

WALLOPING NEGATIVE TRENDS IN PAKISTAN'S YOUTH THROUGH SPORTS: CHALLENGES AND OPPORTUNITIES

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Abstract

Sports have been recognised as an integral part of human life, and their significance cannot be overstated. In Pakistan, however, sports have not been accorded due importance, which has had a negative impact on the country's youth. Sport for Development and Peace (SDP) is a popular way to address variety of social issues, especially in regions afflicted by negative tendencies. Numerous peace and development organisations, including the United Nations and international development agencies, have acknowledged sports as a significant social catalyst. Pakistan is globally tagged for negativity since there is a dearth of literature that corroborates its positive aspects. This country has been a world champion in four sports, and its gloom-ridden image has overshadowed such positive aspects of Pakistan. This research paper explores the challenges and opportunities of using sports to address negative trends in Pakistan's youth. This paper is an effort to introduce the concept of sport for peace and development, as well as a demonstration of how sport may help create peace, promote a favourable global image, and involve Pakistani youth in constructive activities. The paper in the beginning highlights sports' significance for a nation, then illustrates the sports landscape in Pakistan. It then delves into the challenges faced by Pakistani youth in terms of physical fitness and mental health. Since Pakistan is a sports-loving nation, there is a dire need to revive the sports culture in Pakistan to engage its youth in constructive activities for pragmatic outcomes. The paper concludes by highlighting the opportunities that lie ahead by fostering the sports spirit through the collaboration of the government, private sector, community, and civil society.

Keywords: Sports, Youth, Violence Mitigation, Peace and Development, Challenges and Opportunities

Introduction

Sports are a low-cost but strong technique for promoting peace and countering violent trends around the world. In every advanced nation, sports are recognised as a fundamental part of the development of an intellectually able and inclusive community. Parents, schools, and sports groups are all responsible for directing the energy of young people in the appropriate way. The government, on the other hand, has the duty to provide the infrastructure necessary to make this goal a reality. The United Nations has highlighted the role of sport in achieving sustainable development goals. The 2030 Agenda for Sustainable Development acknowledges the importance of sports in

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encouraging social progress and world peace. Sports are a powerful instrument for promoting physical fitness and peace at the same time.

Ongoing violence in Pakistan is a cause for concern when it comes to maintaining internal harmony.¹ The government has entirely destroyed the culture of sports in the country, leaving only cheap and easy entertainment for young people to choose from. As a result, there has been an uptick in radicalisation and violent trends among the poor, as well as among the middle and upper classes who use illegal substances and engage in violence.² The escalating negativity is not being dealt with in any way. On account of terrorism and violence, Pakistan is widely implicated around the world. Since the terrorist attacks of 2001, Pakistan has faced the brunt of terrorism. Young people who grew up in a violent, terroristic, and suicide attack-prone environment make up the majority of the country's population. The psychological effects of metamorphosis tarnished an image due to negative media coverage and a lack of sports facilities. As a country, Pakistanis are extremely tenacious and have never been deterred by hardships. Despite our bravery, we could not establish conducive conditions for the youth while opposing domestic violence, which affected the mental health of adolescents. The availability of modern kinds of entertainment quickly fuelled the flames.

To promote a conducive, calm, and harmonious environment, efforts to revitalize Pakistan's sports culture have been wanting. Political meddling and corruption in sports added fuel to the fire and further compounded the problems.³ There was a lack of infrastructure, which meant that potential athletes were unable to train, leading to a surge in aggressiveness in the general population. This is the final nail that has been driven into the coffin of sports culture. Sports in Pakistan can be revived despite these difficulties by addressing and showcasing their national worth, which would ultimately promote peace and stability.

By suggesting a fresh strategy based on encouraging peace via sports, our study aims to tackle the critical problem of the wallopings negative trend among Pakistani young. While earlier research has recognised that young Pakistanis confront problems including unemployment, extremism, and a lack of opportunity, there has been little in the way of systematic plans to address these concerns. Our research presents empirical data and theoretical insights into how sports might promote peace, social cohesion, and personal development among Pakistani adolescents. We intend to address this vacuum in the literature by concentrating on the transformational ability of sports. By drawing attention to these troubling tendencies, we want to pave the way for a long-term solution that uses athletics as a teaching tool to promote tolerance, inclusivity and beyond.

