

In the Name of God, the Most Merciful, the Most Kind



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## Unemployment Promotes Insecurity and Terrorism

Though insecurity and terrorism are considered as the most dominant problems of Afghanistan, they are dominated and in certain cases even caused by another major issue that has not received much attention by the relevant authorities. The issue is that of unemployment. A thorough deliberation and analysis of the circumstances in Afghanistan will definitely favor the notion that unemployment is the root of many other social evils, among which insecurity and terrorism are the most dominant ones. Now, they have grown so serious and huge that they have overshadowed the root cause; therefore, we fail to address the key issue and keep on facing the outcomes. Even if we control the issue of terrorism and insecurity to a certain extent for the time being, it would only be a temporary solution because the evil of unemployment will soon create circumstances that will pave the way for them.

Another disadvantage of the prevailing unemployment is that we are not able to utilize human resource in the way we can and we should. Afghan youngsters who are full of potentials and have the capacity to play a dominant role in the economic wellbeing of the country are pushed towards the activities that will ultimately prove to be detrimental for the society as a whole. Most unfortunate is the fact that the youngster who spend a considerable part of their lives in getting education and learning different skills are not absorbed within different professions; therefore, their education and skills are wasted in the most unfortunate manner. This does not waste a useful resource but it also encourages the youngsters to take part in destructive activities.

It is now an undeniable fact that unemployment, if left unattended, would ultimately promote negativity and destruction both in the lives of the individuals and the society. Who can deny the fact that currently one of the basic reasons for the growing insecurity and rising rate of drug addiction is unemployment?

The capable youth who find no job opportunities join the ranks of the terrorists readily. The terrorists are ready to pay them and their families handsome amount for different evil tasks. Since, there are many parts of the country that have turned into markets for terrorists and terrorism, unemployed youth could be the most suitable commodity for them.

Moreover, frustration that may result from the lack of employment is another issue that the youngsters have to deal with. Because of family pressure and the psychological problems that arise from idleness, youngsters fail to keep integrity in their personalities and become the victims of social isolation and drug abuse. The rising rate of drug addiction throughout the country is a clear example. Many youngsters, having lost every hope and optimism in their lives, can be found lost in the filth of addicting drugs along the drains and on the garbage at different places. Can such youngster play a positive role for the future of the country?

Moreover, there are many youngsters who have lost all the hopes from the country and have fled to other countries for better future. Though some of them have reached to their intended destination, there are many who have not been successful in doing so. Some of them even lost their lives on the way; while there are many who are still on the way with their fates undecided.

The government, on the other hand, has promised several times that it would create jobs for the citizens. However, those promises have not been able to become realities. Instead, the government seems over-dominated by the issue of insecurity. Thus, it appears that the government is only looking at the leaves, and cutting the ones that are autumn-stricken instead of strengthening the tree as a whole by watering its roots. Unless the government is able to eradicate unemployment, it will never be successful in its endeavors to uproot insecurity and terrorism.

At the same time, it must not be forgotten that Afghanistan's economic system can only be strengthened when the capable and skilled individuals participate in strengthening the economic system. Especially the youngsters who get qualified from universities must be given opportunities to present and use their education and skills in the profession of their choice and interest. Young blood equipped with determination and patriotism can definitely play a significant role; all they need is equitable treatment from the prevailing system. The energy from youngster is the only force that can defeat the curse of terrorism and rising instability. It can also start a new era of economic wellbeing and self-sufficiency. But, the government must start taking practical measures before it is too late. Unless the promises are converted into practical steps it is very difficult to expect any change in the ongoing situation. Moreover, equal job opportunities must be created for girls and women as well as they form an integral part of Afghan populace and can play a tremendous role in improving Afghan economic system.



## Empty Nest Syndrome

By Hujjatullah Zia

The war and militancy created large-scale challenges for human societies. A large number of people from war-torn countries such as Afghanistan, Iraq, Syria, etc. took refuge to other countries, mainly Europe to breathe a sigh of relief.

The escalated militancy in Asian countries forced people to find a safe shelter. Scores of families flocked to Europe not only to survive war but also hunger. They risked their lives with the hope of getting rid of the ongoing crisis.

According to the United Nations High Commissioner for Refugees (UNHCR) around 65.6 million people have been displaced worldwide. Among these, 22.5 million are refugees. Nearly half of the refugees worldwide are from three countries - Syria, Afghanistan and South Sudan. Among these three countries, Syrian refugees constitute the largest number i.e. 5.5 million.

Amid the fighting and mass movement of population for protection of their lives, most of the Middle Eastern countries did not open their borders for refugees. Turkey, bordering Syria and Iraq, but geographically not in the Middle East, became host to most of the refugees.

In August 2015, the refugee crisis in the Middle East became a global issue when thousands of refugees tried to enter Europe to seek asylum. The wave of refugees escaping from their war-struck countries brought unforeseen challenges to Europe.

Over one million people - refugees, displaced persons and other migrants - made their way to the EU in 2015. The EU states are signatory to the 1951 Geneva Convention on the protection of refugees which recognizes asylum as a fundamental right and an international obligation. However, the absence of a coherent and uniform EU policy to deal with the arrival of several thousand refugees poses a formidable challenge to European leaders. Moreover, the sudden influx of refugees in Europe exposed the flaws and bottlenecks of the existing immigration laws and their implementation.

After all, due to the influx of refugees, Europe is not only facing a number of political and economic challenges, but also has to face logistical hardships, such as accommodation and registration of refugees, providing them food, shelter, housing, medical support, etc. The refugee crisis in Europe has also raised terror threats.

