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Title: "Brain drain and Family Strain:  
the impact of Immigration on  
Pakistani families."

## Outline

1. Introduction

2. The circumstances of Brain drain  
in Pakistan highlighting immi-  
gration issues.

3. The Reasons of Brain drain:

a- Unemployment of the educa-  
ted people

b- Unfavourable working conditions  
in Pakistan

c- Socio-economic impediments  
i.e poverty, lack of educational  
opportunities.

4. Impacts of Immigration and brain  
drain on the Families:

a- Psychological strain

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b- Families have to suffer from different social problems.

c- A challenge to societal norms and healthy relationships.

d- The loss of skilled and intellectual labour from the family or community.

e- Uncertainty about the living conditions of the migrants.

5- How to curb the menace of Massive Brain Drain:

a- Generating employment opportunities via the efforts of Pakistani diaspora.

b- Raising the standards of education.

c- Providing conducive working conditions.

6- Conclusion

Those who leave the country never return completely. They are either emotionally, physically or compulsorily abroad for their entire lives....

The above statement imparts the idea of brain drain. This practice is prevalent since a long time, but it has severely gained momentum in the current era. Brain drain is <sup>the</sup> most common practice in Pakistan at present. It is directly linked with the strains felt by the families of those who stay in the host country without their loved ones. The immigration from Pakistan to the overseas <sup>countries</sup> encompasses many causes and challenges faced by the individuals in Pakistan; their need for a good life makes them adopt certain <sup>harsh</sup> decisions. The socio-political and economic constraints, along with unfavourable working conditions become the ultimate cause of immigration from Pakistan to any well-developed nation. However,

- The families of the migrants ~~st~~ face continuous strain in <sup>the</sup> terms of socio-political spheres of their lives. In order to curb the menace of rapid brain drain from Pakistan, the collaborative efforts of institutions and public regarding working opportunities and favourable economic growth, are necessary. In a nutshell, Brain drain <sup>causes</sup> ~~and~~ family strain ~~are~~ among the families in Pakistan. The immigration creates several challenges for the families of those who leave Pakistan in search of greener pastures.

Brain drain in Pakistan is quite common in the present century. This accounts for various reasons ranging from economic instability to the lack of educational opportunities, which are the indicators that force the people to leave Pakistan and go abroad. The Brain drain has become a trend in the modern

age, but it encompasses various difficulties in its path. It poses challenges such as human trafficking, familial strain, immigration issues related to economy, and many others. The recent statistical data also provide a clear picture of this grim reality: 119% increase in emigration of highly skilled professionals in 2023. Over 700,000 Pakistanis left the first few months of 2024 alone, according to the Economic Survey of Pakistan (2023-24). ~~This~~

There are various causes of brain drain in Pakistan. The foremost among them is the unemployment of the educated people in the country. After completing 16-18 years of education in Pakistan, the job market has fewer opportunities for fresh graduates. With less or weak university-industry linkages of the curriculum, the unemployment in Pakistan is sky high. Thus, people

prefer to leave the country and exercise their knowledge and skills in a market, which is open to such knowledgeable and skilled workers. PIDE research states that unemployment amongst the "highly educated" is about 3x the average unemployment rate in Pakistan. Under such circumstances, it is obvious to see most people leaving the country for better employment opportunities.

Besides, unemployment, the unfavourable working conditions and opportunities are also a driver of brain drain in Pakistan. The business community faces a number of setbacks that hinder its effective functioning and service delivery in the country. With excessive taxation troubles, massive field maintenance, security concerns and less expert workers, the working conditions in Pakistan are quite troublesome. This hinders the ~~at~~ skilled workers

to work in this country and they also seek for better condition which are fulfilled by immigration to the advanced and developed nations.

Moreover, the socio-economic circumstances in Pakistan are responsible for brain drain and massive immigration. The country is caught in a vicious cycle of debt trap, external loans and capacity payments. In all these indices, the poverty and human development index in Pakistan are very low.

Thus, people in search of better living conditions, leave their native homeland. According to Commission for Human Rights (NCHR): nearly 40% of Pakistanis want to leave the country mainly due to economic hurdles, inflation, <sup>and</sup> poor living conditions prevalent in the country.