The Significance of Sports for a Nation

Sports play a very important role in the development process and the evolution of a nation. Values like teamwork, fair play, leadership, and converting the challenge into an opportunity are very important for the success of any society. Sports have the capability to bind people together and foster more cohesion and a sense of community. The sports arena helps in oozing out stress, creates a healthy sense of competitiveness, and boosts physical energy. In addition to those playing sports, family and friends can make it a healthy social activity to visit the grounds in order to witness sports or to watch them on television. Such gatherings display the spirit of the nation. Especially while organizing the international sports festivals, the nations gain a positive image as well as earn financially, in addition to gelling together their societies. The sporting spirit actually helps imbibe the national spirit and society.

Sports: A Valuable Tool for Accomplishing the United Nations' Sustainable Development Goals

The United Nations (UN) is focusing on the Sustainable Development Goals (SDGs) in order to achieve the newly established 2030 Agenda. The UN-led international community has chosen a total of 17 SDGs, which it will work toward over the next 15 years.⁴ Sixteen of the twenty-first century's development goals can be achieved through sports. **“Peace cannot be kept by force; it can only be achieved by understanding.”⁵**

Why Sports?

The international community has acknowledged the value of sports in promoting peace. The following features distinguish sports as a useful instrument for promoting diversity:⁶

- Sports
- Learn how to live a meaningful life, cultivate morals, and
- The unifying power of
- Sport has the power to inspire and motivate.
- Sports has a communal

Sports Contribute to Character Building

In pre-modern times, families encouraged boys to participate in athletics because they believed it would prepare them for their future roles as warriors and craftsmen, while they encouraged girls to engage in noncompetitive hobbies that would prepare them for

motherhood. When a country's national sports team does well, it is generally taken as a sign of the country's overall strength. During the FIFA World Cup 2022, Argentina won the World Cup by beating France in the finals. Argentina's national fervour was teeming during all phases of the tournament, which contributed to this grand victory. Lionel Messi emerged as Argentina's national hero, whom the majority of youth envied to follow and idealize. Sport also plays a significant role in the development of nations, as it aids in the formation of a distinct national identity. China's famous sport, Taekwondo, revolves around overpowering opponents, and the USA's widely loved game of chess pivots around securing the king. Such is the national character of both nations.⁷ Hence, sports not only shape national interests and character but also pave the way for the future grooming of a nation. All progressive nations and major powers pursue the dividends that can be accrued from sports.

Sports Help in Managing Emotions

In addition to the physical and mental exertion required to participate in sports, emotions play a significant role in the experience. In the moments leading up to the performance, there are certain feelings of eagerness shown. An athlete's "butterflies in the stomach" are just as common as an actor's stage fright. Other emotions arise both during and immediately following the show. It is the sport's subculture that scripts all of these emotions. Feeling rules are scripts that help athletes better control their emotions, such as during the national anthem before performances or celebrations following a victory.⁸ Norms for expressing one's feelings in sports differ greatly. While golfers and sumo wrestlers are prohibited from making showy displays to show their emotions, rugby players are allowed to do so. The significance of the competition is another factor that affects the emotions of those taking part in it. The subjective experience of sporting subcultures is structured by norms, notwithstanding these unique variances. These emotional activities, which aid in defining the roles of players, managers, and supporters, also contribute to the formation of the connection between sport and national identity.⁹

SDGs Accomplished through Sports for Development and Peace

Through sports for development and peace, a number of SDGs can be achieved, including:¹⁰

Goal 3: Promote healthy lifestyles and encourage well-being for everyone, regardless of age or ability.

Goal 4: Ensure that all students have access to a high-quality education and encourage lifelong learning.

Goal 6: Achieve gender parity and give every woman and girl the tools they need. In its truest form, sports can promote gender parity by encouraging everyone to participate in such activities. There are numerous physiological and emotional benefits associated with participating in sports and physical activity. Women's participation in sports challenges gender conventions as well.

Goal 11: Ensure that cities are safe, resilient, and sustainable for all residents. Goal 16: Promote societies that are just, peaceful, and inclusive.

Goal 17: Re-energize global cooperation for sustainability.

Sports around the Globe

Sports have always played an important role in society, notably in establishing a sense of fairness and harmony among warring nations. The 1896 Olympic Games were intended to unite war-torn nations and reject the concept of harming one's fellow human beings. "Forward, Together, and Stronger" is the motto of the Olympic Games.¹¹

As a member of the UN, Pakistan must aim to make sure that the SDGs are woven into the fabric of every sporting organization. Sports' great positive power and excitement will continue to unite the people, producing a more equitable and stable world through its worldwide values and principles, regardless of these hurdles. To promote UN objectives and achieve the SDGs, it will always be one of the most cost-effective and adaptable instruments.

