

ESSAY MOCK 5

Date: _____

Day: _____

Topic :

1. Democratic unrest in Pakistan: Causes and Consequences

OUTLINE

A-Introduction :

1. Democracy promises stability and rights yet in Pakistan many people feel those promises keep getting broken.
2. What is meant by democratic unrest?
3. Thesis statement

B. Causes of Democratic Unrest in Pakistan :

1. Soaring inflation and cost of living stress ordinary citizens;
 - a. In 2025, high food and fuel prices triggered protests across many cities.
2. Widespread unemployment and lack of job opportunities for youth
3. Perceived corruption and poor governance weakening trust in institutions;

a. Pakistan fell two places in CPI

2024 report

4. Political Polarization and institutional

interference undermining democracy;

a. Perception of unfairness in
resource distribution have fueled
regional and national unrest.

5. Power outages and poor public

Services;

a. In 2024, protests erupted
across Karachi over severe
electricity load-shedding.

6. Economic shocks linked to
external debt and fiscal pressures;

a. IMF backed tax hikes

7. Regional and social inequalities

causing feelings of marginalization;

a. Balochistan demands for justice

8. Failure of institutional checks and

rule of law erosion causing public

disillusionment.

C. Consequences of Democratic

Unrest in Pakistan:

1. Massive economic losses and disruption of trade and industry;

a. Daily economic losses of PKR 190 billion due to shutdowns and disrupted business activity.

2. Decline in investor confidence and FDI inflows.

3. Erosion of public trust in democratic institutions and state agencies

4. Disruption of everyday life services, transport and normal business operations;

a. Demonstrators block a key Pakistan-China trade route over power outages

5. Social Unrest and increased polarization among communities.

6. Stalling of development projects and policy paralysis

7. Loss of livelihoods for daily wage earners and small businesses

8. Rise in despair and emigration: skilled workers leaving for stable environment.

D. Conclusion

ESSAY

Democracy is meant to give people a voice, but in Pakistan the people often feel unheard. It promises stability and rights yet many people feel those promises keep getting broken. Every few months the country experiences protests, shutdowns and clashes that show how fragile its democratic system has become. Ordinary citizens watch inflation rise, jobs shrink and political fights deepen and this struggle shapes their everyday life. Democratic unrest means the constant tension between the public and the state which includes protests on streets, institutional instability, high economic pressure and a serious breakdown of trust. In Pakistan today, this unrest is not accidental; it is produced by economic hardship, social frustration, weak governance and widening political divides. These problems affect daily life and make the system shaky for both citizens and

institutions. Many factors are pushing this unrest and inflation remains one of the top triggers of public anger. Unemployment continues to rise especially among youth, corruption and poor governance weaken public trust. Political divisions deepen daily and basic services like electricity and public transport fail repeatedly, causing more protests. At the same time, this unrest produces serious consequences which includes economy slows down, investors pull back, daily business suffers, institutions lose credibility and the society becomes more polarized.

These conditions show how democratic unrest is shaping the present of Pakistan and influencing its future. Democratic unrest in Pakistan results from deep economic, social, and political pressures and produces serious consequences for national stability and public life.

Firstly, soaring inflation, economic hardship and the rising cost of living have been a primary driver of democratic unrest in Pakistan. This economic pressure links directly to public dissatisfaction with governance and policy failures.

Ordinary citizens struggle to pay for basic necessities such as food, medicine, electricity and fuel which increases their frustration. The rising prices push more people to join protests, strikes and demonstrations in major cities.

For example, in 2025, protests erupted across Karachi, Lahore and Islamabad due to surging food and fuel prices. These economic hardships often compound with unemployment and service failures, creating widespread unrest. Hence, economic difficulties directly trigger public protests and form a central reason for the current democratic instability in Pakistan.

Secondly, high youth unemployment and limited job opportunities further fuel unrest across the country. Young people, who make up significant portion of the population of Pakistan more than 60 percent feel disillusioned when they cannot find decent work despite completing their education.

This frustration translates into political agitation.

A study in 2024 showed that 85% youth

unemployment was a key factor in protests in urban centers. The lack of economic prospects make youth more receptive to political mobilization particularly when they perceive inequality and government failure. Therefore, youth unemployment not only increases dissatisfaction but also becomes a direct cause of recurring democratic unrest in Pakistan.

