

Assessing the Challenges and Negative Influences of the Internet on Young People in Pakistan

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Abstract

This paper will explore and assess the misuse of the internet and its negative impacts upon the young generation in Pakistan. Internet has detrimental effects on their mental health, academic performance, social development, cultural and societal values. Young people in Pakistan are increasingly using the internet, which has resulted in a rise in problematic online behaviors that negatively impact their mental, academic, social, and physical health. Though its educational, communication, and entertainment benefits are innumerable, its unchecked use has had several detrimental effects. The psychological strain brought on by continuous exposure to idealized images on social media is also examined, as it contributes to problems with body image and low self-esteem. Excessive internet use has been shown to be strongly linked to increased anxiety, depression, sleep disturbances, and a decline in emotional maturity. The unchecked use of the internet is harmful to the younger generation in all over the world and especially in Pakistan. It delves into the psychological, social, academic, and cultural consequences of internet use, including mental health issues, decreased academic performance, social isolation, and the erosion of traditional and cultural values. The study underscores the importance of responsible internet use and advocates for a collaborative effort involving parents, educators, and policymakers to protect youth from its potential harm. Nowadays all the evils in a society specially in Pakistani society spread due to the negative use of internet which badly impact the mental level of young generation, and they mislead them mentally, socially, educationally, religiously, culturally and traditionally. Overuse, however, has resulted in several detrimental effects on attention span, academic performance, and personal growth. Such type of negative impacts of internet is a poison killer for youngster in overall the world and especially in Pakistan.

Keywords: Internet, Negative impacts, young generation, misuse, mental health.

Introduction

The internet has become a necessary component of everyday life, particularly for younger people. It provides a host of benefits, including enhanced communication, global connectivity, and knowledge access. But when used carelessly, it presents several problems, particularly in developing nations like Pakistan. The young people nowadays are involved in the misuse of the internet which destroys their mental health, their education, their religion, their traditional values, their social life, their cultural

norms and values. However, most of young generation in Pakistan is going to a negative direction. The over usage of internet is very risky and rising quickly in Pakistan, particularly among young people. In Pakistan, more than 80% of youth use the internet regularly and its ratio speedily increasing with the passage of time. Although the internet has many benefits, like entertainment, social interaction, and educational materials, it also has many drawbacks. These include mental health problems, addiction, cyberbullying, exposure to inappropriate content, and disengagement from interpersonal relationships in real life. The internet has revolutionized how young people in the current digital era obtain information, interact with others, and pass their leisure time. Millions of young people use social media, online games, and digital content every day in Pakistan, where youth internet usage has skyrocketed. Although the internet has many advantages, including global connectivity and educational materials, it has also brought forth new difficulties. The youth in Pakistan use internet that is uncontrolled and excessive has been linked to several detrimental effects, such as exposure to inappropriate content, mental health issues, academic challenges, and social detachment. This research paper seeks to explore these detrimental impacts by analyzing the ways in which the internet is impacting Pakistani youths' lives and the degree to which it is compromising their general well-being. The purpose is to draw attention to the negative effects of unrestrained internet use and offer remedies. Notwithstanding the internet's potential benefits, misuse of it has been connected to detrimental effects on Pakistan's youth. With a focus on topics like mental health, academic performance, social behavior, and the dissemination of false information, it's need of the day to check upon the youngster. A variety of psychological, social, and academic problems have been brought on the overconsumption of online content, particularly through social media, games, and video platforms. Addiction and cyberbullying are just two of the risks that young people face, and they can have a negative influence on both their personal and academic lives. Furthermore, these issues are made worse by Pakistan's lax regulation of internet content and a lack of parental awareness and supervision. Although the internet is frequently viewed as a social and entertainment tool, its possible drawbacks cannot be disregarded. Due to its extensive informational resources and ability to facilitate interpersonal communication, the Internet has developed into a useful and potent tool. Nowadays in Pakistan, youth behavior is affected by excessive internet use. Even though the Internet has many advantages and disadvantages, young people may suffer if it is used improperly. The younger generation is becoming increasingly concerned about Internet abuse. Even though the Internet has many advantages, like information access, learning resources, and social interaction, excessive and uncontrolled use can result in several social, academic, and psychological issues. Many young people spend hours online doing pointless things like playing video games, browsing social media, or consuming unsuitable content. These activities can result in addiction, poor academic performance, sleep issues, and less physical activity.

