

Topic: Books Build Nations, Screens Distract them.

Outline

A. Introduction

1. Attention grabber: "A nation that reads is a nation that leads; one that scrolls endlessly loses direction."
2. General statement: Books symbolize knowledge, reflection, and progress; whereas, screens symbolizes distraction, superficiality, and dependence.
3. Thesis statement: while books have historically guided nations towards enlightenment, unity, and progress, the dominance of screens today often distracts societies, eroding critical thinking and culture.

B. Historical Role of Books in Guiding Nations

1. Books as catalysts for revolutions;
 - a. Das Kapital by Karl Marx leading to socialist movements
 - b. The Social Contract by Rousseau leads to French Revolution

2. In Muslim world: Quran as the ultimate guide

C. How Books Shape Nations

1. Encourage critical thinking
2. Reduces extremism and promotes tolerance in the society
3. Teaches ethics and moral values;
 - a. Encourages law binding

4. Leads to better Policy making;
 - a. Studying past to predict the future
5. Promotes equality and positive participation of all in the society;
 - a. Quran says: Getting education is compulsory on every men and women

D. Screens as a Source of Distraction

1. Leads to fragmented attention;
 - a. shorten attention span
2. ~~Political~~ Instability in society;
 - a. Political polarization driven by social media
 - b. spread of fake news and misinformation
3. Reduces creativity;
 - a. Youth indulged in digital entertainment rather than intellectual growth
4. Negative health effects;
 - a. Eye strain
 - b. Depression
 - c. sleep deprivation.

E. Counterpoint : Screens as Tools, not Enemies

1. Digital media can democratize knowledge : e-books, online courses
2. Technology enhances access and inclusion

F. The Way Forward : A Balanced Approach

1. Need for digital literacy and balanced consumption;
 - a. Use of screen-time
2. Government and civil society
 - a. Invest in publishing literacy programs
 - b. Revive reading culture through public libraries, school curricula and national reading campaigns

G. Conclusion

Essay

"A nation that reads is a nation that leads; one that scrolls endlessly loses direction." This famous saying demonstrates the importance of reading in the development of a nation and the scrolling on digital devices mislead the nations. Books are the source of knowledge, wisdom and intellectual depth which shapes the nation's direction and destiny; whereas, screens represent digital devices and virtual media that acts as a tool of instant information, entertainment and distraction. Books shape the future of a nation. Books enhance the critical thinking, they encourage cooperation, teach ethics and moral values that are essential for the progress of any country. Reading historical books helps in analyzing the past mistakes and leads to better policy making for a prosperous future. Books such as Quran promote gender equality in the society encouraging equal participation of women in a society. Whereas, the digital devices act as a source of distraction leading to stagnant development of nations. Virtual media shortens the attention span of people and negatively impacts their health. On the contrary, some argue that digital media has democratized the knowledge through e-books and online courses. Though virtual media has revolutionized the learning methods but in developing countries like Pakistan not everyone has access to latest

technologies therefore the advantages are not equally distributed in the world; furthermore, it also widens the gap between developed and developing countries. Therefore, while books have historically guided nations towards enlightenment, screens today often distract societies, eroding thinking, and culture.

Before analyzing how books shape nations, it is pertinent to understand the historical role of books in guiding the nations. Throughout the history, great scholars have inspired the nations through their books and literary thoughts. Books acted as catalysts for bringing revolutions. The socialist movements all around the world were inspired by the thoughts of Karl Marx. Marx in his book "Das Kapital" argues how ~~the~~ capitalism exploit the weak. He said that the economic inequality between the capitalists and workers leads to the revolution. His thoughts inspired many socialist movements. Similarly, Rousseau in his book "The Social Contract" explains the basis of social contract among individuals in order to establish a political order. This leads to the Human Rights Conventions and Constitutions of countries in modern world. His ideas also inspired the French Revolution demanding equality, liberty and fraternity.

Similarly, in Muslim world, Quran is the ultimate guide that gives direction to the lives of Muslims. Quran lays emphasis on equality among individuals. Quran gives importance to unity among

individuals, such as in Surah Al Hujrat, Allah says, "The believers are but brothers." This shows that everyone is equal and unity among all is emphasized. These principles of equality and unity in Islam have helped Muslims to rule the world for centuries emphasizing the role of religious books in guiding the behavior of people and nations.

To start with, books encourage the critical thinking in individuals. They help in developing communication skills that assist people to present their views in front of others. Reading also train the minds to think and analyze the situations in a critical way. It aids people with ability to evaluate the pros and cons of various decisions leading to better understanding of situations. Therefore, books help in critical thinking leading to growth of nations.