Pakistan's Sports Landscape

Before proceeding further, it is worth dilating upon the existing sports culture prevailing in Pakistan. In Pakistan, it is ridden with challenges for the youth. As per the United Nations Development Programme (UNDP) report, only 7% of Pakistani youth take part in sports, whereas 93% are denied access to sports facilities.¹² This speaks poorly of the state for not being able to provide a healthy environment of sports to its youth, which is the right platform to engage and tame them as productive members of society. The linked issue is a lack of sports infrastructure and related facilities in Pakistan. There are issues of capacity in the national sports forums and bodies. Incompetence and a lack of strategic direction at the national and societal levels contribute to this problem. The educational institutes do not play their desired role in promoting the culture of sports. The universities do not follow any unified policy for promoting sports culture among the youth. It is felt that sports do not find space on the priority list of the universities' management.¹³

Challenges to Sports in Pakistan

There are several challenges facing the sports paradigm in Pakistan. Some of these are:

- Lack of infrastructure and requisite facilities is the prime reason behind the issue being discussed here. It is evident from the UNDP report cited above that the percentage of the population having access to sports facilities is minimal. This indicates our priorities at the national level.
- Corruption, prevalent in almost all sectors of the state and society, has also plagued the sports culture in Pakistan. Our lack of capacity, non-professionalism, and incompetence are further compounded by our directionless policies. Corrupt practices prevail in sports too, which fall at a tangent to their merit. Genuine and budding youth with talent are denied access to the right platforms.¹⁴
- The nations have to evolve and grow with the times. We have not been able to do that. Due to the rising trend of technology, most youth have become embroiled in cellular phones and computers. Lack of awareness, currency of technology, and lack of sports facilities all contribute to the bleak state of affairs.

Application of Sports for Development and Peace in Pakistan

Violent extremism has afflicted Pakistan, and numerous sports, in the manner of SDP programs, can benefit the country's youth, who make up over 59% of the population. SDP research in Pakistan is lacking, and there is no unified database that records SDP projects in Pakistan, their sources, outcomes, and impacts. Without regard to the SDP ideology, several initiatives merely promote health and rehabilitation initiatives. SDP programs need to be defined, and their role in preventing violence in Pakistan needs to be clarified. With the help of SDP initiatives, Pakistan's federal government may work to reduce violence. The fact that the Football for Peace programs are still not in place in Pakistan is proof that SDP implementation is lacking there. Pakistan is unfortunately known for more negative reasons than positive ones; however, there are ample avenues that can be discussed in literature instead of gloom-ridden scenarios surrounding the fate of the nation.¹⁵

Hard Cheese: The Declining Sporting Culture in Pakistan

The education institutes across the developed world place special emphasis on the promotion of sports as part of the curriculum. It has been the mind-set of "parho gay

likho gay bano gay nawab" or "jo khelo gay koodo gay ho gay kharab" (it implies that pursuing the studies is key to success, whereas the games are considered an antidote to success.) that has brought Pakistan's sports culture to its knees and left the country's youth at the mercy of today's shoddy and low-budget entertainment options. Only a few schools, colleges, and universities have a right and focused emphasis on promoting ideals of inclusion, community stability, tolerance, and empathy instead of cramming. Young people's increased use of violence is a clear indication of the consequences of this trend.¹⁶ Pakistan was previously regarded as one of the most important countries in Asia. The future of Pakistani sports is dismal, and the government is oblivious to the predicament of the sport. Despite being one of Asia's most sport-playing nations, we have seen a steady decline in the country's sports culture due to the state's economic and political entanglements. Sports are of no interest to the government. Once great athletes find no help from the state or society to rescue them from a situation where they are left to the dictates of fate, the former players are found in terrible health, discarded by society, and potential players can only imagine a gloomy future for themselves.

Absence of National Sports Infrastructure

A lack of facilities means that players and coaches can't get the training they need to become world-class athletes. The following aspects are worth mentioning that have deteriorated the sports culture in our country:

- Ignoring the mother of sports—athletes—has been a key factor in the continued
- A failure to plan any youth program after the 2001 Global War on
- There is no government.
- There is no systemic
- No government in Pakistan shows any interest in any sport, and no sports heroes are ever honoured in cinema.

