

# Brain Drain and Family Strain: The Impact of Immigration on Pakistani Families

## Outline

### A) Introduction:

#### Thesis Statement:

Brain drain can affect the families both positively and negatively. However, their negative impacts dominates that include the emotional and psychological distress on family, alter the family dynamics and increase responsibilities of female. It also affect the children education, their behaviour and increase vulnerability to abuse.

### B) Negative impact of Brain drain

#### 1) Impact on Spouse and Parents:

1.1) Emotional and Psychological distress.

1.2) Change in basic family dynamics.

1.3) Increase responsibilities of parents or spouse at home

1.4) A threat of insecurity

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## 2) Impact on Children:

- 2.1) Decrease the academic performance of children.
- 2.2) Cause cultural disorientation in home or if their in abroad
- 2.3) Behavioural change and increase vulnerability to abuse.

## C) Positive impacts of Brain Drain on families:

- 1) Remittance help in finance of family and country economy.
- 2) Improve living standards
- 3) Promote culture exchange.

## D) Strategies to improve the consequences:

- 1) Government policies improvement to increase job opportunity and investment in public sector.
- 2) Family reunification strategies and support.
- 3) Diaspora engagement

## E) Conclusion:

## The Essay

Dr. Abdul Kalam once said, "Brain drain is a curse for any nation, it's a loss of talent, loss of investment that not only affect the individual but whole community." Many developing nations are seriously threatened by brain drain because it drain the future of a nation. Brain drain is the immigration of highly skilled professional from developing countries to the developed ones. It is a global phenomena that occurs in each part of the world. The world bank 2023 reports shows, the migration of highly skilled people from high income countries are 4%, for middle income countries the value is slightly above 10% and for low income countries it is 20%. Unfortunately, Pakistan also faces the curse of brain drain. This immigration is usually done for the purpose of improved living conditions, financial

benefits, political instability etc. But, it also has some consequences as well. It affects the nation as well as the individual life. It also affects the families of immigrants. Brain drain affects the families both positively and negatively. However, their negative impacts dominate which include the emotional and psychological distress on family, altering the family dynamic and increasing responsibilities. It also affects the children's education performance, their behaviour and vulnerability to abuse.

To begin with, the negative impact on spouse and parents of immigrants, that it causes emotional and psychological distress. The spouse of immigrants due to long distance and prolonged time results in loneliness. Whenever one of the family members is missing due to brain drain, the whole family was in emotional distress. The elderly parents have a sense of

abandonedness. Moreover, when the son ~~to~~ took his family (spouse and children) and left the parents behind. It become difficult for the elderly parents to manage the home alone. Therefore, when a family member become an immigrate, the whole family is in emotional and psychological trauma.

Secondly, It bring a change in family dynamics. When the leaves the house, he hand over all the responsibilities to the mother. As a result paternal dominance change to the maternal, which is contrary for the most dominant structure of Pakistani societies. It bring change in the whole structure of family management. According to 'The Pakistan Development Review report 31% of houses are headed by the female after their spouse left the country'. Thus, brain drain result in the change in family dynamic of the immigrants.

Additionally, Brain drain increase the responsibilities of parents or the spouse back at home. When husband left the country, his spouse has to head the country family and as a result his responsibilities increase. She has to run the family, the upbringing of child, management of house and also fulfill the basic needs of education and health of children. When the house is to manage by the parents, it increase their responsibilities at the time of their retirement age. They has to manage the home and family of son. According to international organization for migration, "58% of male population of Pakistan are living in Europe".

To sum up, In the absence of husband, the responsibilities of the female increase towards the family.

Another, impact of brain drain on Pakistani families the insecurity and a feel of

threat to the spouse of or child. When the male head of the family left behind his spouse and children, ~~there is~~ there is always danger of life and safety. "A thirty year old Zana bibi was killed by her-in-laws due to jealous factor in the absence of her husband. It was happened in Daska in November 2024, reported by various news reports." So, security is also an impact of brain drain on the families.

