

# From Domestic Stability to Global Resilience: Analyzing Pakistan's Foreign Policy, Regional Dynamics, and Socioeconomic Pathways in the Context of COP 29

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## Timeline

**Received:** Sep 25, 2024

**Revised:** Nov 28, 2024

**Accepted:** Nov 29, 2024

**Published:** Dec 07, 2024

## DOI

<https://doi.org/10.55603/jes.v3i2.a5>



## **Abstract**

The significance of environmental sustainability, regional stability, and socioeconomic resilience as global issues was underscored at COP 29. In this context, Pakistan's internal stability is contingent upon the stability of the region, society, economy, and foreign policy. In order to investigate these dynamics, this mixed-methods study implements quantitative regression analysis and qualitative in-depth interviews. The qualitative results show that national dignity and popular faith in the government are directly connected to foreign policy effectiveness. Interviewees expressed that strong and positive foreign policy boosts residents' security and hope for the country's future. Conversely, regional unrest, especially in neighboring nations, may destabilize communities by causing suspicion and terror. Social well-being and economic circumstances were again stressed as necessary for internal stability, with respondents expressing that better social services and economic possibilities help reduce external pressures. Quantitative analysis validates qualitative conclusions. Research indicates that public trust in foreign policy efficacy positively correlates with domestic stability ( $\beta = 0.435$ ,  $p = 0.002$ ). Regional upheaval adversely affects internal stability ( $\beta = -0.109$ ,  $p = 0.039$ ), indicating that foreign conflicts and tensions destabilize the nation. Social well-being ( $\beta = 0.513$ ,  $p = 0.001$ ) significantly predicted domestic stability, emphasizing the significance of social cohesiveness and public services in preserving peace. Economic circumstances significantly impact domestic order ( $\beta = 0.367$ ,  $p = 0.042$ ), indicating the importance of economic growth and stability. Pakistan needs a multifaceted strategy for internal stability. For long-term stability, social well-being and economic circumstances must improve. These results are valid for national and international policymakers and future peace studies in geopolitically vulnerable locations.

**Keywords:** Domestic Stability, Foreign Policy Effectiveness, Regional Turmoil, Social Well-being, Geopolitics

**JEL Classification:** F50, Q56, O53

## **1. Introduction**

Pakistan's foreign policy is intricately woven around the imperatives of conflict resolution and the maintenance of regional security. Central to its strategy are preserving stability and forging robust regional alliances. Historically, Pakistan's foreign policy has been shaped by its national security concerns, geopolitical dynamics, and historical ties, particularly about its neighboring countries (Mir, 2023). A significant focus remains on fostering peace and mediating disputes, especially those involving India, including the longstanding Kashmir conflict, while also ensuring the integrity of its borders. In pursuit of regional stability, Pakistan endeavors to cultivate amicable relations with all neighboring nations, including Afghanistan (Khan et al., 2023). A crucial component of its foreign policy is the emphasis on

counterterrorism efforts aimed at mitigating extremist threats that endanger both regional and national security. Furthermore, Pakistan actively seeks to enhance its economic partnerships, notably with China, through strategic initiatives such as the CPEC (Zaib, 2023). Engagement with regional and international organizations—such as the SAARC and the United Nations—serves not only to amplify its foreign policy objectives but also to garner support for its strategic vision.

Recent studies highlight the complexity of these relationships. Abbas et al. (2024) discusses the influence of shifting geopolitical landscapes on Pakistan's foreign policy approach. Bessner & Logevall (2024) emphasizes the importance of historical relationships with neighboring countries as motivators of policy decisions. Hornat (2023) investigates the impact of internal stability on foreign relations, reiterating the primacy of national security in shaping foreign policy choices. Understanding the interplay between foreign policy and domestic stability is vital, as international decisions can significantly impact governance and societal well-being. Winkler & Jerdén (2023) posits that foreign policy choices can either reinforce or undermine internal stability, while Mattingly (2024) explores the domestic ramifications of policies designed to counter external threats. Shani (2023) underscores the necessity of a balanced approach, highlighting the interactions between domestic social challenges and foreign relations. Analyzing these factors provides insights into how Pakistan navigates its complex geopolitical environment while striving for domestic stability, elucidating the broader implications of foreign policy on the nation's social fabric.

Pakistan's foreign policy is further complicated by a myriad of regional security challenges, including persistent conflicts, the threat of terrorism, and geopolitical tensions with neighboring states. For instance, the ongoing conflict in Afghanistan has direct ramifications for Pakistan, resulting in refugee influxes and cross-border militancy (Ahmad et al. 2023). Additionally, the spectra of terrorism—rooted in both domestic and international networks—continues to cast a shadow over regional security (Jadoon et al., 2024). The enduring rivalry with India complicates this landscape, as evidenced by recurrent hostilities and military standoffs. Despite these challenges, Pakistan remains committed to participating in regional security initiatives and conflict resolution efforts. Notably, its role as a mediator between the Taliban and the Afghan government underscores its dedication to fostering regional stability (Haidari, 2024). Through various international platforms, Pakistan collaborates with neighboring states to address security concerns and promote peace. Moreover, its partnership with China in CPEC not only aims to bolster economic development but also seeks to enhance regional security.