Furthermore, excessive use of digital platforms can lead to low self-esteem, anxiety, depression, and feelings of loneliness, particularly when people start comparing themselves to social media users' idealized portrayals of others. Significant risks also include exposure to harmful ideologies, cyberbullying, and online harassment. Parents, educators, and legislators must put policies in place that encourage responsible online behavior because the younger generation may not be able to tell the difference between safe and dangerous Internet use without the right guidance and digital literacy.

Research Methodology

The Research methodology is based on primary and secondary sources, i.e., books, magazines, library, articles, newspapers, journals, relevant websites to complete the research paper.

Problematic Internet Use in Pakistan

The negative effects of problematic Internet use on Pakistani youth are the focus of this study. In addition, it harms young people, unethical and needless online behavior also undermines the nation's honor and reputation abroad. The study looks at how excessive social media use affects social, psychological, educational, and medical aspects.

Social media is an online forum where people can communicate and exchange information while having fun. Even though numerous studies and documentaries demonstrate the positive uses of social media, every development has drawbacks. Technology has made life easier, but social media obsession is becoming a serious problem.

The excessive use of the Internet is concerning, particularly among young people in Pakistan. Overuse of smartphones and computers has a negative impact on academic performance as well as mental and physical health. Young people who are addicted to the internet are drawn to online gaming, transient relationships with strangers, and social isolation, which distances them from family relationships. Psychological conditions like depression, emotional manipulation, low self-esteem, shyness, and elevated stress levels are consequently becoming more prevalent. Even more severe behavioral cases, such as those associated with the "Blue Whale" phenomenon, have been connected to internet addiction. Concerns over trust issues, sleep disturbances, and brain fatigue are also becoming more prevalent.

Adolescence is a crucial period of development. Mental and cognitive development is directly impacted by environmental factors during this period. Inappropriate social media content exposure can encourage aggressive behavior, particularly in kids and teens. Social media has become an unsafe platform in the absence of clear regulations. Users are more anxious and stressed because of cybercrime and hacking. People's personal information is at risk due to weak cyber laws and security measures. For this reason, government action is essential to controlling cyber activity and guaranteeing data security.

The Harmful impacts of the Internet on Pakistani Youth

With more than 60% of its people under 30, Pakistan boasts one of the youngest populations in the world. Even though internet access has increased quickly and provided chances for communication, education, and creativity, it has also presented many difficulties. Internet addiction decreased physical activity, emotional instability, and strained social and familial ties are among the growing problems that Pakistan's youth face.

A considerable proportion of young people, according to studies, spend more than three to five hours a day online, frequently partaking in harmful or ineffective activities like excessive gaming, social media scrolling, or exposure to offensive material. These actions lead to a drop in academic achievement as well as elevated anxiety and depression levels. Increased screen time and decreased physical activity also have an impact on physical health. Moral and ethical problems, like the decline of cultural values and cyberbullying, have also increased in frequency. These negative effects necessitate structured guidance, parental supervision, educational interventions, and government policies that support balanced and healthy usage, even though the internet is a necessary tool in today's digital world.

The Internet's Impacts on Young People in Pakistan

Internet Addiction & Overuse

- According to a 2024 Sargodha study, 34% of teenagers in Pakistan suffer from moderate to severe internet addiction, with males slightly more affected. This overuse has been connected to anxiety, depression, and subpar academic performance.
- According to research, Pakistani teenagers who use the internet excessively have lower emotional maturity, which leads to higher levels of mental stress, strained social bonds, and less physical activity.

Effects on Behavior & Daily Life

Impact on Conduct and Everyday Life: A study by Karachi university students revealed that 55.6% of youngsters used the internet for one to three hours every day. Notably, 51.7% of respondents said they had developed an addiction.

