

# Stress Among Pakistani Youth: Causes and Consequences

## Outline

### 1. Introduction:

Pakistani youth is facing stress. The causes of stress are poverty, unemployment and many other social issues prevailing in Pakistan. This stress is resulting in dire consequences like inclination of youth towards terrorism and brain drain are more harmful.

### 2. Causes of stress Among Pakistani Youth:

- 2.1 High ratio of unemployed youth as compared to ~~graduated~~ those who are being graduated annually
- 2.2 Economic inequalities leading to poverty is also a major concern
- 2.3 Life and social insecurities leading to brain drain
- 2.4 High expectations from parents is also causing stress
- 2.5 Curricula of education being taught is not coping with industrial needs

### 3. Consequences of stress Among Pakistani Youth:

- 3.1 Youth is being more inclined towards terrorist activities
- 3.2 stress among youth results into street crimes and many social issues
- 3.3 Youth in stress does not trust on the government institutions
- 3.4 stressful youth results in brain drain
- 3.5 youngsters in stress result in suicide
- 3.6 stress among Pakistani youth results in psychological disorders

### 4. Conclusion: