely on IM loans increase economic instability, making harder to reduce poverty.

Chronic energy shortages are a serious problem in Pakistan. Frequent power outages affect industries, businesses, and households, reducing productivity and income. Many people have to rely on expensive alternatives like generators, solar systems, which increase costs. Energy shortages also affect education, healthcare, and over development. Ministry of Energy, Pakistan faced an average shortfall of 4,000 megawatts in 2022, affect different sectors. Hence, chronic energy shortage slow economic growth, reduce income and make poverty and inequality worse and which affect Pakistan's development.

Political instability and mismanage

ment is another issue for poverty, inequality, and economic instability. Frequent changes in government and policies create uncertainty for businesses and investors. Corruption and nepotism reduce efficiency and divert resources from development projects. Political unrest may lead to protests, strikes, and disruption in daily life and trade. Weak governance reduces public trust, slowing the implementation of economic reforms. Political leaders do not attract attention or public interest. The World Bank report states that political instability is a key factor that has slowed Pakistan's GDP growth in recent years. Thus, political instability reduces development and worsens poverty and inequality in Pakistan.

High inflation is the root cause of poverty and inequality in Pakistan. It creates obstacles in Pakistan's development. High inflation disturbs the human's life, making it harder for

poor families to meet basic needs. Prices of essential goods like food, fuel, and medicines rise rapidly. Inflation affects businesses, reduces investment and slows economic growth. According to Pakistan Bureau of Statistics, Inflation reached 35% in 2023, severely affected households and businesses. Therefore, high inflation increase poverty, reduce income opportunities.

The feudal system in Pakistan is a major obstacle to socio-economic progress. It concentrates wealth and power in the hand of a few. Most rural land is owned by a small number of powerful landlords. Poor perform work under harsh conditions, earning low wages. Education and healthcare facilities are often neglected in these areas. According to Pakistan

economic survey, over 60% of rural households own no agricultural land, making them dependent on land-lords for livelihood. Hence, the land-lord system increase poverty, widens inequality, and slow down rural development, by adding to Pakistan's triple burden.

Educational gap is another serious problem for Pakistan's development. Quality of education is often limited to urban and wealthy areas, while rural and poor areas lack even basic facilities. Public schools faces ^{Problems like} low funding, old curriculum, untrained teachers. On the other hand, the rich can afford private schools expenses, which further widens the gap between rich and poor. UNICEF reports, more than 22 million children in Pakistan are out of school, most of them from rural areas. Therefore, the educational gap is a vital to break the cycle of poverty, inequality in the country.

Gender discrimination is a major barrier to Pakistan's progress. Women often limited to access to equal education, healthcare, and employment. Cultural and social norms limit their participation in the workforce, while unequal pay and lack of career opportunities keep them economically dependent. According to the World Bank Economic Forum's Global Gender Gap report 2024, Pakistan ranks 142 out of 146, showing the severity of the problem. Thus, ^{reducing} gender discrimination is not only a matter of fairness but also a way to boost the economy and reduce poverty by empowering women.

Urban-rural development gap are deepens poverty and inequality in Pakistan. Urban areas enjoy better infrastructure, education and healthcare, while rural areas remains deprived.

From basic facilities. This forcing rural residents to migrate in towards urban. Weak rural infrastructure and low agricultural productivity keep millions trapped in Poverty. According to the Pakistan Bureau Statistics, 63% of Pakistan's population live in rural areas. Thus to reduce this gap is necessary to provide equal opportunities and promote sustainable economic growth.

Economic Polarization, where wealth is concentrated in the hand of a small elite, is a growing issue in Pakistan's progress. This continue, rich to get richer, while poor struggle to afford even basic necessities. This gap is widening, and middle class, which is ^{the} backbone of any economy, is sinking. Such divisions create social resentment and weaken national unity. According to oxfam,

the richest 1% of Pakistan's population controls more wealth than the bottom 70%, clearly showing the severity gap. Thus, tackling this issue is essential for building a fair and more stable society.

Weak rule of law is a serious obstacle to Pakistan's progress. In many cases, laws are not applied equally to all citizens, and influential people often escape accountability. Delay in court cases reduces public trust in justice. This environment allows corruption, tax evasion and crime to grow unchecked. According to the World Justice Project's 2023 rule of law index, Pakistan ranked 129 out of 142 countries. Showing how poorly laws are enforced and how accountability is lacking. Therefore, without strong legal institutions, socio-economic stability cannot be achieved in Pakistan.

Social unrest and political instability severely damage Pakistan's development. When people face poverty, unemployment, and inequality, frustration builds up, leading to protests and violence. These disturbances disrupt business activities. Investors scare away from investment, and slow economic growth. Political instability also brings changing in govt policies, making it difficult for long-term development plans to succeed. As a result, the country struggles to maintain stability, attract resources, and implement reforms that are necessary for progress.

Low GDP growth is also impact to Pakistan development. It means Pakistan ~~GDP~~ economy is not growing fast enough to improve people's lives. When the economy is growing slowly, the government earn ^{less} money from taxes, it has less to spend on

Schools, hospitals, and roads. Slow growth also means there are fewer jobs, so unemployment and poverty stay high in country. According to Pakistan Economic Survey 2023, the GDP growth rate was only about 0.29%, one of the lowest in many years. If the economy does not grow faster, Pakistan will not be able to provide enough jobs, and reduce poverty.

Low human development is impact to Pakistan's progress. ^{It} ~~This~~ means people have limited access to education, healthcare, and other basic services. Many children do not go to school and many people can not get proper medical treatment. This keeps families trapped in poverty, and slow down the country's overall progress. According to United Nation Human Development Report 2023, Pakistan ranked 161 out of 191 countries.

showing that human development is very low. Hence, without improving education, and basic services Pakistan cannot achieve long-term growth.

Migration of educated youth, often called "brain drain" is a big problem for Pakistan's development. Many youth who have completed their education leave the country for better job and other facilities. This causes a shortage of skilled workers in Pakistan, slowing down Pakistan's economy and innovation. According to the World Bank, thousands of Pakistani graduates move abroad each year, mostly to countries like the USA, UK, and Gulf states. Thus, if this trend continues, Pakistan will struggle to develop and compete globally.

In a nutshell, poverty, inequality, and economic instability are serious challenges that slow down Pakistan's growth and make life difficult for millions of people. High unemployment, weak education, poor healthcare, corruption, and social inequalities all affect the country's development. These problems lead to low GDP growth, political instability, migration of skilled youth, and weak human development. To overcome these challenges, Pakistan needs better governance, equal opportunities for all, strong law enforcement, and investment in education, health, and rural development. Only by addressing these issues together can Pakistan build a stable, fair, and prosperous future for its people.