Lack of Exercise and Health Issues: Young people's low levels of physical activity have been connected to excessive screen time. For instance, only 4.4% of people participated in daily vigorous activity and 5.6% in moderate activity; many were instead sedentary for extended periods of time.

Impacts on the Social and Psychological Levels: A significant inverse relationship ($r = 0.765$) was discovered in Gujarat (Punjab) between youth social behavior and social media usage. Few people reported a significant positive impact.

Ratio and Demographics of Young People in Pakistan

Since nearly two-thirds of Pakistan's population is under 30, the country is dealing with a serious youth bulge that has important ramifications for its economy, society, and development. The cultural reluctance to discuss such topics and the parents' lack of familiarity with digital spaces compound the significant cyber risks that children and adolescents face, which include exploitation, grooming, and access to harmful content.

Pakistan's population is estimated to be 241.5 million as of the 2023 census. Of this, roughly 56% are between the ages of 15 and 64, and 40% are between the ages of 0 and 14, highlighting the extremely young demographic. According to this population ratio, 62% of Pakistan's population was 24 years of age or younger, with 34.8% being 14 years of age or younger, according to earlier data from 2019. According to UNDP, 2018 report it found that 29% of Pakistanis are between the ages of 15 and 29 and 64 % are under 30 use internets in high level. Pakistan's population is among the youngest in the world, with a median age of about 19.

Population Share of Young People Under 30

The population of Pakistan is 241,499,431 according to the 2023 Census. Pakistan's youthful population is confirmed by the demographic breakdown:
o 20.3% are under 15; ~56.0% are between 15 and 64, with many being under 30. The age group of 0–29 makes up approximately 0.64×241.5 million ≈ 154.5 million children, or 64% of the population.

Internet Users in Pakistan:

About 116 million people in Pakistan were online as of the beginning of 2025, accounting for approximately 45.7% of the country's total population. If we extrapolate this penetration rate to the youth population (those under 30), it would be approximately 0.457×154.5 million ≈ 70.6 million young people using the internet (approximate estimate).

Impacts of Internet Use on Pakistani Youth

Social and Emotional Isolation: According to a study, 71% of young people felt emotionally cut off from their families, and 94% of them believed that excessive social media use had a negative effect on family relationships. About 88.6% of young people experienced emotional disturbances, and 69% reported feeling more alone. Symptoms of addiction include obsessive online behavior, sleep problems (~25%), poor academic performance (~14.5%), and neglecting household tasks. Overuse is associated with poor physical health (headaches, posture problems), anxiety, depression, irritability, and decreased productivity, as well as sleep disturbance.

Medical Repercussions

Social phobia, which causes extreme anxiety during interactions, can be brought on by excessive Internet use. Researchers have discovered a clear connection between students' anxiety and compulsive Internet use, especially for male college students. Among the many health hazards associated with compulsive Internet use are depression, weight loss, eye strain, insomnia, physical pain, and irregular sleep patterns. The use of the Internet and anxiety levels are clearly correlated that engaging in excessive online activity can harm interpersonal connections and cause introversion. Internet addiction disorder (IAD) can develop into a clinically significant condition.

There is also a clear gender difference, with men being more likely to develop IAD. According to a study by the medical and engineering faculties, 62% of medical students and 53% of engineering students access the Internet mostly at night. These trends suggest that daily routines and sleep have been disturbed. Extended use results in loneliness, depression, emotional instability and wastage of time. Fewer social connections and a higher risk of loneliness and mental health problems are associated with students who spend more time online.

Effects on Society

Social media can help people connect with others and develop new skills, but excessive use can have detrimental effects. Traditional interpersonal interactions that were once prevalent in communities, workplaces, and schools have been supplanted by it. Even though social networks offer chances for idea sharing and community building, teens today rely too much on these platforms for communication and research, which impairs their ability to think critically and communicate face-to-face.

Many students prefer the Internet over libraries affects how deeply they study. Limiting screen time and keeping an eye on online activity are essential for parents to maintain a healthy balance. Due to excessive use of social media disrupts sleep, lowers physical activity, and impairs cognitive functioning, mental health issues related to social media are receiving more attention.