The ramifications of regional instability extend deeply into Pakistan's domestic landscape, where increased militancy and sectarian violence challenge internal governance and security (Mohabbat et al., 2024). This volatility often exacerbates pre-existing social issues, undermining public trust in government and straining developmental resources. Consequently, Pakistan's foreign policy must carefully navigate the dual objectives of countering external threats while maintaining internal cohesion and stability. Understanding the regional security dynamics is essential for comprehending Pakistan's strategic foreign policy decisions and their broader implications. By actively engaging in peace initiatives and regional cooperation, Pakistan aspires to cultivate a more secure and prosperous internal environment while addressing external threats. The ongoing commitment to addressing regional and domestic challenges through proactive foreign policy initiatives is crucial for fostering long-term stability and growth.

The aim of this research is to provide policymakers with actionable insights, demonstrating that a balanced foreign policy approach can significantly enhance domestic stability and improve the social welfare of the populace. By adopting a comprehensive framework that considers both internal and external challenges, Pakistan can effectively manage the complexities posed by regional unrest, utilizing diplomatic channels to advance a peaceful and prosperous society. The study objectives are to examine the influence of foreign policy significance on domestic tranquility in Pakistan and to evaluate the effect of regional turmoil on

Pakistan's domestic peace. It also aims to assess the role of social well-being and economic conditions in improving domestic stability in Pakistan.

Pakistan has a complex geopolitical situation and is strategically important in South Asia. This study examines Pakistan's fundamentals of internal stability. By studying the connection between foreign policy, regional instability, social well-being, and economic conditions, this research provides unique insights into stability in a developing nation. Pakistan's parliamentarians and international parties interested in diplomatic, economic, and security must comprehend these links. This study helps improve internal stability by investing in social and economic progress, making educated foreign policy decisions, and effectively addressing external threats. Pakistan might benefit from the studies' governance and resilience recommendations, as other countries face similar issues. This study addresses the root causes of instability to create long-term peace and prosperity strategies for regional and global stability.

The study helps improve theoretical and practical archive conceptions and methods when internal stability meets geopolitical and environmental volatility. Conferences like COP 29 highlight the rising relevance of environmental challenges, socioeconomic disparity, and regional instability, making well-researched and assessed data essential (Naz & Kousar, 2024). Archival techniques support institutional memory, policy openness, and evidence-based decision-making. This research examines environmental commitments, regional instability, socioeconomic issues, and foreign policy success to demonstrate the necessity for sound archiving systems to handle and contextualize complicated data. This also demonstrates how these factors relate. Scholars, international organizations, and politicians need such systems to establish resilient peace, sustainability, and development techniques. This research shows how multi-dimensional studies may enhance data categorization, interpretation, and application, helping archive methodologies meet current global issues.

## **2. Literature Review**

Understanding the intricate dynamics between Pakistan's foreign policy and domestic stability is crucial, especially given the myriad social challenges and internal demands influencing policy decisions. Salman et al. (2024) provides a comprehensive overview of the evolution of Pakistan's foreign policy, emphasizing the significant impact of social issues on its development. By analyzing pivotal moments in history, the study illustrates how internal turmoil has necessitated shifts in foreign policy, particularly a prioritization of security during times of crisis. This historical perspective underscores the importance of contemporary policymakers considering the past when crafting future foreign strategies. Fouquet & Brummer (2023) delve into the interplay between domestic forces and foreign policy shifts, positing that periods of social upheaval and economic distress often catalyze more assertive foreign policy stances. Their findings highlight the essential correlation between stable internal conditions and the formulation of coherent foreign policies, suggesting that the stability of a nation's internal environment directly influences its external diplomatic actions. Zaidi & Nirmal (2023) explores the role of political leadership in shaping foreign policy amid domestic challenges. The study reveals that significant leadership transitions frequently lead to realignments in foreign policy that reflect the new leaders' domestic agendas. This analysis emphasizes that consistent and effective foreign policy is contingent upon stable governance, where leadership continuity is pivotal. Akdağ (2024) examines the relationship between socioeconomic development and foreign policy decisions over several decades. The study indicates a strong correlation between economic stability and assertiveness in foreign policy, suggesting that nations experiencing robust economic growth are more likely to engage proactively on the global stage. This underscores the necessity for coordination between foreign and socioeconomic policies to foster a conducive environment for international engagement. Kramskyi et al. (2024) extensively examine foreign policy changes amid significant domestic crises. Their study evaluates how internal crises necessitate drastic measures in

foreign policy, often aimed at garnering international support. The findings advocate for proactive measures to mitigate the adverse effects of domestic crises on foreign relations, suggesting that anticipation and preparation can enhance diplomatic resilience. Hakeem et al. (2023) investigates the impact of trade agreements on social welfare, focusing on the dichotomous effects these policies can have within Pakistan. While trade agreements may benefit particular sectors, they can simultaneously harm others, leading to conflicting social outcomes. The study advocates for equitable trade policies that ensure widespread societal gains, emphasizing the need for inclusivity in economic agreements. Sakamoto (2024) analyze the socioeconomic effects of foreign investments, specifically their implications for poverty alleviation and employment generation. Their findings indicate that foreign investments can stimulate job creation but may also exacerbate existing socioeconomic inequalities. This highlights the importance of implementing policies that maximize the benefits of foreign investments while minimizing potential detriments to vulnerable populations.