Furthermore, perceived corruption and poor governance weaken trust in institutions and push people toward unrest. Citizens increasingly feel that political leaders misuse public funds, favor allies and avoid accountability. This perception fuels demobilization and political apathy as people demand transparency and better governance. Pakistan fell two places in 2024 annual corruption report index. Hence, corruption and mismanagement are critical contributors to political unrest.

Additionally, political polarization and institutional interference undermine democratic processes. Deep divisions among political parties prevent consensus building and cause

policy shifts. Citizens see these conflicts play out in media and public spaces increasing frustration and promptly protests. In 2025, Balochistan witnessed demonstrations driven by both political disputes and perceptions of regional neglect. Such polarization amplified mistrust in government. Therefore, political conflict and institutional weakness remain key drivers of democratic instability.

Similarly, failures in public services and infrastructure contribute to citizen frustration. Frequent load shedding, poor transport, and limited access to clean water directly affect daily life.

In July 2024, protests erupted in Karachi over prolonged power outages in hot summer record heatwaves. Service failures reinforce public anger and encourage intensifying unrest. Hence the breakdown of essential services fuels political instability.

Moreover, economic shocks related to

external debt, fiscal pressure and limited exports worsen public discontent. IMF recommended tax hikes and austerity measures in 2024-2025 triggered unrest as ordinary citizens struggled with higher living costs. As fiscal shades directly contribute to instability and unrest.

In addition, social inequalities and regional disparities drive disillusionment with the democratic system. The clashes over canal issue in Sindh and Punjab, the NFC award distribution, clash resources, unequal development and limited opportunities in rural areas create frustration. In 2020, protests in Balochistan and Sindh were largely attributed to regional marginalization and perceived bias in resource allocation. Social inequality therefore acts as a structural cause of democratic unrest.

Last but not the least, weak rule of law and failure of institutional checks cause citizens to lose faith in governance. Misuse of power, political favoritism and

slow justice exacerbate public frustration.
Misuse of these powers prompted protest and
criticism of government institutions. Consequently,
weak institutions are a major underlying
factor of democratic instability in
Pakistan.

Pakistan democratic unrest is driven
by intertwined economic, political and social
causes which have certain consequences which
not only affect citizens daily life but
also undermine public confidence in
democracy.

First of all, these democratic failures
are visible in economic spheres of Pakistani
society - Economic activity suffers as
business halt and trade slows down.
In late 2024, daily economic losses were
estimated at PKR 190 billion due to
closures and strikes. This reduces income
for business and workers, increasing public
frustration. Hence, political instability directly
impacts the economy.

Moreover, investor confidence declines

during periods of unrest. Domestic and foreign investors view instability as risky, delaying or cancelling investment plans. In 2024, several international companies shut down due to policy paralysis. As a result, economic growth and job creation are negatively affected.

Additionally, public trust in institutions erode when democratic unrest is frequent. Citizens see corruption, political奉承isms and inefficiency repeatedly reducing faith in government, judiciary and law enforcement. This lack of trust makes governance more difficult and contributes to further instability.

Similarly, everyday life is disrupted during protests and strikes. Schools, public transport and markets close, affecting millions of people's routines. For example, transport blockades on 8 Dec 2023 caused delays for students and workers alike. These disruptions amplify public frustration and unrest.

Furthermore, social divisions deepen as unrest continues. Regional and community tensions rise when certain groups feel neglected or marginalized. Protests in Balochistan and Sindh in 2020 highlighted grievances over unequal development. This polarization weakens social cohesion and long term stability.

Moreover, development projects stall due to policy paralysis. Governments focus on managing immediate unrest rather than planning reforms. Social, economic and development plans were delayed which includes CPEC also. This shows the slow in national growth.

In addition, small business and daily wage earners suffer income losses during unrest. Also, brain drain accelerates as skilled professionals consider leaving the country. Political and economic instability prompts youth and educated workers to seek opportunities abroad. The loss of talent and small business reduces long term capacity and weakens

national development.

In conclusion, democratic unrest in Pakistan reflects a complex web of economic, social and political precarity that cannot be ignored. The causes from rising inflation and youth unemployment to corruption and weak governance have created repeated cycles of protests and dissatisfaction.

These factors produce serious consequences including economic losses, disruption in daily life and weakened institutions.

Clearly, democratic unrest is not a distant concern but a pressing reality shaping the nation's present and future.

Therefore, there is utmost need to address the root cause of these issues to restore stability and strengthen the democratic system of Pakistan.
