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Stress among Pakistani Youth: Causes and consequences.

Outline:

~~Introduction~~

~~Thesis Statement:~~

Youth face social and economic challenges, financial pressure, and societal expectations, causing mental health issues and reduced social interactions which required urgent intervention to mitigate its impact.

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2. Reasons for increasing stress in youth:

A) Educational pressure from parents and society leads to youth stress.

B) Struggling with unemployment or low pay job causing additional stress for youth and their families.

C) Expectation from society and family leaves youth feeling trapped and stressed.

D) ~~Excessive~~ use of social media and technology leads to addiction and social isolation.

E) Lack of support activities cause physical health issues which automatically leads to stress.

G) Excessive security issues like terrorism, and harassment make public feel unsafe which ultimately cause tension and stress.

3) What happens when youth ~~Excess~~ Experience stress.

A) Stress prevent people from enjoying life which effect quality of life

B) Stress affect memory and concentration which lead to decline in academic performance

C) Stress lead to harmful behavior such as violence, drug and crime.

D) Stressed youth may ignore moral and ethical values which become selfish and dishonest.

E) Stressed youth avoid family and friends leads to isolation.

4) ~~Strag~~ Strategy for Stress reduction

A) Promote mental health awareness in school and workplaces.

B) Foster family support by increasing communication and guidance.

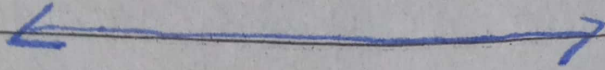
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C) By teaching time management skill can improve and manage daily tasks.

D) Provide access to counseling and support services.

E) Promote spiritual and emotional well being through different techniques.

5) **Conclusion:**



Stress among Pakistani youth: Causes and consequences

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Stress among Pakistani youth is a ~~increasing~~ growing problem which ~~that~~ effect mental, emotional and physical wellbeing. ~~According to~~ the report of Pakistan institution of development Economics (PIDE) around 34% of youth Pakistani experience stress due to social, academic and financial pressures. This issue is not personal it also ~~impac~~ ~~nation~~ future as young people ~~the~~ make up more than 60% of ~~population~~. The fast pace of modern life, combined with social and economic problems, leaves little room for young people to manage stress. As a famous psychologist ~~say~~ Hans Selye said, "It's not a stress that kills us, it is our ~~respons~~ reaction to it". Stress among Pakistan youth stems from social economic challenges causing mental health issues and reduced social interaction which ~~required~~ urgent intervention to mitigate its ~~impact~~.

~~There~~ There are many factors that leads to stress and other mental health issues. One of cause of stress is ~~ee~~ educational pressure from parent and society ~~disrupt~~ health of students and they

Feel Stressed Academic Stress is a major contributor of youth anxiety in Pakistan. The competition of limited seats in top universities and high demand program like medicine and engineering create stressful environment. Students are expected to excel at a cost of their mental and physical health. The educational system relies on rote learning, and discourage critical and creative learning, leaving student unprepared for real world challenges. Furthermore a lack of career counselling about the field cause frustration and state of confusion. Beside this parents expectation about grades push student to overburden themselves. Failure to meet expectation often results in feeling of inadequacy and self-doubt contributing to stress.

Economic instability is another major source of stress in youth. Unemployment rates ^{remain high} ~~rise~~ with Pakistan Bureau of statistic reports that 64% of unemployed individual in the country which is under 30. Youth people with advanced degree are struggling to find suitable jobs, creating a sense of uncertainty and despair.

This economic stress is compounded by rising cost of living. For instance, the continuous rises in prices of fuel and food, leaving many families struggled to make ends meet. Young adults frequently face feel pressure in contributing to household finances, even before completing their degree. The dual burden of academic responsibilities and financial obligation often leads to burnout.

Pakistani Society impose rigid norm and expectations from young adults, adding stress. Gender-based roles, for example restrict opportunities for both men and women. Young men are expected to become primary earners, while women are often pressured to prioritize marriage and homemaking over their personal ambitions. Family dynamic often complicate this issue. There is no communication between them to discuss personal issues and gain support from family. Due to lack of support from family, families young generation feel frustrated and burnout.

Technology, and social

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media while beneficial in many ways also cause contribute significantly to stress among Pakistani youth. Apps like Instagram, Facebook, Tiktok shows life style that leads to unrealistic comparisons. Many people suicide due to cyber back of any personal information like pictures, videos which cause tension. People feel frustration when families are not able to fulfill their ~~the~~ expensive expectation that are unrealistic. Study revealed that over 60% social media user in Pakistan reported feeling of inadequacy after comparing their lives to those portrayed online. This phenomenon commonly referred to as the Fear of Missing out, create a sense of anxiety and disharmony. Cyberbullying and harassment lead young people toward isolation and even sometime suicide.