Perry & Peksen (2024) explores the societal impact of economic sanctions, concluding that such measures severely undermine public services, particularly in the health and education sectors. The study calls for re-evaluating sanction policies to minimize societal harm and advocates for approaches that consider economic restrictions' humanitarian implications. Luo et al. (2024) focus on the relationship between societal stability and economic interdependence with neighbouring nations. The research demonstrates that robust economic ties can enhance social stability by fostering economic growth. The study recommends strengthening regional economic partnerships to promote stability and resilience within the community. Stapel et al. (2023) investigate the effects of foreign aid on domestic social conditions. Their study reveals that while foreign aid is often accompanied by political conditions, it has the potential to significantly improve social services. The study advocate for more transparent and accountable aid mechanisms to enhance the efficacy of foreign assistance in addressing social needs. The interplay between foreign policy and domestic security issues remains a critical area of investigation. Boreders et al. (2023) explores the relationship between foreign policy approaches and internal security challenges, particularly terrorism. This study reveals that concerns over domestic security often lead to a more aggressive foreign policy stance. The findings underscore the necessity for comprehensive security strategies that align with foreign policy objectives, suggesting that policymakers should integrate domestic security considerations into their international engagements.

Khan and Ward (2024) examine the role of foreign military assistance in bolstering domestic security. Their analysis indicates that while foreign military support can enhance stability, it may also lead to increased militarization of domestic security forces. The study advocates for a cautious approach to military assistance to avoid unintended consequences that could escalate domestic tensions. Mkuti et al. (2024) investigate the societal impacts of counterterrorism measures, finding that while such policies enhance security, they can also disrupt social cohesion. The research emphasizes the importance of considering social factors in the formulation of security strategies, suggesting that a balance must be struck between effective counterterrorism efforts and the preservation of social harmony. Heibach (2024) analyzes the effects of foreign policy on internal stability and regional crisis management. The study demonstrates that effective foreign policy can significantly bolster domestic security by fostering regional diplomacy. This highlights the critical role of diplomatic efforts in maintaining internal stability and mitigating conflicts. Kniep et al. (2024) delve into the relationship between domestic security and cooperation with foreign intelligence agencies. The research finds that intelligence collaboration can enhance national security but raises concerns regarding civil liberties. They recommend that policymakers seek a balance between security needs and civil rights protection, ensuring that intelligence-sharing practices do not infringe on individual freedoms.

Dennison (2023) explore how foreign policy influences migration patterns in Pakistan. The study shows that international relations significantly impact labour migration and refugee movements. The study advocates for policies that address the social implications of migration, ensuring that the needs of migrants are considered in foreign policy frameworks. Kanwel et al. (2023) discusses the reciprocal influence between domestic and international human rights conditions, assessing Pakistan's engagement with global human rights advocacy. The findings suggest that international pressure can lead to national human rights legislation reforms. The study recommends strengthening collaborations with international human rights organizations to elevate domestic standards. Nisar et al. (2024) focus on the effects of foreign policy on the social conditions of refugees in Pakistan. The research indicates that foreign policy significantly shapes the support and integration of refugees within society. The study advocates for prioritizing refugee welfare in foreign policy decisions, emphasizing the need for inclusive policies addressing refugees' challenges. Shair et al. (2023) investigates the patterns of labour migration and their effects on Pakistani society. The study reveals that while labour migration can alleviate unemployment, it may also lead to societal unrest. It calls for supportive measures that assist migrant workers and their families, highlighting the need for comprehensive migration policies that consider social stability. Hussain & Xi (2023) explore the influence of international human rights agreements on domestic policies in Pakistan. The findings demonstrate that adherence to international frameworks can enhance national human rights conditions. The study advocates for a stronger commitment to international human rights standards, urging policymakers to align domestic practices with global norms. The influence of public opinion on foreign policy formulation is a significant area of inquiry. Onderco & Stoeckel (2023) investigate how public perceptions shape foreign policy decisions. The study concludes that public opinions regarding neighbouring nations play a crucial role in shaping diplomatic strategies. This highlights the necessity for decision-makers to consider public sentiment when crafting foreign policy.

Alley (2023) further explores this theme by examining how public perceptions of international alliances affect public policy formulation. The research indicates that positive public opinion towards alliances fosters closer diplomatic relations. As a result, the study advocates for greater public engagement in discussions surrounding foreign policy, emphasizing the importance of transparency and inclusivity. Rhee et al. (2024) analyze the role of media in shaping public perceptions of foreign relations and policy. The findings illustrate that media narratives significantly influence public opinion, impacting policy decisions. The study recommends responsible media coverage of foreign policy issues to ensure that the public is well-informed and that policy decisions reflect accurate perceptions. Larik et al. (2023) employs realism theory to assess the impact of security-driven policies on internal stability. The study finds that while realism-oriented strategies may prioritize national security, they can also enhance social welfare when carefully balanced. Consequently, a comprehensive approach that incorporates both societal needs and security considerations is essential. Rasool (2024) discuss neorealist perspectives on power dynamics within South Asian geopolitics. They analyze how power struggles impact regional stability, concluding that neorealism offers valuable insights into Pakistan's strategic decisions, which influence internal stability and broader regional dynamics. Their findings advocate for geopolitical alliances that foster regional stability while ensuring internal cohesion. Abbasi (2023) explores the influence of economic interdependence on Pakistan's foreign policy choices. The study assesses how economic relationships shape diplomatic strategies, revealing that liberal policies emphasizing economic integration can enhance regional stability and domestic prosperity. This research advocates for measures that safeguard national interests while strengthening economic ties. Dutt (2023) examine the potential of interdependence theory to promote peace in South Asia. Their investigation highlights the connection between regional peace and economic interdependence, suggesting that cooperative economic policies can mitigate conflict risks and

