

Brain Drain and Family Strain:

The Impact of Immigration on Pakistani Families:-

(1) Introduction

Thesis Statement:-

Brain Drain and family strain are the result of internal issues of a country that creates a push factor for immigration. Immigration on the other hand impacts Pakistani families with psychological strain. However, through strategic actions and protection the grievances of Pakistani families of immigrants could be address.

(2) Understanding the term brain drain and family strain

(3) Cause of Brain drain and family strain in Pakistan.

a- Political instability creates an environment of uncertainty (Democracy - Index report)

b- Lack of opportunities (IMF - report 2024)

c- Absence of competitive research and

technological advancement (ILO-report)

d- Threat to life and property creates a
pull factor (punjab police report - 23-24)

e- Suppression of freedom of speech (Journalism
report - Muna Chem)

(4) Impact of immigration on Pakistani
families.

a- Illegal migration and loss of life creates
a sense of unbelongingness
(Cross-border migration report - Greece
boat tragedy, Atlantic)

b- Flow of remittances enhance the
social spending of the family (Economic
forum report)

c- Immigration resulted in psychological
strain for the family left behind
(Sahil - N670 report)

d- Remittances resulted in better education,
health care and capital for the family

e- Immigration of husband resulted in
heavy influence of in-laws and torture
(Karabihi - case - Gujranwala)

f- Children who grow up with single parent resulted in behavioral problems.

g- Individual feel alienated because of him not being present with family on the days of sorrow or happiness
(Survey conducted by Oxford University)

(5)

Way forward for the better outcomes.

a- Collaboration and cooperation with International to apprehend the illegal traffickers.

b- Awareness through social media platforms about the negative aspect of illegal immigration.

c- Social protection for the families of that are helping the country through remittances.

d- Political stability and economic opportunities to retain the talent in the country.

(6)

Conclusion -

Amidst the promises of better opportunities abroad, many Pakistani families torn between the hopes of a brighter future and emotional toll of separation - because the phenomenon of brain drain not only impact the individual but also the families left behind. It highlights how brain drain creates a sense of anxiety and push and individual to run after the greener pastures for the better future. Unfortunately, this hope of better future comes at the expense of family values and detachment. Brain drain is the result of myriad internal factors of a country that creates a loop hole and pushes an individual to an extent of leaving one country in the hope of better and certain future - because the political instability and lack of opportunities creates an environment of uncertain future. The absence of competitive research and technological advancement here creates a liability over a country. Also the threat of life and property are some of the causes of increasing immigration. These escalating immigrations have impacted the families like never before. On one hand it has increase the social spending of family on the other hand it had

resulted in psychological strain. Remittances resulted in better education and health care of a family but children often miss out the presence of father in their upbringing that create a void. The worst of a scenario is the illegal immigration - that not only emerges in individual losing their lives but it also left the families overwhelmed with the news of losing a loved one at an unknown shore. However, the impacts can be addressed with strict measures and international collaboration to apprehend illegal traffickers, also social protection of the families of immigrant is the need of the hour.

The term Brain drain was coined when an individual feel alienated from state in terms of life and future. The brain drain is result of internal conflict of a country. The political polarisation, to lack of comprehensive policies and structure of investing in youth. Pakistan is a home of 64% of youth, according to Dr. Hafiza Parveen and 78% of them are either idle or unemployed. The huge bulge of youth that can turn the tide of any country, when get vested, resulted in socio-economic imbalance and

Immigration for better world. Hence, brain drain requires the sense of nationalism that push them to go abroad for certain future and growth.

There are number of causes for brain drain in Pakistan that push an individual for migration to foreign lands. Chief of the cause that oscillate the cycle of immigration is the political instability. Pakistan is a democratic country, but due to the vested interest of the politicians and stakeholders it remained in crisis. Political instability is termed as when the politicians own interests overshadowed the national interest of the country - including opportunities, investment in youth or protecting the fundamental rights. According to the democracy index report 2023-2024 Pakistan termed as authoritarian regime. Hence, the political instability of the country impact the people and economics.

