

## The decline of reading habits among youth: Causes and solutions

Outline:

(I) Introduction

(II) Thesis Statement:

The dominance of digital resources, the unavailability of quality books in public libraries and the unsystematic coursework in educational institutions are the responsible factors for the decline of reading habits among youth; however, promoting a policy of reading culture, enhancing the availability of online libraries and encouraging readers and writers through rewards can be effective ways to build up reading habits among youth.

(III) Reading habits not only produce intellectually strong youth minds but also bring prosperity to nations

(IV) Demonstrating the responsible factors for the decline of reading habits among youth:

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**(A)** Dominance of digital media

(i) Around 46% of Pakistanis are internet users, Report of DataReportal-Global Digital Insights, 2025

**(B)** Inadequate numbers of libraries with outdated stock

(i) Approximately 180 public libraries in Pakistan, Report by Pakistan Library Association

**(C)** Unstructured and unproductive study routine

(i) Heavy coursework, assessments and after-school coaching deprive youth from reading habits.

**(D)** Preferring digital entertainment to reading books

(i) Youth spends roughly 7.5 hours a day on screens in US, according to American Academy of Child and Adolescent Psychiatry (AACAP)

**(E)** Absence of a reading-friendly home environment and parental guidance

(i) The presence of digital screens, missing bookshelves and parents' high mobile usage

## (V) Effective ways to enhance the reading habits among youth:

(A) Promotion of reading culture in classrooms

(i) Introducing compulsory reading of selected books in each grade

(B) Enhancing reading habits through a modernized education system

(i) The Finnish Education System as top ranked globally

(C) Encouraging literacy through community-based initiatives

(i) Development of open-access street libraries

(D) Awareness campaigns to develop reading habits among youth

(i) Celebrating World Book Day to encourage youth to read for pleasure and tailoring reading habits

(E) Expanding and supporting e-library services

(i) UNESCO's World Digital Library

## (VI) Conclusion

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Reading habits have brought revolutionary change in human life. The book reading enlightened human minds with scientific innovations and modern technologies. The world witnessed the visionary personalities, who were consistent book readers. However, the decline of reading habits among youth have been the influence of digital media in daily life, insufficient number of libraries and the unstructured and unproductive study routine in educational institutions. These factors have declined the reading habits, but they can be tackled by promoting reading culture, modernizing education system and encouraging literacy through community-based initiatives. The dominance of digital resources, the insufficient number of public libraries and unavailability of quality books and the unsystematic coursework in educational institutions are the factors responsible for the decline of reading habits among youth;

however, promoting a policy of ~~reading culture~~, enhancing the availability of online libraries and encouraging literacy through community-based initiatives can be effective ways to build up reading habits among youth.

Reading habits of books have created intellectual and visionary minds which bestowed the world with innovations and amenities. Reading habits brought social, political and ~~economic progress~~ in human life. They brought a sense of advancement and competition among individuals and nations. Reading habits produce creativity and critical thinking among masses. The developed nations have emphasized on reading habits and make compulsory among youth. Hence, reading habits can flourish with all skills and progress which are needed for an inspiring personality and a developed nation.

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One of the reasons for the decline of reading habits has been the ~~dominance of digital media~~. Today's youth prefers technological means for information and pleasure purpose than book reading.

The fact proves the stance that around 46% of Pakistanis are internet users, Report of DataReportal - Global Digital Insights, 2025. The youth gets all data directly from easily accessible and reliable source of internet which has ~~even~~ become an obstacle in the pathway of reading habits.

To pursue further the stance that inadequate number of libraries and unavailability of quality books has been another reason for the decline of reading habits. Youth does not get enough opportunity to study in libraries and even have the quality books of History, Mathematics and other subjects so as to have thorough knowledge. For instance, there are approximately 180 public

libraries in Pakistan, according to a report of Pakistan Library Association. The report further demonstrates that there is one public library for 5 lac people which is insufficient in all ways. Hence, the unfulfilled demand of libraries and unavailability of quality books have been the declining factors for reading habits among youth.

Moreover, the unstructured and unproductive study routine in educational institutions has caused the decline in reading habits among youth. Students are focused on rote learning rather than creative thinking by reading books. It is the fact that students get heavy coursework, assessments and after-school coaching which deprive youth from reading habits. Thus, youth does not get sufficient time for reading owing to overload of work at educational institutions and home.

~~More importantly to mention that youth prefers digital entertainment sources~~ to reading books. Youth spends most of time in using smart-phones and playing online games. According to American Academy of Child and Adolescent Psychiatry (AACAP) report, youth spends roughly 7.5 hours a day on screen in United States of America. It is, therefore, the youth has lost the ability of analysis and critical thinking because of not reading books. ?

Additionally, the absence of a reading-friendly home environment and parental guidance have caused the decline of reading habits among youth. In today's decorated homes, there are multiple digital screens, but no bookshelves. To pursue the stance, parents use mobile most of the time in front of their offsprings. ~~These facts have lessened the motivation of youth for~~ reading books. In short, lacking

the reading-based environment and parents' motivation have resulted the decline of reading habits among youth.

Though multiple factors being responsible for the decline of reading habits, yet the effective ways can surely enhance the reading habits among youth. Firstly, the government should promote the policy of reading culture in classrooms. As reading books not only enlightens individual soul but also makes him able to contribute positively in society. For example, the higher authority should introduce the compulsory readings of selected books in each grade. In this way, reading habits can be the mandatory part of educational institutions.

Secondly, a modernized education system can enhance the reading habits among youth. It is the fact that a well-established education system always opt reading books and

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developing creativity for youth. To illustrate the fact that the Finnish Education System is as top ranked globally because of focusing on creativity and critical thinking. This education system builds up reading habits among youth so as to come up with analysis and innovative ideas.

Thirdly, the most effective way to enhance the reading habits among youth is to encourage literacy through community-based initiatives. There should be book festivals and book stalls to promote reading habits among youth. In addition, the development of open-access libraries in streets can surely build up a sense of reading habits and its significance among youth. Thus, community participation in the promotion of reading books can play a vital role in re-establishing the reading habits among youth.

Fourthly, media and government-led awareness campaigns to develop reading habits among youth can be a productive way to adopt. In this advanced world, media can spread the significance of reading and its positive contribution in the prosperity of a society. For instance, to encourage youth for pleasure reading and tailoring reading habits can produce lucrative output. In addition to this, celebrating 'World Book Day' can further promote awareness regarding reading habits. In short, motivating youth toward reading habits can be by making it significant for them.

Last but not the least, the expansion and support for e-libraries can be effective way for building up reading habits among youth. As a fact that e-library services are available anywhere to anyone, so making it accessible to all can be effectual. The most suited stance is the UNESCO's World

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Digital Library, which can provide information and knowledge regarding all global social, religious and political issues. In this way, youth can be motivated and integrated to adopt reading habits in order to be good debators and scholars.

In conclusion, reading habits have bestowed human life with modern inventions and technologies. However, the dominance of digital resources and unsystematic coursework at educational institutions have declined the reading habits among youth.

To tackle these hurdles, the government should promote reading culture and conduct awareness campaigns to establish reading habits among youth. As reading habits can surely flourish masses with innovative ideas and inventions, it should be promoted globally.