

# Stress among Pakistani

Youth: causes and consequences.

## Question:

Write an outline on the given topic.

Also write introductory para, three body paragraphs and conclusion.

(25 marks)

## Outline

### 1- Introduction

#### Thesis statement:

Stress among Pakistani youth has detrimental effects on their health, driven by unemployment, lack of resources and gender gaps. concerted efforts are

required <sup>to</sup> curb his

very menace

An Overview of Pakistani youth.

Primary / core causes of stress among Pakistani youth.

(a) Unemployment and job un-availability

(b) lack of resources

(c) Gender inequality

(d) Political instability and security concerns.

(e) lack of skill-based education.

What could be the consequences of stress among Pakistani youth.

(a) Risk of suicide attempts

(b) The Brain - Drain

(c) Decreased productivity

(d) Rise in drug abuse

(e) Physical and mental health problems.

5. Some of the recommended solutions are:

(a) Providing employment opportunities

(b) Skillful education and entrepreneurship

(c) Reduced gender gap

(d) Youth counseling in educational institutions.

6- Conclusion

# Essay

In today's fast paced and competitive world, stress has become a silent epidemic, particularly affecting the youth of Pakistan.

Recent studies indicate that stress is a leading cause of mental health issues among young people, yet it remains a largely neglected topic. A country, Pakistan, facing severe stress issues due to multiple factors, including unemployment, lack of resources, gender gap, political instability and lack of skill-based education. These factors overshadow some consequences such as

suicidal attempts, brain drain, decreased productivity, drug abuse and health problems.

Although Pakistan is currently facing this very problem but with concerted and substantial efforts, this very problem can be averted.

## Body Paragraphs

3(a)

To begin with, one of the primary causes of stress among Pakistani youth is unemployment and job un-availability. With the rising number of graduates each year, the job market in Pakistan struggles to provide adequate opportunities, leading to stress and anxiety.

This creates a sense of uncertainty about their future and financial stability. For instance, Pakistan's unemployment rate stands at 6.3% with an unemployed population of 4.51 million, according to the Economic Survey 2023-2024. Thus, unemployment is the basic factor behind stress in youth.

3b) Another factor responsible for the stress in Pakistani youth is lack of resources. Educational institutions in many parts of the country suffer from insufficient facilities, including outdated curriculum, inadequate libraries and

computer labs and a lack of access to modern technology, which hinders the learning experience.

Moreover, in rural and underprivileged areas, limited access to internet connectivity and study materials further widens the gap between urban and rural students creating a sense of inequality. According to a report by the World Bank 2023, over 22 million children in Pakistan are out of school, and many institutions lack basic facilities such as libraries, laboratories, and internet access, significantly impacting the quality of education and contributing to student stress. Thus, lack

of resources is responsible for stress among youth

Gender inequality is another factor that significantly contributes to stress among Pakistani youth, particularly women. Despite advancements, societal norms and cultural restriction continue to limit the opportunities available to females. Additionally, the wage gap between men and women in the work place and lack of representation in leadership roles reinforce feelings of inadequacy and stress. Women's representation, for instance, in leadership roles remains low, with only 20.5% of parliamentary seats held



by women as of Feb 2024.  
So, gender inequality limit  
opportunities, leading to frustration  
and stress.

## Conclusion

In conclusion, stress among Pakistani youth stems from a complex interplay of factors, including unemployment, lack of resources, gender gaps and skilled based education.

These issues have profound effects on mental and physical health, risk of suicide and brain-drain.

Addressing these challenges requires collaborative efforts from all the concerned stakeholders. By investing in the right direction, Pakistan

can foster a more supportive  
and empowering environment for  
youth to thrive. The time  
to act is now.