Along with the political instability, lack of socio economic opportunities creates an environment of uncertainty and anxiety. Economies prosper when youth participate in the workforce in every sphere of it. However, the escalating unemployment rate at

8.3% is a farming in a country - where youth is in bulge. According to the report of International Labour Organization, in Pakistan every year 50 million new entrants enter into the market, but the capacity of employment only account for 2% of it. The absence of opportunities and environment of uncertainty only exacerbate the situation for the future generation.

Aside from the absence of economic opportunities for youth, our lack of competitive research and technological advancement further aggravate the situation for the youth. Career advancement is comprised of skills development and research analysis, STEM departments requires well-versed knowledge and research to uplift the miseries of a country by advancement. However, the outdated curriculum practices have not given the importance to research and technological literacy. The global Index of Innovation 2024, ranked Pakistan on 92nd number painting a grim picture of the country's reality. According to Rafia Sakaiia Pakistan only contribute 2% in global research, while India 12.2%. Hence, the absence of competitive research mechanism resulted in idle youth.

Besides, lack of research and technological advancement, threat to life and property create a pull factor for increasing immigration. The social contract theory highlight the importance of protection of life and property, but due to many reasons of deterioration the life and property are not safe in Pakistan.

The factors of unemployment and lack of social protection has increased the divide in the country. According to the Business newspaper report of 2023 - around 90,000 cases of crime has been reported in Karachi and 47% of them took the lives of the people. Thus, lives are not secured in a country, which create a push factor for immigration.

Aside from the threat to life and property, suppression of freedom of speech is also one of the causes of brain drain in Pakistan. Brain drain is a result of voices not being heard and whoever tried to highlight resulted in apprehension or false accusation. Freedom of speech is the given right of the constitution, but due to persecution and misinformation it has suppressed to an extent - where no voices can be heard. According to

Muza Khan - journalist and researcher
 the people of Pakistan feel their voices
 do not being heard and they feel isolated
 and embelng to the nation. Hence, the
 Center of freedom of expression is also
 the result of brain drain.

Brain drain
 leads to immigration to the greener
 pasture and it has several impacts on
 the families of Pakistan. Top of the
 list is the illegal immigration due to
 resource constraint, which lead to
 lose of life on shores entourage to the
 family. Immigration requires a lot
 of paper work and finances, but
 since the people are of a view that these
 illegal immigration method or dunky
 will help them reach their destiny
 in less finances create a loophole of
 "risking life for better life?" according
 to the international border for
 immigration reported around 80 passengers
 have lost their lives in recent Atlantic
 boat tragedy, and 2023 greece boat
 tragedy reported only 2 passengers
 survived and the rest met their destiny
 in the foreign water". These tragedies
 impact families of the immigrant with
 neither a better life nor the hope of
 returning of their loved ones.

Along with illegal ways of immigration which left the families devastated, if few reach to their destiny it makes the social spending of a family through remittances. The remittances work as a cure for the families left behind, it improve their lifestyle of need and then improving the life of individuals. The fees to health care, responsibilities of sibling marriage and studying are all addressed through the flow of remittances. According to the economic forum report, remittances has been a source of income for the families left behind, and it not only improves the life of families but also the government current account. Hence, immigration also has some positive impacts to the lives of their families.

Aside from the positive impact of heavy flow of remittances, immigration also impact the families by psychological strain. In the families, where eldest one leaves for the better future left old parents behind resulting in psychological strain, depression and anxiety. The family left behind often feel the

absence of their loved ones. In the case of marriage when wife left behind till the procedure of paper gets done creates a void in relationship - as the parents living alone require assistance or someone to talk resulting in increasing depression and anxiety. Hence, leaving families behind in the search of employment left a void that can never be filled.

Besides, immigration of an individual created a void and psychological strain - but the flow of remittances increases the improvement in education of children and capital for the family. The remittance increases the upward movement of a family in social circle by moving children from public to private school for better productivity and future. It also increases the capital of a family either in the form of investment or fixed asset. This movement of upward in social circle increases the dignity and respect of a family - because Pakistan is a country where the most prestigious thing to own is the respect (ihsat) in the eyes of others.