Abandoning the National Sport: Hockey

The national game represents the country around the globe. The collapse of Pakistani hockey is not as dramatic as it looks. It's been a gradual decline into the abyss. Despite winning two World Hockey Championships, Pakistan has few astroturf venues, and layers are underpaid, stripping the country of its patriotic spirit. The lack of regard for national sports will never gain respect on the international stage. Unfortunately, Pakistan has been tagged with the notion of a war-torn nation lacking peace; however, the reality is

the opposite. Such an unwelcoming tag of a terror-bound nation contributed to overshadowing Pakistan's contribution towards internal, regional, and global peace.¹⁷

Pakistan Sports' Golden Era

Pakistan's only hope for good news used to be found in sports. When it comes to squash legends like Hashim & Jansher, Jahangir, and Jansher Khan, we didn't do enough to value them and utilize their skills for the youth. 555 consecutive wins by Jahangir Khan is an unbreakable world record that might have been used to promote Pakistan's soft image abroad and to establish him as a national hero among young people.¹⁸ Within six years, the national teams of hockey and cricket won two World Cups, two Champions Trophies, and an Olympic Gold, respectively (1978–84). Cricket, hockey, snooker, and badminton were the four sports in which Pakistan had won international titles in 1994. As a nation, Pakistan has consistently excelled above its weight class. However, things have changed significantly during the last three decades. Almost every sport has suffered a fall in popularity over the years. Even though the rest of the world has improved with each game, we virtually did nothing substantial to improve our state of affairs.

Rather than a simple case of negligence and political motives, there appears to have been a more fundamental shift in the nation's mindset. We may be proud of the 1992 World Cup victory, the many international triumphs of Jahangir and Jansher Khan, and the triumph of amateur snooker player Mohammad Yousuf, who rose from obscurity to win the world snooker championship. It looks like Pakistan's reservoir of professionalism and triumphs has been exhausted.

Negative Impact on Sports: Post-9/11 Incident

As a result of 9/11, Pakistan was unable to participate in international sporting events due to the country's commitment to a war on terror.¹⁹ Even in the midst of Pakistan's muddled narrative, the country's youth would have nothing but cricket to glance forward to at this point in time.²⁰ Thus, there were very few alternatives for the toddler to choose from. Non-professional groups dominated sports organisations. There is no shortage of sporting talent in Pakistan, but the country's current sports infrastructure is lacking in funding and qualified staff.

Lack of Skill in the Sports Hierarchy

Unskilled assignment holders were not fired despite diminishing sports culture and poor performance at the Olympics, as has been documented historically. Since 1978,

the Pakistan Olympic Board has been administered by a few people who have no experience in sports at the national and international level. The political and discretionary appointments of those in the hierarchy badly affect the spirit of meritocracy.

Subjectivity Deficiency

All of these factors have led to our present incarnation of dread, in which games are regarded as an extracurricular, a waste of time for high achievers, and a luxury reserved for the wealthy who enjoy an exclusive security situation and other life luxuries being the elite class. As a result of this development in sports, the system was either run by poorly educated people who lacked the requisite understanding of sports science or by people who had been in the sports field for a long time but were not competent enough to manage the affairs.

Cricket Supremacy over Other Sports

In Pakistan, cricket is the country's only sport of choice. In Pakistan, there was no other game that could have an impact. Throughout the decades, Pakistan's performance in the Olympic games has been barely average. Instead of honouring our sports heroes and establishing careers for them after retirement, individuals are left at the mercy of the world's ugliness. 'Because neither sports nor sports culture are valued, people have shifted their focus away from sports. Compared to the 196 countries that participated in the Olympic Games, cricket may have provided a more positive picture of Pakistan to the rest of the world.

Pakistan: A Mountainous Country with Negligible Incentives for Mountaineers

It's a mountaineer's paradise in Pakistan's northern provinces, especially Gilgit Baltistan. Pakistan's impoverished and vulnerable citizens would be abused by anti-social groups if these utilities were not provided, and the country's global image would suffer as a result. In order to foster climbing as a sport, it is critical that the surrounding infrastructure be improved and expanded in order to attract and accommodate climbers.²¹ The bad intentions of the enemy are significantly more likely to affect the bordering territories. Not a single one of Pakistan's four seasons, from deserts to mountains to plains, has been utilised for the benefit of the country's youth and to promote Pakistan's image, which is a matter of concern.

