

DATE / /

Topic: Stress among Pakistani youth: causes and consequences.

1.

Introduction

Thesis statement:

2.

Crunch Paragraph

3.

Causes of stress among Pakistani youth

- Lack of general and vocational opportunities
- Limited income and difficult income opportunities
- Inflation making family responsibilities a hard task
- Raised living standards due to social media deception
- Lack of service delivery by government.
- Natural catastrophes rising causing stress in youth.
- Strict and rigid cultural norms demanding obedience

4.

Consequences of stress among Pakistani youth

- Deteriorating physical health
- Toll on mental health
- Difficulty managing social and familial relationships
- Academic failures halting innovative abilities
- Unproductive youth constraining economic growth
- Lack of political participation leading to political stagnation
- Lack of satisfaction due to race of materialism.

5.

Ways to transform stressed youth to productive asset

- Free, mandatory, and accessible mental health counselling
- Removing social stigmas associated with social mental health problems.
- Inculcating early problem solving abilities to avoid problem stressing

6.

Conclusion.