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English Essay

Topic: Democratic unrest
in Pakistan: Causes and
Consequences

Outline

1- Introduction

Thesis statement: Democratic unrest in Pakistan, driven by many factors, has numerous detrimental consequences for the economic, social and political stability of Pakistan.

2. A bird eye view of democracy and democracy unrest

3. Causes of democratic unrest in Pakistan

3.1 Intervention of non-

democratic institution in politics
C.I.P — Bureaucratic and military
intervention since 1947

3.2 — Non-inclusivity of citizens and
enhanced culture of polydynamic
politics

C.I.P. — No intra-party election in
political parties

3.3 — Weakening of democratic
institutions to combat democratic
movement

C.I.P. — Compromised judiciary in
Pakistan

3.4 — Non-coalition of political
parties against non-democratic
interference

C.I.P. — Amran Khan support to
Musharraf's martial law regime
in 2002.

3.5 — Biased and compromised
media in Pakistan

C.I.P. — Pakistan media
independence ranked 145
globally

4. Consequences of democratic unrest in Pakistan

4.1. Weak rule of law
C.I.P. Pakistan ranks 135
out of 148 countries in
Rule of Law

4.2. Enhanced economic instability
due to non-implementation
of policies
C.I.P. Pakistan loan of
\$7B from Inter-monitory fund

4.3. Increased corruption
due to democratic unrest
C.I.P. Pakistan ranks 140
in global corruption Index
2025

4.4. Political instability

C.I.P. No Prime minister has
completed his 5-year tenure

4.5. Decline meritocracy

5. Way forward to combat democratic unrest

5.1 Public awareness and high literacy rate about democratic values

5.2 Strengthening of democratic institution

6. Conclusion

Democracy is a form of government in which one party loses election, and the other holds office. The political party losing election begins to win the next election, and starts to work on their own strategies. A complete transition of power takes place, and the winning party sets their policies for public welfare. However, in Pakistan, this complete transition of power does not take place and a chaos is created. The ~~chaos~~ chaos and disturbance

created lead to democratic unrest in the country. There are many factors which contribute to democratic unrest. These include non-democratic intervention, non-inclusivity, weakened democratic institutions and non-coalition of political parties against non-democratic interference. These elements affect the economy of the country. Moreover, democratic unrest leads to weakened rule of law, uncombated corruption, political instability, and decline meritocracy. However, democratic unrest can be controlled through public awareness and strengthened democratic institutions. Thus, democratic unrest caused by numerous factors has many negative consequences for the country which can be controlled by adopting some measures.

To begin with, it is imperative to have a

birds eye view of democracy and democratic unrest. Democracy is a form of government in which people through their votes elect their representatives. These elected representatives work for the welfare of public and citizens. However, when democracy loses its true values, it leads to democratic unrest. Democratic unrest refers to a situation when democracy does not provide its true value and control things it is aimed to contain. A great hustle and bustle is created in the country. Many factors contribute to democratic unrest, which are elaborated below:

To begin with, intervention of non-democratic institutions lead to democratic unrest in Pakistan. Every one has their own duties to perform. Interference in others matters always creates disturbances in the smooth work flow. When non-democratic

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institutions interfere in politics, it creates turbulences in political framework. In Pakistan there always remains an intervention of non-democratic institutions in politics, which leads to democratic unrest.

The bureaucratic and military interference including Sikandar Mirza, Ayub Khan and Gen Zia-ul-Haq in politics substantiates the claim that there always remains intervention of non-democratic institutions in the history of Pakistan politics.

Hence, non-democratic intervention in politics leads to political instability in the country.

Moreover, non-inclusivity and enhanced culture of dynastic politics also contribute to democratic unrest in Pakistan.

Democracy demands inclusivity and the constitution of Pakistan 1973 demands intra-party election to emerge new person with new ideas. However, in Pakistan dynastic politics overshadows the inclusivity.

and the same political families rule the country. In dynastic politics, parties work for their benefits rather than the welfare of citizens. Their only concentration is to hold their office rather than providing services to citizens. Shamsbad Ahmed in his book 'Pakistan Affairs' stated that Zulfikar Ali Bhutto and Mujeeb-ur-Rehman, in 1971, desired to hold Prime Minister offices, without any consideration of territorial integrity of the country. Thus, it is evident that non-inclusivity and dynastic politics lead to democratic unrest in Pakistan.

Weakened democratic institutions is another factor behind democratic unrest in Pakistan. Democratic institutions maintain democratic values in the country. They keep an eye on non-democratic tasks and take actions against them. When democratic institutions are weakened, they lose their

authority to take action against non-democratic elements. In Pakistan, democratic institutions have lost their authority to take action. They have no more constitutional right to raise their voice. For example, judiciary - a main institution in politics - has been compromised and lost their authority to take strong action against non-democratic tasks. Thus, it is evident that compromised and weakened democratic institutions is one of the main causes contributing to democratic unrest in the country.