The Media's Role in Promoting Sports and an Inclusive Society

Media is the most important fact in today's society. The world has moved swiftly since the emergence of mass media and its convulsive consequences. There is a new era of huge production, connectivity, and information flow in which we are now living. Both the news media and academic institutions play crucial roles in moulding public opinion and establishing new social norms. The media's ability to influence people's attitudes and behaviours is crucial in portraying an image and opening up new possibilities.

The Media's Influence on Trends

The media should be leveraged to promote peace and sway public opinion in favour of a more peaceful resolution. The media must advocate for peace projects and to provide support to individuals and groups working on peace issues. The media have to project the positive while suppressing and rectifying the negative.

Containing Society's Increasing Negativity

Pakistan faces a host of social, economic, cultural, and political challenges. The country is made up of various factions of society and political parties. Terrorism is resurging, while ethnic conflicts, sectarianism, and political turmoil are at an all-time high.²² The media may play a key role in fostering peace and togetherness in Pakistani society and removing negative behaviours. Responsible journalism is vital to society's cohesion. The biases of journalism toward a specific ideology, political group, person, or even a social problem are detrimental because they polarize society. The media's role in promoting stability and peace in Pakistani society seems critical, since it may provide hope to marginalised and disadvantaged groups.

Addressing the Complaints of Disadvantaged Groups

In areas like Karachi, Balochistan, and the erstwhile Federally Administered Tribal Areas (FATA), the media can play a vital role in redressing the problems of underprivileged people. The media can help create awareness among the masses and also sensitize the government quarters.²³ A more inclusive society may be achieved if the media channels at the national level portray a favourable view of the nation both locally and internationally.

The social science concept known as "Contact Theory" proposes that reducing prejudice, stereotyping, and hostility across groups might be as simple as increasing opportunities for interaction and dialogue between individuals from various backgrounds. When

applied to the purpose of fostering youth peace via sports, Contact Theory argues that such activities provide a perfect platform for adolescents from diverse backgrounds to meet, talk to one another, and form friendships. Through team sports, athletes from all walks of life and all corners of the globe are able to overcome their differences in socioeconomic status, cultural background, and ethnic identity. These interactions have the potential to expose and challenge prejudice and stereotyping, leading to increased empathy, mutual esteem, and a sense of shared identity. Sports also provide a platform for cooperation and collaboration, which may help people put aside their differences and work together toward a common goal. Thus, by integrating the principles of Contact Theory with sports, programs may be created that actively encourage peacebuilding. By doing so, we can provide spaces where young people may come together, participate positively, and ultimately bridge the gaps in our society.

Channels for Sports Programming in the Public Interest

Until 2021, the only sports channels available were PTV Sports, TEN Sports, and Geo Sports. The camera effects, program scripts, and quality of the picture haven't changed at all in the previous 21 years. There are few places for people to get their fill of entertainment these days, thanks to the overzealous click-bait of social media and mainstream media to promote sports. The overall rating of quasi-sports networks has been lowered by the audience's interest in breaking news.²⁴ Publicity outlets run a lacklustre media campaign ahead of international and national tournaments, which does not pique the interest of the general public in sports.

Opportunities: The Revival of Sports Culture

The sports culture in Pakistan can be revived, and the gainful engagement of youth in sports for obvious dividends is doable; however, the effort will have to be multifaceted and dynamic. It is not possible without the involvement of multiple stakeholders, including the government, sports organisations at various levels, educational institutions, and the community. Following is a suggested roadmap to achieve this goal:

- **Steps by the Government**

The Higher Education Commission of Punjab initiated the review of the sports policy in 2020. It was aimed at identifying the policy gaps and suggesting a roadmap for the universities in order to contribute to sports as well as produce quality sportspersons at the national and international level.²⁵

- **Involvement of the Private Sector**

The private sector has huge potential to help promote the sports culture in Pakistan. The private sector can work independently or in collaboration with the public sector to arrange funds for the development of infrastructure, organize various events, and incentivize sportspeople across Pakistan.

- **The Community's Role**

The community's role in the national development of advanced nations is tremendous. Pakistan needs to work on mobilizing its community-based organisations. This community can further mobilize the youth towards a constructive role in society through sports. Community sports events may be organised, and sports may be projected as a recreational activity for the whole family. Once our community picks up this role, the burden on the state will be reduced significantly.

- **Improvement of Sports Infrastructure**

Notwithstanding the worsening economic situation of the country, through a phased program, modern sports facilities and infrastructure may be improved. It is a very doable thing. Our existing sports infrastructure needs to be raised to international standards.