Therefore, the brain drain due to socio-economic barriers leads to a huge <sup>loss</sup> number of skilled workforce.

Among the widespread of impacts of immigration on the families, the psychological strain ~~is~~ holds the top position. The families of the migrants face psychological strain due to their leaving, the love, affiliation and sorrows, ~~and~~ and all other feelings are messed up. The families have to ~~so~~ live, work and stay alone, which is a hurdle for the elderly parents or children of the migrants. This creates a feeling of loneliness and mental and psychological stress for their near ones.

Similarly, the families of the migrants have to bear the brunt of multiple social problems by themselves. If the breadwinner of the family leaves, then he or she has abandoned his/her parents and children, in the country. ~~to~~ They have to face the social problems ~~&~~ which can be in the form of



any robbery, theft, terrorism or any other violent practice. This also gives a strain for the families of the migrants. The more empowered individuals, who left the country, also leave the families in such state of social challenges.

In addition to this, the societal norms and relationships of the migrants and their children are also affected. The parents and children, then do not share the same bond of relationships, trust and affection. The family system is given great importance in Pakistan, it presents a distorted outlook when it is not followed, or one of the members of the family is not present. The children are victims in such scenarios, and this disruption shapes their norms and identity which may vary from those who follow a regular familial pattern.

Furthermore, the most intellectual members <sup>of the family</sup> are leaving the country. This also creates a dearth of skilled and intellectual individuals from families, who are proud <sup>to be the</sup> members of their communities. This also makes <sup>the families</sup> them stressful regarding the future of the different individuals in the same family. Pakistan needs this skilled labour force to excel in the social, educational and technological spheres, but brain drain leaves the future of families on the stake, with no clear direction either to stay in Pakistan or leave this land.

In the same argument, the families are also unaware about the migrants' job, legality and either their return after serving that workplace is possible or not. It puts <sup>the families</sup> them in a situation of complete uncertainty and strain. The overseas conditions are also not favourable for everyone, they have to face harsh

conditions to attain jobs or earn for their survival. This poses a continuous struggle and strain for the families of the migrants residing in Pakistan, which is one of the adverse effects of brain drain.

In order to combat the widespread menace of brain drain and immigrations, the internal conditions of the country need to be strengthened. The foremost effort in this regard is to create employment opportunities in the country.

The Pakistani diaspora ~~can~~ along with the governmental efforts, need to pave way for investments in the country of ~~launch~~ initiative start-ups that favour the general public.

Such initiatives could provide opportunities to fresh graduates to practice and boost their skills and income. In this way, the unemployment dilemma causing

massive brain drain would be curbed and controlled.

Educational opportunities and raising the standard of education is the utmost need of the hour for the country. This engages the youth and skilled labour for the national development. When the country engages its youth, it is obvious for the nationals to work and support their own land to benefit from their services. Moreover, aligning the curriculum with the industry's demand is crucial as Pakistan is ranked 63<sup>rd</sup> out of 163 countries on World Bank's University-Industry Index. Improving such situations is a step to curb the immigration crisis.

Correspondingly, providing conducive working conditions to the workforce is equally significant. This effort would stabilize the

trust of the worker on the national conditions, and better ideas and inventions will become part of the innovation and tech. centres. A moderate workload and salaries according to the labour, would distract the workers from foreign conditions and would ultimately set precedent for attaining excellence in the host country.

In conclusion, ~~to a~~ Brain drain has become a source of suffering and strain for the migrants of Pakistani families. In the present time, ~~it~~ this practice is a new normal in the society. It is due to ~~the~~ various socio-economic challenges in the country, ranging from poor employment opportunities to the lack of educational platforms. Moreover, the social indicators are also threatening. The families of the migrants are marred by

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multiple concerns and strain <sup>related</sup> of psychological health, well being of their loved ones and disruption of the societal norms. These challenges need to be addressed at grassroot level and paving way for conducive working conditions and employment opportunities.

~~It can~~ These measures can promote and pave way for national development from the youth of ~~its own~~ the nation through their skills and competency.