

Books build nations, screens distract them.

1 Introduction

1.1 Hook

1.2 Thesis statement: Education/reading books provides wisdom and national development. While unnecessary use of digital devices contribute to decline in essential aspects of life.

2 Books contribution in nation building.

2.1 National prestige development.

2.1.1 Well read population is an asset.

2.1.2 Large proportion of intelligentsia becomes a sense of pride for homeland across the globe.

2.1.3 High moral values reflects in overall social fabric.

2.2 Academic development.

2.2.1 Good academia is a result of well read people.

2.2.2 Love for education improves academic performance of students.

2.2.3 Good research and development is dependant on this culture.

2.2.4 Books acquaintance induces

critical thinking.

2.3 Political development.

2.3.1 Well read populace introduces good norms in political culture.

2.3.2 State institutions conform to democratic norms.

2.4 Economic prosperity.

2.4.1 Good researchers and developers can enhance the motherland's production of goods and services.

2.4.2 Educated residents are economic assets rather than liability.

2.5 Social upheaval.

2.5.1 Progressiveness and sanity prevails in society and ~~and~~ and extremism declines.

2.5.2 Health benefits such as good mental health is repercussion of good readings.

2.5.3 Future generation is provided with sound upbringing in light of progressive education culture.

3 Consequences of unnecessary use of digital entities.

3.1 Impacts on Education.

3.1.1 Increasing use of

digital platforms is effecting overall ~~student~~ scholastics.

3.1.2 ~~Alarming~~ ^{rise} increase in screentime

3.1.2 Students waste precious time in distractions of virtual devices.

3.1.3 Scholars/learners ^{are} shifting towards ebooks rather than physical which has demerits.

3.2 Negative implication on health.

3.2.1 Depression and anxiety ~~as~~ repercussions.

3.2.2 Critical and logical learning capability of mind is dented.

3.2.3 Sleep cycles are disturbed.

3.2.4 Mental growth gets effected.

3.3 Social Evils and problems.

3.3.1 US CDC National Center for Health Services Data brief October 2024. on Screen time among Teenagers.

3.3.2 Cyberbullying is a fact of all social media platforms.

3.3.3 People especially children are vulnerable to violent contents.

3.3.4 Excessive digital acquaintance illusions its user from practical world.

3.3.5 Healthy physical activities vanish from society as a result.

4 Conclusion.