In popular media the refugees are portrayed as a security challenge for Europe, mainly after the Paris attacks of November 2015 when it was revealed that the Paris football stadium attacker used a "stolen" or "fake" Syrian passport to enter Europe through Greece. The situation further worsened in 2016, when scores of people in Europe were

killed in multiple attacks: the bomb explosions at Brussels airport, the lorry attack in Nice during Bastille Day celebrations and the string of attacks in German cities including shootings in Munich and the attacks in Berlin's Christmas markets.

In other words, the terrorist networks spread horror and Islamophobia in foreign countries, too. They recruited many people from Europe, especially from Russia, and carried out large-scale attacks against innocent civilians. This weakened the chance of citizenship for asylum seekers and refugees.

Following the fall of the Taliban's regime, Afghanistan did not change into a secure country since the Taliban continued fighting. Worst of all, the emergence of self-styled Islamic State of Iraq and the Levant (ISIL) left the security situation more volatile and hundreds of people were killed while worshipping, trading, going to work, schools, etc. mostly on the basis of their racial and religious backgrounds. Subsequently, people lost their trust in the government and sought refuge to foreign countries.

The National Unity Government (NUG) did not fulfill its mouth-watering promises. First of all, the officials could not resolve tension within the government's body and exchanged harsh rhetoric against one another. This tension compounded the public disappointment and made them lose their trust in peace and stability. In his recent statement on Wednesday, Afghan Chief Executive Officer Dr. Abdullah Abdullah said that they did not fulfill their promise made to the nation. He said that they had to be brave enough to acknowledge this fact.

Peace and stability are on the basic needs of all people. It goes without saying that when there is no peace, citizens will not be able to continue their social, political, cultural, and economic activities freely.

Therefore, Afghanistan also encounter economic crisis and thousands of people remained jobless. With the rise in unemployment, people will wrestle with financial challenges. So, no effective strategy was adopted by the government to tackle the two formidable challenges namely insecurity and economic stagnation. In such a case, should we not justify the youths to abandon the country?

Needless to say, when the society is embroiled in insecurity and unemployment, there are three ways left for citizens: abandon the country, suffer severely, or succumb to crime as the last resort.

A group of people also chose the third way and the crime rate such as robbery, death, extortion, etc. has increased dramatically. To stop migration, the NUG will have to adopt an effective strategy to resolve the challenges.

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## Effective Factors in Mental Health

By Ali Rezayi

There is no agreed definition for mental health or illness. Those who play their role constructively in society are mentally healthy and vice versa. Culture will strongly affect a society's values and beliefs, which will, then, affect health and disease defined by the society. An issue will be deemed right in one society but wrong in another society.

The word "health" refers to a state of complete emotional and physical well-being. Healthcare exists to help people maintain this optimal state of health. In 1948, the World Health Organization (WHO) defined health as, "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

In 1986, the WHO further clarified that health is, "A resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities". This means that health is a resource to support an individual's function in wider society. A healthful lifestyle provides the means to lead a full life.

More recently, researchers have defined health as the ability of a body to adapt to new threats and infirmities. They base this on the idea that modern science has dramatically increased human awareness of diseases and how they work in the last few decades.

Mental health refers to a person's emotional, social, and psychological wellbeing. Mental health is as important as physical health to a full, active lifestyle.

Environmental factors play a role. Sometimes the environment alone is enough to impact health. Other times, an environmental trigger can cause illness in a person who is genetically susceptible.

Education is usually assessed by the use of two standard questions that ask about the number of years of schooling completed and the educational credentials gained. The quality of education also may be relevant to health, but it is more difficult to assess accurately. An extensive literature has linked education to health outcomes, including mortality, morbidity, health behaviors, and functional limitations.

The relationship between lower educational attainment and worse health outcomes occurs throughout the life course. Those who are educated will learn the better way of protecting their health.

Moreover, they have greater information about health care and the way for asking information about health. Researches have shown that the high education rate will let people to be in pursuit of early cure and prevention. They also learn in social media how to help people afflicted

with mental health.

Stressful circumstances, making people feel worried, anxious and unable to cope, are damaging to health and may lead to premature death. Social and psychological circumstances can cause long-term stress. Continuing anxiety, insecurity, low self-esteem, social isolation and lack of control over work and home life, have powerful effects on health.

Cultural issues can affect health. The traditions and customs of a society and a family's response to them can have a good or bad impact on health. For example, around the Mediterranean, people are more likely to consume high levels of fruits, vegetables, and olive, and to eat as a family, compared with cultures with a high consumption of fast food. Family also plays a pivotal role shaping the personality of people. It is said that parents are the most significant instructors of children.

A healthy family will support all peace and tranquility of all family members. The family environment will affect the physical and mental health of its members. To have a healthy family, parents will have to pay attention to their children and their needs. Children acquire all behaviors of their parents. Hence, parents have to put positive effect on them.

Economic environment is also crucial in one's health. Poverty and unemployment will trigger a strong mental stress that put one's health at risk. On the contrary, job safety and fair job opportunity will increase one's satisfaction and ensure mental health. The high unemployment rate will lead to various diseases, including mental disease, and shorten life expectancy. It will further result in stress, depression, cardiovascular disease, etc. It is worth saying that only having job will not mitigate the disease, the quality of job is also very effective. People have to have suitable jobs that should not degrade their personality.

The World Health Organization (WHO) declared in 2001 that it is not only radical violation of human rights such as rape and domestic violence that put an adverse effect on one's health but lack of food, lack of justice in distributing facilities, and lack of access to health care are also the factors associated with mental health.

Many factors combine together to affect the health of individuals and communities. Whether people are healthy or not, is determined by their circumstances and environment. To a large extent, factors such as where we live, the state of our environment, genetics, our income and education level, and our relationships with friends and family all have considerable impacts on health.

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