Aside from immigration's positive impact of improving lives of their families, it also has some of negative impacts that affect family and the individual the same. Immigration of husband by leaving wife behind set in-laws increase the chances of exploitation and torture. Pakistan is a deep-rooted patriarchal social - where men dominates the decision. In many families wife get left behind with in-laws which is result in violence and torture.

The case reported in 2024 about 'Hara Kibi' from Gujranwala, where when his husband is in another country working hard to provide the means, the mother and sister-in-law murdered the wife due to a marital conflict. Hence, immigration results in misfortune that impact not only the family but the person himself.

Along with, the immigration of husband left wives behind results in inhumane treatment of in-laws, the absence of father results in single parenting and behavioral problems of a children. Rearing of a child is

opposed responsibility. However, due to immigration families left behind have to survive with the absence of father/mother. It is proven by the theory of criminology that sometimes single parenting results in deviance behaviour. Due to the fact that the traditional families look after the children in the absence of one parent, but on the other side they exploit the children at an extent that he becomes stubborn and obstinate. According to the American Institute of Health, 62% of the single parent feel alienated and indulge in opiate activities? Here, immigration impact the children and their future due to absence.

Lastly, immigration not only impact the families of immigrant, but also himself. The person feel alienated in the new environment and misses the families in most situation. According to the survey conducted by the Oxford University, the immigrant individual around 73% of them reported of being feel alienated and sometimes humiliated. Most of the time of unfortunate - people can not reach to their families in

needs. The death of parents, spouse or a loved one always left a void with unrecovered trauma and mental illness. Hence, the impact of immigration affect the immigrant in our society no one can ever understand.

Nevertheless, every problem has a solution and addressing the impacts of immigration are no exception. The government needs to collaborate and cooperate with international organizations - including border control police, to maximize security and intercept to share data about human traffickers to curb the illegal operations. Prime Minister Sheikh has announced for strict measures and strategies to address the cause. Last boat tragedy of Greece required the approach but only announcements can not address the racket of human traffickers. Country needs to adhere the measure for betterment of a country. Hence, the issues of immigration can be addressed through strict measures and cooperation.

Together with collaboration and cooperation to address the grievances of the families of

immigrant, there is a dire need of creating social media awareness about illegal exporters of immigration and their impacts. Social media is the low-cost imminent tool for disseminating information, so it can be utilized for the betterment of the country and its people. Along with it, the regularly framework of social platforms and digital literacy are few of its ways to create an awareness through proper and appropriate measures.

Besides, creating social media awareness about exporters of human traffickers for illegal immigration, social protection for the families of an immigrant is crucial. The flow of remittances not only keep the families of immigrant but also the country in its current account. Hence, the state needs to provide protection of education, health care, or yearly visits to the family can open new avenues of trust building and enhance the cooperation. Protection of families are the need as the country comprises of more than 64% of youth needs encouragement and acknowledgment that not only improve the family

living standards but also the country itself.

Lastly, the way forward lies in political stability of a country - brain drain is a result of political polarisation and uncertainty which it prevails. The betterment of a country lies in political stability - the consensus need to be created among politicians to improve the decision making and reduce the uncertainty of future. The national interest of a country should always be the top priority of a country. Hence, brain drain can be curbed with political stability and clearing the fog of uncertainties.

In a nutshell, Brain drain and family strain are two interlinking concept, because brain drain proceed towards increasing migration to foreign land. The brain drain is a feeling of antelation and unbelonginess that creates a pull factor to run towards foreign land for better future. The political instability, economic uncertainties lack of opportunities, absence of research and freedom of speech escalates brain drain which leads to immigration. Immigration has its both negative and positive impact

families: the flow of remittances increase the spending of families through education, health care and social movement. On the other hand, it creates a sense of alienation, psychological strain and mental problems among the family and individuals. However, the impact can be reduced through government will and adhere to policies and measures with protecting families of immigrants and social media awareness about illegal traffickers are few of the ways to reduce brain drain and protect immigrants.