enhance societal welfare through increased trade and investment. The study recommend prioritizing economic diplomacy as a means to bolster regional stability.

Based on the cited literature, the following are the study's research hypotheses, i.e.,

*H1: A positive relationship exists between the perception of foreign policy effectiveness and domestic stability in Pakistan.*

*H2: Regional turmoil hurts domestic stability in Pakistan.*

*H3: Social well-being and economic conditions positively influence domestic stability in Pakistan.*

This study expands knowledge by examining Pakistan's internal stability factors. This work addresses a vacuum in our understanding by incorporating foreign policy perspectives, regional instability, social well-being, and economic conditions into a complete model of stability dynamics in advancing nations. The study's findings affect global and national policymaking in places with internal instability and geopolitical conflicts. Policymakers may utilize the study's empirical confirmation of these components' linkages to build more effective policies to address external threats and domestic governance and social infrastructure shortcomings. This research advances stability discourse by including political science, economics, and sociology perspectives and illustrating the difficulties of maintaining peace in challenging times. Methodological rigor lends credibility to the work and aids future research. This was done by multivariate regression. This study improves our understanding of Pakistan's specific issues and provides a foundation for future research on stability issues in other nations facing similar geopolitical and socioeconomic challenges.

### **3. Methodology and Data**

#### ***3.1 Population of the Study***

The demographic focus of this study comprises individuals with substantial expertise in Pakistan's foreign policy, mainly targeting university faculty and students. This selection is purposeful, as these groups possess advanced knowledge and actively engage in scholarly discussions regarding social issues, domestic politics, and international relations. University professors, especially those specializing in economics, sociology, political science, and international relations, contribute critical insights into the intricate dynamics of foreign policy and its implications for internal affairs. Their academic credentials and professional experiences provide a robust foundation for analyzing the multifaceted consequences of foreign policy decisions. In addition, university students, particularly those in the humanities and social sciences, offer contemporary perspectives that reflect current academic debates and trends. Their familiarity with theoretical frameworks and empirical research methodologies positions them as valuable qualitative and quantitative data contributors. Concentrating on this informed cohort, the study aims to deliver nuanced insights into the relationship between Pakistan's foreign policy, internal stability, and social well-being.

#### ***3.2 Sample of the Study***

To ensure an unbiased and representative sample, university instructors and students will be randomly selected for this survey. Random sampling is critical in mitigating selection bias and enhancing the validity and generalizability of the study's findings. This methodology guarantees that participants represent various academic disciplines, including economics, sociology, political science, international relations, and related fields. By incorporating varied scholarly viewpoints, the research captures the complexity of foreign policy and its domestic ramifications. The distinct experiences and insights of educators and students from these diverse backgrounds enrich the data collection process, fostering a comprehensive understanding of how Pakistan's foreign policy impacts social cohesion and stability across different

socioeconomic contexts. The target audience for this research includes university instructors and students actively engaged in scholarly discourse regarding Pakistan's foreign policy. Academic faculty, particularly those specializing in international relations, sociology, economics, and political science, bring a wealth of knowledge and expertise to the investigation. Their academic and practical backgrounds provide unique perspectives on the complexities of foreign policy and its effects on social cohesion and domestic stability. Engaging with these experts ensures the research is grounded in contemporary theoretical frameworks and empirical data. Conversely, university students represent the next generation of scholars and leaders, offering fresh insights influenced by emerging academic discussions and experiences. Their involvement is crucial for capturing innovative perspectives on how foreign policy shapes local social and economic conditions. Collectively, the contributions of university faculty and students create a broad and dynamic spectrum of viewpoints, making them an ideal target audience for exploring the intricate consequences of Pakistan's foreign policy. Their engagement enhances the relevance and applicability of the research, ensuring it reflects both established and contemporary academic thought.

### ***3.3 Data Collection Technique***

To enrich the breadth and depth of the collected data, this study employs a mixed-methods approach, utilizing both in-person interviews and online surveys. Online surveys are an effective tool for gathering quantitative data from a large sample, allowing for efficient outreach and ease of participation. This method allows respondents to complete the survey at their convenience, potentially enhancing response rates. The surveys will include Likert scale items to gauge respondents' perceptions of foreign policy effectiveness, regional unrest, social well-being, and economic conditions. Conversely, face-to-face interviews will facilitate the collection of qualitative insights, enabling a deeper exploration of individual perspectives and experiences. This method allows for nuanced responses and the opportunity to probe further into participants' viewpoints, capturing the subtleties of tone and body language that often enrich verbal communication. By integrating these two approaches, the study aims to provide a comprehensive dataset encompassing broad statistical patterns alongside detailed personal narratives, thereby enhancing the validity and reliability of the findings.

