

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, mainly driven by unemployment, lack of resources and gender gaps. concerted efforts are

required to 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~~ ^{of developing nations} ~~more severely~~.

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
concented and substantial
efforts, this very problem
can be averted.

such lengthy
sentences are
vague in
expression

~~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 opportunity and resources 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 2022, 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.

good in basic writing