Moreover, lack of any physical or sport activities can contribute to stress. Many families discourage it because they think its distraction from academic activities, but actually its not true. Physical activities help student to manage

stress with improved their performance and concentration. In Pakistan lack of opportunities and proper system of sport become hurdle for people interest. According to study only 5% schools in urban involved in extracurricular activities, and this percentage less in rural area. Sport activities can reduced time for social media use that is beneficial for eyes of young people which also reduce the level of stress.

Furthermore, security concerns significantly contributed to stress, particular in areas like terrorism, crime, harassment etc. Constant exposure to stress unsafe environment undermining mental wellbeing and disrupting daily life. Living in areas like stress crime, robbery, kidnapping political unrest force young people to constantly alter. This state leading to post-traumatic stress disorder. As we see in the APS terrorist attack, a kind of trauma for us.

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Stress significantly impacts the overall quality of life. Persistent stress leads to the other mental health issues like anxiety, depression, which interfere day to day activities. According to WHO, 15% youth facing stress in South Asia. Stress hinders adults to enjoy their life and spend time with loved ones. Stress also causes physical health issues like headache, chronic fatigue, and digestive problems. These conditions reduce ability to do tasks efficiently and effectively, and creating frustration among youth.

One of the major consequences of stress is its adverse effect on academic performance. Stress impairs cognitive functioning making it difficult for students to concentrate, or perform well in the exams. Studies revealed that stress caused by excessive academic pressure is a leading reason for poor grades. Overburdened students often choose rote learning only memorizing things and avoid studies altogether, which affects their long-term learning and career prospects.

Excessive stress can lead to harmful behavior such as crime, drug abuse and violence, which disrupts whole society. They become

overreactive, and overreacter in stressful situation. They also leads to other mental disorder like eating disorder. Stress also play role in making criminal and disrespecting others.

Moreover, stress often leads to negligence of moral and ethical values as they struggle to cope with their challenges. The pressure of succeed or escape difficult circumstance may drive them to cheat, lie or engag in unethical practices. For example A student who pressurize for academic grade, may cheat in Exam to meet expectation of society and family. This cheating effect individual charter, relationship and opportunities in future.

Furthermore, youth under stress frequently withdraw from social interdection, ~~avoiding~~ avoiding family and bef friends as a way to cope with their struggles. For example as we see many physical and sexual abuses like rape cases they become isolation and stop interacting with others. This condition badly effective emotional well being and day to day activities, ~~which~~ included bus work performance, school activities

Sport activities, can self doubt and they feel hopeless.

Stress is Part of life, but it can be managed with right steps.

Ris: Raising awareness about mental health help to reduce stigma and encourage

People to seek help. When individual

Understand that stress is a normal and manageable Part of life, they feel more

empowered to deal with it. For example

adding mental health awareness programs in school curriculum, and awareness about ~~World~~ Mental Health Day can

normalize conversation around stress. According to WHO 1 in 4 of people dealing with

stress mental and neurological disorder at same point, and awareness can

significant lower this burden.

A family support play a crucial role in managing stress. Families

provide a safe space for open communication emotional support and problem-solving,

which can reduce stress level. For example Parents allowing to their

Parents encourage their children to share problems without fear of judgement.

help to prevent feeling of isolation.

Research shows that close family connection

are less likely to experience severe

anxiety or depression.

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Moreover, Effective time management help individuals' to Prioritize task and avoid burden, that leads to stress. Breaking down larger task into smaller one, achievable goal by using Planner or APPS can make take less overwhelming. Studies indicated that time management not only increase Productivity but also reduce stress.

Beside these all counseling and support services from Psychologist is essential for managing stress. Psychologist understand ^{their} ~~your~~ Problems and give suitable Plans and therapy. The most Common are meditation, Yoga, Deep breathing, free association etc. In Pakistan many Psychiatric Aid and rehabilitation center are available for help.

~~Additionally, Spiritual Practices like Prayer, meditation, mindfulness bring Peace and calmness, which emotional well being enhance resilience against stress. For example, a young adult Practicing gratitude and journaling or engaging in religious rituals often feeling inner Peace. Study shows~~

write short sentences plz

~~that a strong spiritual believe study shows that a person who has strong spiritual beliefs are less likely to suffer with stress.~~

~~To bring in~~

In short, ~~youth suffered with stress~~ and it ~~disrupt~~ ^{reduce} their life style. ~~Stress~~ ~~also due to~~ social and economic challenges and ~~reduce~~ ^{reduce} daily communication. ~~Many other reasons~~ of ~~stress is~~ Educational Pressure, Unemployment, ~~Expectation from~~ families, ~~use~~ ^{increased} usage of social media. These all ~~impac~~ ^{impac} on academic performance, poor quality of life and also leads to harmful behaviors. We need to use effective strategy for managing stress, including mental health awareness, fostering family support, time management and many other techniques. ~~we~~ ~~can~~ ~~in~~ ~~future~~, ~~Pakistan~~ need to increase mental health center to provide help. Because as we know that youth is the future of countr^e growth and development. So, we all think about mental health issues and how to management. Government also ^{need to} focus on these types of issues.