### ***3.4 Mixed Methods Research***

By employing a mixed-methods research design, this study offers a holistic understanding of how Pakistan's foreign policy affects social cohesion and domestic stability. This approach effectively captures overarching statistical trends and individual lived experiences, allowing for a more nuanced analysis of the research topic. Qualitative data is gathered through open-ended questions, encouraging participants to articulate their thoughts, feelings, and opinions in their own words, which is invaluable for understanding the meanings behind the data. In contrast, quantitative data collected through 5-point Likert scale questions, yielding measurable and comparable data points that can be subjected to statistical analysis.

Combining these methodologies enables cross-validation of findings, enhancing their credibility and robustness. By capturing the complexity of how Pakistan's foreign policy impacts domestic spheres through qualitative and quantitative data, this comprehensive approach fortifies the foundation for policy recommendations and enriches the overall analysis.

#### **- Open-Ended Questions**

1. What impact, in your opinion, does Pakistan's current foreign policy have on internal stability?
2. Do you believe that Pakistan's foreign policy affects your community's social well-being?
3. How have regional unrest and social and economic conditions affected your area?
4. What adjustments to Pakistan's foreign policy would you recommend to enhance internal stability?

5. How do you think different social groups in Pakistan perceive the country's foreign policy differently?

### ***3.5 List of Variables and Their Questions***

The following are the studied variables, i.e.,

#### **Dependent Variable:**

- Domestic Stability (measured on a 5-point Likert scale)

#### **Independent Variables:**

1. Perception of Foreign Policy Effectiveness
2. Impact of Regional Turmoil
3. Social Well-being
4. Economic Conditions

#### ***Operational definitions of the Studied Variables***

- **Perception of Foreign Policy Effectiveness**

Understanding the influence of Pakistan's foreign policy on social cohesion and domestic stability necessitates an examination of public perceptions regarding its effectiveness. This variable evaluates the public's confidence in the government's diplomatic initiatives and ability to foster constructive international relationships. A Likert scale question such as "The foreign policy of Pakistan positively impacts our international relations" serves to gauge this sentiment. High levels of public support for foreign policy can enhance national morale and validate governmental actions, suggesting a belief that these policies bolster Pakistan's international reputation and encourage mutually beneficial partnerships. Conversely, low ratings in this domain indicate public discontent and scepticism toward diplomatic strategies, potentially undermining trust in government institutions. Analyzing these responses enables researchers to discern whether the public views foreign policy as a mechanism for enhancing national security or as a catalyst for international tensions. This insight is critical for policymakers, who must align foreign policy objectives with public expectations to ensure positive domestic stability and social cohesion outcomes.

- **Impact of Regional Turmoil**

The impact of regional unrest is a pivotal independent variable that assesses how conflicts in neighbouring countries influence domestic stability in Pakistan. This variable quantifies how regional instability affects Pakistan's social stability, economic conditions, and internal security. A pertinent Likert scale question, such as "Regional conflicts significantly impact Pakistan's domestic affairs," can illuminate public sentiment. High levels of agreement indicate a perception that regional disturbances lead to social unrest, economic hardship, and heightened security concerns. By analyzing this data, the study can identify specific instances where regional instability exacerbates local challenges, such as increased military expenditure at the expense of social services or economic setbacks due to disrupted trade routes. Understanding these dynamics enables policymakers to develop strategies that mitigate the adverse effects of regional conflicts on internal stability, including bolstering border security, enhancing economic partnerships, and strengthening social support systems.

- **Social Well-being**

The examination of social well-being as an independent variable explores the intersection of governmental policies and the population's overall quality of life, mainly influenced by foreign policy. This variable assesses the effectiveness of government initiatives in addressing social issues such as public services, healthcare, and education. A relevant Likert scale question might be, "Government policies effectively promote social well-being." High agreement levels suggest that citizens perceive governmental efforts as effective in meeting societal needs, essential for maintaining social stability and public trust. Conversely, low levels of agreement may signify perceived deficiencies in social policy, potentially leading to discontent or unrest. Investigating these responses allows researchers to understand the relationship between the perceived effectiveness of social policies and the broader implications of foreign policy decisions. A well-crafted foreign policy can enhance social services, foster international collaboration, attract foreign aid, and improve social well-being. Insights gained from this analysis empower decision-makers to align foreign policy choices to strengthen social cohesion.

- **Economic Conditions**

The independent variable of economic conditions pertains to the effects of foreign policy on the growth and stability of Pakistan's economy. This variable evaluates public perceptions regarding the impact of foreign investments, trade agreements, sanctions, and other foreign policy initiatives on economic performance. A potential Likert scale question could be, "Foreign policy decisions directly impact our economic growth." High levels of agreement reflect a public awareness of the direct correlation between diplomatic strategies and economic health, underscoring the importance of economic stability as a foundation for national prosperity. Low levels of agreement indicate scepticism regarding foreign policy's ability to drive economic growth or concerns about the negative ramifications of specific policies. By examining these perspectives, researchers can ascertain public attitudes toward foreign policy initiatives' economic advantages or disadvantages. This understanding is crucial for policymakers formulating foreign strategies that promote domestic and international economic development while fulfilling broader geopolitical objectives.