Beside, the parents and spouse, brain drain also effect has impacts on children. As a result of this, the academic performance of the children also decrease. In the absence of proper guidance and look after, the children often give less focus to their studies. They loss their enthusiasm and focus for education. As a result the academic records are on the declining

and students become weak not only in schools but in Quran studies in Madrasa as well. They also start miss the prayers and become distracted. Thus, the major impact on children is basically on their education.

Second impact on the children are the cultural disorientation. Children lose their cultural heritage. When the father is not there for the children look after, they lose their culture norms and customs. A father can guide his child about the custom and tradition of the various occasions, but in the absence of such guide, the child may lose his cultural heritage. Moreover, if these children are taken by the father to foreign countries. There in the western culture the child may lose his own costumes and tradition. As a result, the child lost their culture heritage.



Additionally, brain drain impact on children behaviour and they become vulnerable to abuse. Emotional detachment, resentment may manifest behavioural problems. In the absence of parent, the child become emotionally distressed. He has a sense of loneliness that cause resentment from the parents. The absence of his role model effect his mental and psychological health. Such children can be abuse easily by the society. Such child need love and some wroong people of fulfill this need, they got attach to them. As a result, they became very easy to be abuse. So, the dangerous consequence of brain drain on family is because the children abuse and their change in behaviour.

Beside all these negative impact of brain drain on the families (Pakistani), it also has some positive impacts that cause some of the people to

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the country and take the serious risk. These positive impacts are mentioned below one by one.

First and most important impact of brain drain on Pakistani families is the remittance sent by the immigrants. The immigrants sent remittance to their families to fulfill their basic needs, and also help in the economy of country. The country receive the foreign currency in their bank accounts that help in the foreign reserves. While on the other hand, the family receive a handsome amount to meet their needs and improve their life ~~condit~~ condition. So, remittance not only help the country economy but also the family to ~~sta~~ satisfy their needs.

Secondly, brain drain can provide an improved living conditions, which is a positive impact of brain drain. The immigrants when left the

country for improved living condition, when they achieve it than they also try to improve the standards of their families. They provide financial assistance, for which their families can get good proper health care, quality life and also can provide standard education to their child. According to the report of bureau of immigration 700,000 Pakistani left the country in 2023 for search of better opportunity." So to improve their living standards and that of their families. Thus, the immigrants can provide a high standard of living as a result of brain drain.

Various strategies are there that can improve the negative impact of the brain drain and family strain. The top of which is the improvement of government policies. The government needs to increase the job opportunity to stop the loss of professional

people. These can contribute to the success of nation and increase the country's economy. The government needs to invest in various sectors in order to improve the country infrastructure to avoid the brain drain which will ultimately decrease its impact on the families:

Another thing is to develop various strategies for family reunification and support system for family. The government has bring ease in visa process with various countries, so that the child get visa and meet their father. They can also work on to bring the immigrant to Pakistan on public expenses so that he can meet his family without any burden on his daily income. The NGOs also develop various support programs for the counselling, emotional and social support. Trying together is social-emotional development organization that support the family development

process." So those families, that are  
is emotional and psychological distress  
can get the support of these  
organization.

Additionally, diaspora engagement  
can also improve and increase  
the job opportunity in the  
countries. Various people living in  
foreign countries are ready to  
invest in their own country. The  
needs to facilitate them and  
provide assistance to them. These  
people when invest in their own  
country, will provide work opportunities  
and as a result will decline  
the brain drain of those who  
left the countries for job searching.  
Thus, by the engagement of diaspora  
job opportunity will increase and  
brain drain will decrease which  
ultimately decrease the impact  
of families suffer from it.

To conclude, the impact of families  
due to brain drain and families strain  
are both positive and negative

effects. It increase the emotional and psychological stress on parents, spouse and children. It negatively impact the children education, their behaviours and increase the risk of insecurity and exploitation of children. When parents, both or one of them, leave the house to grasp better opportunity for his life. He has to sacrifices his family and have to live far from them. His struggle brings various impact on his family. Even when one of the family member is missing it effects the whole family, the parents, spouse and the children. All these season for brain drain must be counter to stop the brain drain and to minimize their impact on families. Pakistan a country for agriculture and paradise for minerals will be stood one and will eliminate all its bad hair days. InshAllah.