In addition, books promote tolerance in the society and reduces extremism. By reading books, one gets to know how societies decline when they fight with each other; therefore, it encourages unity among people. Before the commencement of higher education in Europe, there was a vicious conflict between Catholics and Protestants. Millions of people were put to death for their religious faith. With the spread of higher education, the people gained enlightenment and

gave up the long-standing war against one-another. Hence, books and knowledges helps in reducing extremist sentiments leading to the development of countries.

Furthermore, books teaches the readers ethics and moral values. People learns the importance of law binding in the society. Individuals ~~get~~ ^{get} knowledge about the negative impact of deviant behaviour on society and themselves. Therefore, books helps in developing a peaceful society where everyone follows the rule of law.

Moreover, books on history helps in predicting the future of nation, guiding its policy making and national goals. For instance, the book "Pakistan: A Hard Country" by Anatol Lievan, predicts that if Pakistan would eventually collapse, it would be because of climate change. This helps the policy makers to prioritize the issue of climate change in national agenda. Therefore, books assist countries in decision-making, helping them to focus on key issue areas and driving them on the path of success.

Moving forward, reading books encourage positive participation of all in the society, irrespective of gender, class, race and color. Equal participation is essential for the development of just society. Many Hadith books in Islam encourages the active female participation in the society. Holy Prophet (PBUH) said that gaining knowledge is obligatory on all men and women. Moreover, Mary Wollstonecraft

in her book, "A Vindication of the Rights of Women", argued that "If women are not prepared by education to become the companion of man, she will stop the progress of knowledge and virtue." This shows the significance of equal participation of women in the development of society.

Therefore, books enlightens people about the importance of positive participation of all genders in the progress of nations.

The paragraphs that are given above highlighted the importance of books in building nations. The following paragraphs will dig into the role of screens in distracting the nations.

Firstly, the digital media leads to fragmented attention. It shortens the attention span of individuals and distract them from focusing on important things. The continuous notifications sparkling on screen while reading something, diverts the attention of person.

Secondly, the virtual media produces instability in the society. It leads to political polarization where social media plays significant role in shaping the views of public. The spread of fake news on social media results in chaos in society. For instance, the misinformation about vaccine during COVID-19 limits the effective implementation of policies in combating the virus. Therefore, the digital media leads to fragmented society ~~tea~~ resulting in decline of nation.

Thirdly, digital media reduces the creativity in individuals. It limits the intellectual thinking which resultantly shrinks the innovation and development of nations. In Japan there is a culture of reading books which helps it to become the world most technologically advanced country, whereas in Pakistan, there is increased use of digital devices which limits the country's innovative development.

Lastly, virtual devices have negative impact on user's health. The false portrayal of perfect life on social media results in depression among youth. The overuse of electronic devices also strain the eyes and disrupt the sleeping pattern of individuals. When people are not physically and emotionally fit, they could not be able to perform constructive role in the development of society, leading to the decline of nations.

Though there are various disadvantages of screens in nation's growth, but some people argue that screens are useful tools and act as means of development not enemies. They argue that digital media can democratize the knowledge through e-books and online courses. But they ignored the fact that only educated people knows how to use digital devices constructively.

Moreover, they argue that technology has enhanced the access and inclusion in the society. Though it has served as inclusive force in developed countries but in developing countries such as Pakistan where people lack

Knowledge about the effective use of electronic devices, it has led to fragmentation and chaos in the society. Therefore, the advantages of electronic media are unequally distributed in the world leading to the inequality in developing countries.

To effectively utilize the opportunities presented by digital world, one needs a balanced approach. So, the following paragraphs will present the way forwards to grasp the opportunities driven by electronic devices.

To begin with, there is a need of digital literacy in countries like Pakistan. People should be educated to use the devices for constructive purposes. They should be taught how to balance the consumption of devices in life. For instance, the use of screen-time to reduce the excessive use of devices. This could help in developing electronic devices as tools for nation's progress.

Furthermore, government and civil societies can play significant role in reviving the habit of reading and purposeful use of screens in life. They should invest in publishing literacy programs about the effective use of social media for development purpose. They should promote the reading habit through public libraries, school curricula and national reading campaigns.

In a nutshell, books have historically played vital role in development of nations but in contemporary era, the dominance of

Screens often distract societies leading to erosion of critical thinking and cultural practices. Reading books help in ethical and moral building of nations. It helps in predicting the future by analyzing the historical events leading to effective policy making. whereas, screens reduces the creative ability of individuals and negatively effect their health leading to decline of nations. Therefore, technology has double edge sword having both merits and demerits. By balancing the use of digital devices and reading books, a nation can progress.