### ***3.6 Open-Ended Questions and Interview Techniques***

Carefully crafted open-ended questions are essential to elicit comprehensive and nuanced responses from participants regarding Pakistan's foreign policy and its domestic implications. These questions should balance being broad enough to encourage free expression and specific enough to remain relevant to the study's objectives. For instance, a more effective open-ended question might be, "How do you perceive Pakistan's current foreign policy affecting domestic stability?" This approach invites participants to provide detailed insights and illustrations.

Additionally, questions such as, "Can you describe any changes you have observed in your community that you attribute to regional turmoil influenced by foreign policy?" aim to draw out rich qualitative data that illuminate underlying themes and complexities in public perceptions. Utilizing open-ended interview questions fosters a dynamic exchange with participants, enhancing the quality and depth of the research findings.

### ***3.7 Hypotheses Testing through Regression Analysis***

Regression analysis is employed to rigorously test the hypotheses concerning the relationship between Pakistan's foreign policy and domestic stability. This statistical method allows researchers to assess the impact of various independent variables—such as regional unrest, social well-being, and perceptions of foreign policy effectiveness, and economic conditions — on the dependent variable of internal stability. Multivariate regression analysis is particularly effective as it can account for the simultaneous influences

of multiple predictors. By inputting the collected data into statistical software, researchers can quantify the direction and strength of relationships among the variables. For instance, the analysis may reveal how shifts in perceptions of foreign policy effectiveness correlate with changes in domestic stability, even after controlling for factors like regional unrest. The findings from this analysis provide empirical evidence supporting or challenging the original hypotheses, shedding light on the factors that most significantly affect domestic stability. This methodological rigour enhances the validity and reliability of the research outcomes, ensuring that the conclusions drawn are robust and well-supported by the data.

#### 4. Results and Discussions

The responses to the open-ended questions are presented in Table 1 for reference. Regarding the first question, respondents primarily discussed security concerns and their economic implications. They affirmed their views on Pakistan's foreign policy's stabilizing effect on the domestic front, arguing that economic stability cannot be achieved without addressing security issues. In response to the second question, respondents emphasized that Pakistan's foreign policy should focus on resource accessibility and fostering social cohesion to improve community well-being. The third question addressed regional unrest, with respondents noting that higher unemployment rates and increased social tensions negatively impact the region. The fourth question focused on how Pakistan's foreign policy could improve internal stability. Respondents argued that the country needs to prioritize trade, investment, and greater diplomatic efforts to promote peace. Finally, the fifth question explored the perspectives of different social groups in Pakistan regarding the country's foreign policy. Respondents from urban areas expressed more favorable views, while opinions were more divergent across socio-economic groups.

**Table 1: Main Survey Results**

Questions	Themes	Key Points
Q1 What impact, in your opinion, does Pakistan's present foreign policy have on internal stability?	Security Concerns	Stabilizing effect on domestic front
	Economic Implications	Neglect of economic issues leading to instability
Q2 Do you believe that Pakistan's foreign policy affects your community's social well-being?	Access to Resources	Improved resource availability
	Social Cohesion	Increased social tensions
Q3 How have social and economic circumstances in the area been affected by regional unrest?	Economic Disruption	Higher unemployment rates
	Social Anxiety	Increased stress and anxiety
Q4 What adjustments to Pakistan's foreign policy would you recommend to improve internal stability?	Focus on Economic Diplomacy	Boost trade and investment
	Promote Regional Peace	Greater diplomatic efforts for peace
Q5 How do you think different social groups in Pakistan view the country's foreign policy differently?	Urban vs. Rural Perspectives	More favorable views in urban areas
	Socioeconomic Disparities	Varying perceptions based on socioeconomic status

Source: Author's survey

Table 2 presents the demographic characteristics of the participants. The gender distribution of the respondents was skewed toward males, who constituted 59.5% of the sample, while females made up 40.5%. This distribution highlights a slightly higher engagement or availability of male participants in the survey. The respondents were fairly distributed across three age groups: 29.8% were between 20 and 25 years old, 37.8% were between 26 and 30 years old, and 32.4% were over 30 years old. The representation of these age groups indicates balanced participation from young adults and early middle-aged individuals. The participants' educational backgrounds varied, with 14.9% undergraduate students and 27.0% graduate students. Another 27.0% of the respondents were faculty members or teachers, while the remaining 31.0% fell under the administrative staff category, including a range of professionals and possibly non-academic participants. Regarding familiarity with the topic, a significant % of respondents, 55.5%, indicated that they were "familiar" with the subject matter. Meanwhile, 35.0% reported being "somewhat familiar," indicating moderate engagement and understanding, while 10% of the respondents stated they were less familiar with the topic.