The truth is that many students are growing overly reliant on social media to the point of distraction, despite some research suggesting that moderate use of the platform can improve learning and engagement. This dependence frequently results in subpar academic achievement. A false sense of identity is also produced by social media. Anorexia, bulimia, and problems with body image are caused by people presenting idealized versions of themselves using editing apps and filters. Young users, particularly men, frequently become more preoccupied with online activity than with their offline objectives. Selfie posting, like-seeking, and commenting become more important than one's own personal and professional growth.

Concerns about Privacy and Ethics

Inappropriate use of social media can lead to unethical behavior and privacy violations. Personal information shared on social media platforms is often the target of hackers because it can be abused. Because they enthusiastically spend hours on their phones and frequently become estranged from their families and surroundings, teenagers are especially vulnerable.

social media promotes excessive sharing of private information, sometimes without permission, which is considered cybercrime. Additionally, it is now difficult for people to discern between trustworthy and untrustworthy people online, which raises the possibility of identity theft or manipulation.

Continuous exposure to violent or harmful content can have a negative behavioral impact, changing a person's outlook on life and decreasing empathy. Spending more time on electronics than on in-person interactions strains relationships with family members. Vanity, validation-seeking, and superficial communication are all encouraged by social media platforms that eventually undermine social cohesiveness and mental health.

Mental Health Issues

The misuse of the internet is destroying the young generation gradually and affects their educational performance. Not only this, but the overuse of the internet also brings countless evils to society, especially on youngsters such as social media, who are more likely to experience anxiety, depression, and low self-esteem. Social media addiction, cyberbullying, and continual comparisons to idealized images can cause emotional distress and loneliness which destroy their mental health.

Academic Performance

Due to wasting time on internet students learning performance is too low and affects their study routine. Such a bad routine affected not only their study but also their mental health. The youth of Pakistan always spending too much time online for leisure activities like gaming, watching videos, or using social media can cut into the amount of time spent on schoolwork. It has been demonstrated that this has a detrimental impact on Pakistani students' academic achievement. Social media companies should be held accountable for the safety of their users, especially minors use. Such type Platforms need to enforce stricter policies regarding harassment, hate speech, and bullying, and ensure that victims can easily report such incidents and escape young generations from the misuse of internet.

Cyberbullying and Online Harassment

The young generation is now involved in cyberbullying and online harassment. Such types of evils are very common, which destroy and misguide the life of the young generation. This significant challenge has increased in the younger generation with the use of the internet, it compounded by cultural, legal, and educational gaps. While there are efforts to address the issue, a coordinated approach involving awareness, education, legal reform, and mental health support is essential for mitigating the effects of online harassment and ensuring a safer digital environment for the youth.

Impact on Culture and Society

The use of internet has multiple misuse which indicate a negative direction to young Pakistani, such as their traditional and cultural values may be undermined because of unchecked internet content consumption. Foreign cultures may have a greater influence on young people, causing them to abandon regional customs, religious convictions, and social mores.

Addiction and Time Wastage

Internet has addicted youngster nowadays they have more attractive than other social activities which destroy their daily routine, their study habit, their social life, their norms and values which is killer poison for the young generation in Pakistan. Besides, excessive screen time can result from the addictive nature of some online activities, especially social media and gaming. In addition to causing physical health issues like eye strain and bad posture, this also lowers engagement in outdoor games, physical activities, and in-person interactions.

Mental Health Issues

The overuse of internet became the causes of different health issues for the young generation, especially on social media sites, has been connected to several mental health issues in Pakistani youth which are as under:

Anxiety and Depression

Internet creates the feelings of inadequacy, anxiety, and depression can result from frequent exposure to idealized images, comparisons, and cyberbullying amongst the young generation in Pakistan.

Low Self-Esteem

Whenever the youngster uses internet and watches a high standard and elite class family and their lifestyle leads them to gain money in illegal way and thus, they use every unfair means to earn money and make their lifestyle more luxury like European or elite class. In this way it creates the feelings of inferiority and self-doubt whenever they compare their actual lives to the "perfect" lives that are depicted online.