Furthermore, non-coalition of political parties against non-democratic interference also contributes to democratic unrest in Pakistan. Political parties for their own benefits support non-democratic element. In spite of supporting each other to hold democratic values in the country, political parties provide enormous support to non-

democratic institutions. They do not form any coalition to support democracy. Different political parties support different leaders to hold office. For example, Amran Kham - political leader of Pakistan Tehreek-e-Insaf supported and voted for Mushawaf's perimartial law regime in 2002. Thus, non-coalition of political parties and support to non-democratic element is one of the main reasons of democratic unrest in Pakistan.

Biased and compromised media also contributes to democratic unrest in Pakistan. Media build narratives and provide information. When media is biased, they provide misinformation regarding political parties. Biased media, rather than providing transparent information, build narratives based on their interaction with political leaders. Moreover, biased media

trembles the foundation of political parties and their manifesto. Watson Churchill says, 'Give me one day, I will make a person hero through media, and other day, I can make him a villain through media, and the next day, by using media, I can make him a hero again.' This quotation underscores that biased media is one of the main factors behind democratic unrest in Pakistan.

As many factors contribute to democratic unrest in Pakistan, these democratic unrest have negative consequence for the development of Pakistan.

Democratic unrest contributes to weakened rule of law. When the country is suffered from democratic unrest, it loses true essence of democracy values. Rule of law, which is main element of democratic value

becomes weakened. Various discriminations start prevailing in the country. Democratic unrest diminishes the rule of law, where and the rich becomes beyond the law. The rich people do not held equal before law. According to the World Bank, Pakistan stands at 135 out of 148 countries in rule of law. Hence, this argument substantiates the claim that democratic unrest in Pakistan contributes to weak rule of law.

Moreover, democratic unrest leads to economic instability. Frequent government changes lead to inefficient implementation of policies. With every regime change, new policies are formed, and previous policies do not execute efficiently. The formation of new policies and non-implementation of previous policies contribute to

economic instability in the country. In 2024-2025, Pakistan went to the Inter-Monitory Fund for 24th time and received \$7B to stabilize economy. Hence, democratic unrest in Pakistan has negative consequence which also include economic instability.

Furthermore, democratic unrest also contributes to uncombated corruption in the country. When there is no democracy, every one feels safe in terms of accountability. People are not held accountable for their action and they do what they want. Democratic unrest lowers accountability, and people start taking corruption and bribery. Moreover, the number of corruption and bribery start to increase in democratic unrest area. In countries like Pakistan where

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democratic unrest is at helm, then there is more corruption in such countries. According to World Economic Forum, 2015, Pakistan ranks 140 out of 193 countries in global corruption index. Hence, democratic unrest contributes to enhanced corruption in the country.

Moreover, democratic unrest also contributes to democratic political instability in the country. Political parties for the sake of their power always attempt to shake the foundation of ruling parties. They use illegal tools to demonize the winning parties. When democratic values are lost, and there remains no check and balance, then people always attempt to degrade the ruling party and hinder their progress. In Pakistan, no political parties Prime Minister has

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completed his tenure of five-years. Thus, it is evident that democratic unrest in Pakistan contributes to political instability in the country.

Furthermore, democratic unrest also contribute to decrease meritocracy. When there is no democracy, elite and political parties allot government seats to their partners. The eligible candidates remain deprived of their rights which lead to decrease meritocracy.

According to the World Bank, Pakistan stands at 165 out of 193 countries in meritocracy. Hence, this argument substantiates the claim that democratic unrest in Pakistan leads to decline meritocracy in the country.

However, there are many ways to combat undemocratic values

in the country.

Public awareness is a way forward to curb undemocratic rest. When people becomes aware of their rights and know the importance of democracy, they will use their right. If literate people will use their rational thinking and work to promote democracy in its true essence. The developed countries where literacy rate is high have democratic values in its true essence. Finland where literacy rate is 99.9% has democratic values in its true form. Thus, literacy rate and public awareness play pivotal role in curbing undemocratic unrest.

To conclude, democratic unrest in Pakistan is caused by numerous factors. These factors include intervention

of non-democratic institutions, non-inclusivity and weakened democratic institution. Moreover, non-coalition of political parties and biased media also contribute to democratic unrest in Pakistan. These democratic unrest in the country have negative consequences like weakened rule, economic instability, uncombated corruption and political instability. Moreover, it also has effect on meritocracy. These ~~undemocratic~~ democratic unrest can be controlled through public awareness. Thus, democratic unrest is the smoke that rises when institutions fail to extinguish injustice.