**Table 2: Demographic Survey**

<b>Demographic Characteristics</b>	<b>Response Options</b>	<b>Percentage</b>
<b>Gender</b>	Male	59.5 %
	Female	40.5%
<b>Age</b>	20 - 25	29.8%
	26 - 30	37.8%
	More than 30 years	32.4%
<b>Educational Background</b>	Undergraduate student	14.9%
	Graduate student	27.0%
	Faculty/Teacher	27.0%
	Administrative Staff	31.1%
<b>Knowledge</b>	Not familiar at all	10.0%
	Somewhat familiar	35.0%
	Very familiar	55.0%

**Source:** Author's survey

Table 3 presents descriptive statistics for the key variables under investigation. The mean score for domestic stability is 4.12, while the perception of foreign policy effectiveness stands at 3.00, with standard deviations of 0.85 and 1.303, respectively. This suggests that, on average, respondents held a neutral view regarding the effectiveness of Pakistan's foreign policy. The standard deviation indicates moderate variability in responses, revealing that while some participants rated the foreign policy as effective, others expressed less favourable views. The mean score for the impact of regional turmoil is slightly higher at 3.202, with a standard deviation of 1.374. This implies that, on average, respondents agreed that regional turmoil significantly impacts Pakistan's domestic affairs. The higher standard deviation reflects a greater variability in the respondents' opinions, underscoring differing views on the extent of this impact. The mean score for social well-being is 3.121, with a standard deviation of 1.384. This suggests that respondents generally perceive social well-being in Pakistan as slightly above neutral. The variability in responses, as indicated by the standard deviation, points to diverse perspectives on the effectiveness of government policies in promoting social well-being, with some participants expressing positive sentiments while others were more critical. Finally, the mean score for economic conditions is 3.24, with a standard deviation of 1.45. This indicates that respondents, on average, slightly agree that foreign policy

decisions directly impact economic growth. The relatively high standard deviation suggests significant differences in respondents' opinions, reflecting a broad spectrum of experiences and perceptions regarding the economic outcomes of Pakistan's foreign policy.

**Table 3: Descriptive Statistics of the Variables**

Variables	Mean	Standard Deviation
Domestic Stability	4.12	0.85
Perception of foreign policy effectiveness	3.00	1.30
Impact of regional turmoil	3.20	1.37
Social well being	3.12	1.38
Economic condition	3.24	1.45

**Source:** Author’s survey estimates

Table 4 shows the multivariate regression estimates. A positive link exists between Pakistan's internal stability and assessment of foreign policy effectiveness, which suggests that public trust in Pakistan's foreign policy increases domestic stability. Realist International Relations Theory holds that public confidence in a government's foreign policy indicates its capacity to handle international crises, which is a significant indication of stability (Franke & Kurthen, 2023). Foreign policy influences internal stability by affecting national unity and public trust in government. Foreign policy perception is likely critical to this process. According to Liu et al. (2023), a well-perceived foreign policy leads to a strong feeling of national pride, less internal dissatisfaction, and a stronger social compact between the government and its populace. This is crucial given Pakistan's reliance on strong diplomatic connections and strategic alliances for safety and economic progress. Foreign policy must meet public expectations to promote domestic peace (Carnegie et al., 2023). This result emphasizes aligning foreign policy aims with domestic needs and public sentiment. International relations constructivist theories show how governments are formed by their ideas, beliefs, and perceptions (Nick Pay & Omond, 2023). A government's foreign policy may promote its image abroad and safeguard the peace at home by uniting people behind a shared objective and reducing political differences. Thus, Pakistan's politicians must prioritize transparent and popular diplomatic initiatives that promote domestic stability.

**Table 4: Multivariate Regression Estimates**

Variables	Standardized $\beta$ value	t-value	Prob. value
<b>Independent Variables</b>			
Perception of foreign policy effectiveness	0.435	3.254	0.002
Impact of regional turmoil	-0.109	-2.985	0.039
Social well being	0.513	3.392	0.001
Economic condition	0.367	2.964	0.042
<b>Statistical Tests</b>			
R <sup>2</sup>	0.894		
Adjusted R <sup>2</sup>	0.801		
F-statistics	9.838		
F-prob.value	0.000		