Addiction

The Internet is so attractive that it provides every type of program which addicted not only the youngster as well as which caused major issues such as, causing stress, anxiety, and even social isolation, particularly regarding social media, gaming, or pornography. Such types of addiction badly affected their education, social life, religious value, cultural value and traditional norms.

Academic Inadequacy

Internet usage has had a big impact on academic achievement, both positively and negatively. When utilized improperly, it can lead to academic inadequacy even though it offers convenient access to a wealth of knowledge, educational materials, and collaborative tools. Over-reliance on the internet can hinder deep learning, creativity, and critical thinking because students may replicate information without comprehending or interacting with it. Furthermore, procrastination and inadequate time management can result from distractions from social media, gaming, and entertainment platforms. Ineffective use of digital resources and inadequate guidance frequently lead to superficial learning, which lowers academic achievement and the standard of education. Games, dramas, songs, and other unethical videos are among the many internet activities that children are heavily dependent on, diverting their attention and causing them to lose interest in learning. Therefore, excessive internet use can negatively impact students' academic performance and frequently interfere with schoolwork.

Distraction from Studies

Mostly youngsters are involved in social media, games, and videos are just a few sources of entertainment. On the internet, such types of options are available that can divert students' attention from their academic work and cut down on Study time.

Reduced Grades

Due to overuse of internet students learning badly affected. In this regard research indicates that students who spend too much time online typically receive lower grades because they are less focused on their studies. This addiction badly affected their mind and mental level.

Procrastination

Young generation in all over the world and especially in Pakistan make the use of internet frequently which results in procrastination. Students frequently find themselves spending more time online than finishing assignments or preparing for tests, which is another way that the internet can promote procrastination. Which affects their study and learning process.

Internet sexual harassment of children

In Pakistan, young people are increasingly concerned about sexual harassment on the internet, which has a significant negative impact on their general development, sense of security, and mental health. Many young people, especially young girls, are exposed to unsolicited messages, explicit content, blackmail, and cyberstalking through social media, messaging apps, and other online platforms. In certain situations, this harassment results in withdrawal from social or academic life, as well as fear, anxiety, and depression. Cultural taboos surrounding such topics further silence victims, making it more difficult for them to get justice or assistance. Harassers can operate with a certain amount of impunity due to the absence of robust digital safety education and enforcement of cyber laws. Harassers can operate with a certain amount of impunity due to a lack of robust digital safety education and enforcement of cyber laws. Therefore, online sexual harassment is harming Pakistani youth's confidence, well-being, and trust in digital spaces in addition to violating their privacy and dignity.

The unethical and nonreligious impact of the internet

The moral and cultural foundation of Pakistani society has been called into question by the numerous immoral and nonreligious influences that the internet has introduced into the lives of young people. Inappropriate and explicit content, which is frequently readily available, can skew young people's perceptions and impair their moral boundaries and sense of modesty. Social media sites frequently encourage materialism, immoral fashions, and ways of living that are at odds with Islamic principles. These include dishonesty, spiritual decline, and disrespect for elders. Furthermore, the prevalence of cyberbullying, online dating, and phony identities adds to the growing disdain for moral and religious guidance. The internet can influence young people to adopt attitudes that are incompatible with Pakistanis values and diverge from traditional values if they are not properly guided and aware of digital issues.

Cyberbullying and Online Harassment

The anonymity provided by the internet has led to an increase in cyberbullying and online harassment among young people in Pakistan:

Harassment: Nowadays youngsters use the internet for harassment. Besides, bullies frequently use social media sites as a breeding ground, targeting people based on their appearance, actions, or beliefs. Victims may experience long-term psychological effects upon their mental level.

Absence of Regulation: Due to the use of the internet, younger people remain absent-minded, and their routine also disturbs. Besides, they are more susceptible to cyberbullying because there are fewer stringent laws and oversights in place. This can occasionally have disastrous results, like self-harm or suicide. Such types of cases are very common in the habitual use of free fire and Pub Games.