- **Sports Culture at the Grassroots Level**

The sports events and programs at schools, colleges, and universities should be organised to inculcate a sense of competition. The young talent should be identified and nurtured through a well-thought-out plan.

- **Incentivize sports among youth.**

In order to incentivize sports among the youth, in addition to providing equitable opportunities to all, the youth should be encouraged to take more interest in sports. This can be done through the provision of scholarships and honorariums for those young sportspeople who have the potential to grow in the sport.

- **Training of the coaches**

The coaches who can impart quality and international-standard coaching in sports must be incentivised to perform even better. They should be given certification and financial incentives.

- **Recognition of Sports Persons**

The culture of recognition and honouring our sports heroes must be nurtured. At community, school, college, university, and other levels, renowned sportspersons will be invited and their services will be applauded. Sporting legends should be given prestigious positions on their respective sports boards in order to honour them and recognize their achievements.

- **Role of Media**
Electronic, social, and digital media can play a very important part in promoting sports in society. It can be done through sports-related coverage and by including the success stories of national and international-level sportspeople in their programs.
- **Role of the State**
Notwithstanding the role of various stakeholders in the promotion of sports, the state has a major role to play. We have many lessons to learn from the way Qatar hosted the FIFA World Cup in 2022, making history.
- **Gender Inclusivity**
Our females have huge potential in sports, which is evident from the international and national level of female sportspeople. There is a need to encourage female athletes and sportspeople at various levels.
- **Inculcating the Sportsman Spirit and Ethics**
After the earth-breaking promotion of sports is kicked off, it is time to focus on the sportsman spirit and the ethics among the youth. Match fixing and winning through unfair means should be strictly curbed.
- **Providing international exposure**
The youth with potential in various sports will be facilitated and provided with exposure at various international levels. It will not only bring a good name to the country and enhance our soft power abroad, but also engage our youth productively.
- **Aim for international standards.**
It's time to make Olympic-related sports mandatory for students at all levels of education, from elementary school through college and university. There should be an evaluation of the kids with disabilities via mental sports in order to make them a part of the community.
- **Mobilizing a National Action Plan**
After doing the necessary spadework, a national action plan will be mobilised to promote sports and raise the desired sports infrastructure in the country. All efforts must be given a unified direction and monitored by the state organs under the auspices of the National Action Plan. It can help mitigate the violent trends in society.

Conclusion

Sports are an inexpensive yet effective method of fostering peace and reversing violent tendencies worldwide. Sports are widely acknowledged as a critical component of

developing an intellectually capable and inclusive population in every modern country. Parents, schools, and sports organisations are all accountable for appropriately channelling the energy of children and adolescents. On the other side, the government is responsible for providing the infrastructure required to accomplish this purpose. The UN has emphasised the importance of sport in attaining the Sustainable Development Goals. The 2030 Agenda for Sustainable Development recognizes the critical role of sport in advancing social development and promoting global peace. Sports are an incredibly effective tool for developing both physical health and tranquillity. Pakistan's ongoing violence is concerning for the country's internal stability. The government has obliterated the country's sports culture, leaving young people with only inexpensive and accessible leisure options. As a consequence, radicalism and violent tendencies have increased among the poor, as well as among the middle and upper classes, who use illicit drugs and commit acts of violence. There is no attempt being made to address the growing criticism. Pakistan is well-known around the globe for obvious reasons: terrorism and bloodshed. Pakistan has been inextricably linked to terrorism since the terrorist events of 2001. Young people who have grown up in a culture of violence, terrorism, and suicide attacks make up 59 percent of the population. Negative media coverage and a dearth of sporting facilities led to a degraded image, exacerbated by metamorphosis's psychological impacts.²⁶ Pakistanis are tough people who have never been discouraged by adversity. Despite our courage, we lost sight of the need to create favourable environments for kids while fighting domestic violence, affecting adolescents' mental health. The accessibility of contemporary forms of entertainment fuelled the fires swiftly. No effort has been made to rejuvenate Pakistan's sports culture to foster a pleasant, tranquil, and harmonious atmosphere. Pakistan is muddling through as a result of political interference and corruption in sports. Due to a lack of infrastructure, prospective athletes were unable to train, increasing overall aggression. This is the apex of sports culture's demise. Despite these challenges, it may be possible to revive sports in Pakistan by emphasizing and promoting their national significance, which would eventually promote peace.

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