**Source:** Author’s survey estimates

The regression results show a strong negative association between regional upheaval and Pakistan's internal stability, which shows that regional instability, such as wars or political turbulence in surrounding countries, significantly impacts Pakistan's domestic stability. A negative coefficient indicates how overseas conflicts may disturb domestic affairs, supporting the premise that regional instability may have a domino impact on home life. This supports earlier studies demonstrating how fragile internal stability is in unstable states (Diallo et al., 2024; Lum et al., 2024). Regional instability and conflicts may increase internal divisions, security concerns, and economic resources, which can undermine domestic peace (Abdi et al., 2023). Pakistan is particularly susceptible to regional upheaval due to its complex relations with Iran and India and its proximity to Afghanistan and other conflict-prone nations. The findings show that strict border defenses, ingenious international collaborations, and aggressive diplomacy may mitigate regional unrest's harmful effects on national affairs (Rafay, 2023). The Security Dilemma concept may explain how regional instability impacts local stability. According to this concept, one unstable state may generate instability in the surrounding ones (Ameyaw-Brobbe, 2023). Due to longstanding animosities and unresolved conflicts, South Asia is insecure. Pakistan requires a foreign policy that increases internal resilience against external shocks and diplomatically handles regional challenges to achieve domestic stability. This might include increasing domestic infrastructure investments, commercial linkages, and regional coordination to reduce regional unrest's influence on the country (Khan & Durrani, 2024). The regression analysis indicates that social wellbeing substantially impacts domestic stability. Greater public services, healthcare, and education help Pakistan maintain peace. The positive coefficient implies that public confidence and unity are improved when people feel the government addresses societal needs, which may increase internal stability. Since social contract theory suggests that a government's legitimacy is directly proportionate to its ability to provide for its citizens, this conclusion is supported (Jonathan-Zamir et al., 2023). According to Custodio et al. (2023), social justice and wellbeing are essential for social stability. Given Pakistan's tumultuous history owing to socioeconomic disparity and lack of access to critical services, improving social welfare is moral and strategic for long-term peace (Rashid & Rashid, 2024). Increased access to healthcare, better education, and equitable resource allocation are needed to promote domestic stability and societal well-being. The human security paradigm illuminates how social prosperity boosts domestic stability by including military, economic, food, health, environmental, and individual security (Zishiri & Makambanga, 2023). Pakistan should prioritize human security to address inequality, poverty, and a lack of critical amenities, which cause instability. This plan aligns with the SDGs, which emphasize peace and social well-being (Khan et al., 2024). Politicians should emphasize holistic development policies that address economic, social, and environmental issues to achieve a sustainable and prosperous society.

A regression analysis indicates that economic factors strongly affect domestic stability. Good foreign policy decisions boost Pakistan's economic and domestic stability. A positive coefficient shows how foreign policy must emphasize stable and developing economies to maintain domestic peace. These results corroborate the economic peace theory, which holds that a strong economy promotes domestic and international peace. Many studies, notably Zhao et al. (2023) and Jung (2024), have demonstrated that economic growth and interdependence reduce conflict and improve stability. Pakistan must utilize its foreign policy to attract investment, trade partnerships, and economic growth to ensure domestic stability. The findings emphasize the significance of domestic economic policies that encourage development and reduce economic disparity in a stable household. According to sociology's Resource Mobilization Theory, economic conditions improve domestic stability. Economic resources facilitate social movements and maintain stability (Ali & Tariq, 2023). A strong economy allows government investment in public

services, infrastructure, and social programs, which meets public needs and prevents social discontent (Maqbool et al., 2023). Pakistan should focus its foreign policy on economic ties that promote social fairness and sustainability. This method will boost GDP and establish a society that can withstand internal and external crises.

## **5. Conclusions and Policy Recommendation**

Local and international forces hinder Pakistan's domestic stability. The findings show that economic circumstances, social welfare, regional upheaval, and the efficacy of foreign policy all have an impact on domestic stability. Public welfare and social services are essential to a country's peace and unity because social well-being is the most important factor. According to the results, domestic stability necessitates resolving foreign and internal socioeconomic challenges. This research sheds light on how geopolitical and socioeconomic issues influence stability in nations facing comparable crises. Foreign policy perception positively influences domestic stability. Hence, Pakistan's government must improve its foreign policy efficacy and communication. This entails developing plans to protect national interests and engaging with the public. Openness and participation in foreign policy discussions foster trust and unity. To reduce external pressures, diplomats should focus on developing strong, win-win relationships with major international actors. Because regional upheaval jeopardizes local stability, aggressive regional diplomacy is necessary. Pakistan should join in peacekeeping to prevent regional conflicts from turning local. This may be accomplished by resolving regional conflicts, engaging in international forums, and strengthening security cooperation with neighbors. Regional instability, such as refugee influxes and cross-border terrorism, may endanger residents. Thus, the government should strengthen domestic security.

According to the results, social welfare is vital to home harmony. Legislators should make community development, social safety nets, healthcare, and education their top priorities. These initiatives should target all populations, especially the most marginalized, in order to provide fair access to basic necessities. If the government focuses on social cohesiveness and quality of life, society may become more stable. Corporate and non-governmental partnerships might help these initiatives. The positive association between economic circumstances and internal stability makes economic development and stability critical to national peace. Policymakers should focus on long-term economic growth. Structural changes are required to diversify the economy, lessen reliance on volatile industries, and generate more employment. Economic justice measures such as targeted subsidies for the poor and progressive taxes can reduce socioeconomic gaps that contribute to instability. Pakistan's long-term economic strategy should include global economic trends and make it more robust to international economic shocks. The government should subsidize initiatives that unite people across religious, racial, and socioeconomic lines. Inclusionary policies that recognize Pakistan's diversity may help. Public initiatives to embrace diversity, as well as educational programs emphasizing national identity and values, have the potential to bring society together. The government should include all communities in national decision-making to make them feel more included and less likely to oppose.

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### **Acknowledgments**

The authors acknowledge the useful comments from the Editor and anonymous reviewers. Certainly, all remaining errors are our own.

### **Ethical Approval**

Ethical approval has been obtained from the relevant forum(s) of the authors' affiliated department(s).

### **Data Availability Statement**

The data that support the findings of this study are available from the corresponding author upon reasonable request.

**Disclosure Statement**

No potential conflict of interest was reported by the author(s).

**Funding if any**

Nil

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