Loss of Social Skills in Real Life

Due to the use of the internet, they have less interest in social activities and skills. In this way their social skills are declining because of their increased online interaction and frequent neglect of in-person interactions.

Social Isolation: Young people who rely too much on online communication may find it difficult to form deep, meaningful relationships in the real world, which can result in feelings of social isolation and loneliness. In the society in different activities like marriage, death or any other types of social gathering they neglect such type of social activities and engage in mobile phone which creates big cause of isolation in young generations.

Weakened Social Bonds: Excessive use of virtual platforms can impair the social and emotional development of people by weakening their solid offline relationships with family and friends.

Difficulty Socializing: Due to a decrease in their real-world communication skills, young people may experience anxiety in social situations, which makes it more difficult for them to engage in offline activities or make new friends.

Being Near Inappropriate Content

The internet exposes young people to harmful and offensive content even though it provides helpful resources.

Pornography: Many Pakistani youths are exposed to explicit material on the internet, frequently at an early age. Distorted views of relationships and sexual behavior may result from this.

Extremism and Violence: Youth are also exposed to hate speech, violent content, and extremist ideologies online, all of which have the potential to shape their opinions and actions.

Misinformation: Fake news, conspiracy theories, and untrustworthy political or health advice are just a few examples of the misinformation that can negatively influence young people's opinions and decision-making.

Social Media and Gaming Addiction

For many young people in Pakistan, social media and online gaming have become extremely addictive, which has a negative impact on their well-being:

Reduced Exercise: A sedentary lifestyle is often the result of young people with internet addiction spending a lot of time in front of screens. Physical health issues like obesity, bad posture, and eye strain are exacerbated by this.

Distorted Time Management

Addiction to the internet can cause young people to lose their ability to manage their time effectively, ignoring crucial responsibilities like studying, getting enough sleep, or exercising. It also causes sleep disorder amongst youngsters. The use of too much screen time, especially late at night, throws off sleep cycles, resulting in sleep deprivation and the detrimental effects it has on one's physical and mental well-being.

Deterioration of Social and Cultural Values

Young people are using internet thus their culture values are also denied with exchange of the foreigner cultural values in Pakistan. They have also exposed to international cultures through the internet, which occasionally conflict with Pakistani society's traditional values.

Cultural Ignorance: Young people may become disengaged from their local cultural customs, religious beliefs, and social standards because of constant exposure to foreign cultures, especially through social media and entertainment platforms.

Westernization: There are worries that Pakistani society's traditional family structure, religious customs, and reverence for elders may be undermined by the internet's promotion of Western values and lifestyles.

Internet Addiction Resulting in Unhealthy Lifestyle Decisions

Many young people in Pakistan use the internet to escape from problems in their real lives, which can lead to bad lifestyle choices:

Disregarding obligations: Spending too much time online can result in unproductive habits and the neglect of social, familial, and academic obligations.

Participation in Risky Behaviors: Risky behaviors like substance abuse, late-night browsing, unhealthy eating habits, and unsafe online interactions can all be encouraged by the internet.

Recommendations

Programs for Education and Awareness: To inform students about the possible risks associated with the internet, educational institutions ought to host seminars and workshops. It is important to educate students about the dangers of social media, the value of privacy, and safe online conduct.

Parental Involvement: Parents need to be actively involved and to keep a vigilant eye on their kid's internet usage. Parents should promote offline activities like reading and sports, and there should be clear limits on screen time.

Stricter Regulations: To stop harmful content from reaching young people, the government should impose stricter regulations. This includes actions to block offensive websites and accounts on social media that spread hate speech or offensive content.

Psychological Support Services: For students who are experiencing mental health problems because of their internet use, schools and universities ought to provide counseling services.

Blockage of unethical channels: To shield young minds from damaging content that could have a negative impact on their values, behavior, and thoughts, it is imperative that unethical channels be blocked. Programs that promote violence, explicit content, or false ideologies are examples of inappropriate programming that can cause moral, psychological, and emotional harm. By using parental controls, content filters, and digital awareness to limit access to these channels, parents and guardians can establish a secure viewing environment that promotes healthy growth. Teaching children about the dangers of unethical media and promoting positive, educational content will help them develop into responsible, knowledgeable adults. Numerous online channels these days broadcast unethical dramas and programs that have a detrimental impact on children's mental health. It is now the government's duty to block these channels that negatively impact teenagers' mental health.

Preservation of Pakistani Culture Through the Internet: The internet has connected people and provided access to global knowledge, but it has also exposed young people to Western culture, which frequently causes them to embrace foreign values, fashion, and lifestyles. Pakistan's rich cultural legacy is at risk of being lost because of this change. But the internet can also be a formidable instrument for preserving and advancing our customs. By producing interesting content in regional languages and disseminating local music, traditional attire, historical documentaries, and cultural festivals online, we can encourage young people to reconnect with their heritage. Promoting Eastern values on social media and other digital platforms is one way that influencers and schools can help. Furthermore, the government and media outlets ought to assist regional content producers who emphasize Pakistani customs and values. By making cultural content more approachable and appealing, we can use the internet as a bridge between tradition and modernity and inspire the next generation to be proud of their heritage.

Conclusion

Nowadays the extreme use of internet in Pakistan has paralyzed Pakistani youths. This study emphasizes the negative social, psychological, and physical effects of problematic Internet use among youngster in Pakistan. The Internet and social media are useful resources for education and communication, but when used improperly, they can cause long-term damage. Although the internet provides a wealth of learning opportunities and global connectivity, its detrimental effects on Pakistani youth cannot be disregarded. Growing concerns include uncontrolled access to offensive material, social media addiction, cyberbullying, and deteriorating academic achievement. Youth social skills have also been weakened, and physical activity has decreased because of excessive screen time. Parents, educators, and the government must collaborate to promote digital literacy, establish healthy boundaries, and guarantee a safe online environment to lessen these problems. The

only way to turn the internet into a tool for advancement rather than harm is through responsible use and direction. Strong laws, awareness-raising initiatives, and digital literacy instruction are required to promote responsible Internet use. Protecting the next generation from the harmful effects of Internet addiction and ensuring that these technologies are used in ways that promote development, knowledge, and well-being require collaboration between educators, parents, and legislators. Although the internet is a vital tool with many advantages, its detrimental effects on Pakistani youth cannot be disregarded. Wide-ranging effects of excessive or inappropriate internet use include social isolation, academic difficulties, and mental health issues. Parents, teachers, and legislators must help young people use the internet responsibly to lessen these problems. In addition to stricter laws to shield children from dangerous internet content, this entails promoting offline activities, offering mental health support, and encouraging a healthy balance in screen time. In conclusion, although the internet is a potent instrument that has transformed communication and information access, Pakistani youth's unrestrained and excessive use of it is proving detrimental in several ways. Academic performance suffers as students get sidetracked by online entertainment, and mental health problems like anxiety, depression, and low self-esteem are increasing because of social media pressures. Because young people value virtual interactions over in-person relationships, the internet also contributes to a sense of social isolation. The detrimental effects are further exacerbated by exposure to damaging content, cyberbullying, and the deterioration of cultural values. Raising awareness of responsible internet use, improving regulatory frameworks, and promoting a balanced approach to digital engagement are all crucial to addressing these issues. The negative effects of the internet can be lessened by creating a healthier online environment and offering sufficient support networks, enabling Pakistani youth to take advantage of the internet's enormous potential without endangering their health. Although the internet offers a wealth of educational, social, and entertainment opportunities, it also presents a few risks to Pakistani youth. By working together, parents, legislators, and educational institutions can lessen the negative effects of excessive internet use. The detrimental effects of the internet on Pakistan's youth can be reduced by encouraging responsible internet use and providing appropriate support networks, enabling them to fully utilize it without becoming victims of its risks. Because it gives access to information, social networking, entertainment, and educational resources, the internet has become a vital part of modern life, particularly for young people. Its use among Pakistani youth, however, has resulted in several detrimental effects that may impact their general development, academic achievement, social relationships, and mental health.

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