

**Assessing the Realist Impasse in Pakistan's Foreign Relations and Its Impact on State Sovereignty**

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**Abstract**

*This study explores the public perception of transgender rights in Pakistan, with a particular focus on the impact of media on social attitudes. Utilizing a sample of 500 students from various educational institutions, selected through simple random sampling, the research aims to understand how different media sources shape opinions and awareness regarding transgender rights. Data were collected using a structured questionnaire that assessed students' levels of awareness, the perceived impact of different media types (television, social media, print media, and online news platforms), and their support for transgender rights. The findings reveal a diverse spectrum of awareness among the student population, with a significant portion demonstrating moderate to high awareness of transgender rights. Social media emerged as the most positively influential medium, significantly shaping favorable attitudes towards transgender individuals, while traditional media such as television and print exhibited a more neutral or negative impact. The study also highlights a strong correlation between media consumption and support for transgender rights, suggesting that increased and diverse media exposure leads to more progressive views. This research underscores the critical role of media in shaping social attitudes and the importance of leveraging digital platforms to promote awareness and acceptance of transgender rights in Pakistan. The findings can inform policymakers, educators, and activists in designing effective media campaigns to foster a more inclusive society.*

**Keywords:** *State sovereignty, Foreign Relations, Foreign Policies, Pakistan, Realist Impasse, Security Landscape.*

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**1. Introduction**

The international relations realism school of thought has long affected Pakistan's Foreign policy. As a theoretical framework, realism highlights how vital national interests, power relationships, and security considerations are in determining how states behave internationally. Realistic thinking has been crucial in Pakistan's formation of alliances, involvement with other countries, and strategic decisions (Waheed, 2017). Pakistan's independence in 1947 provides historical context for comprehending the country's realism in its foreign policy (Sattar, 2010). Pakistan was established in an area characterized by geopolitical intricacies, encompassing territorial conflicts, security obstacles, and rival regional powers. Pakistan could prioritize its security and sovereignty and handle these difficulties with a realistic perspective provided by realism (Bastos, 2021). The idea that the state is a self-interested, logical actor is fundamental to realism. States are supposed

to seek foreign policy options that optimize their security, strength, and influence. This reasoning applies to these choices (Pande, 2011).

To strengthen its security and further its national goals, Pakistan has entered into strategic alliances and partnerships with powerful nations, such as the United States during the Cold War and China, more recently (Smith, 2011). Realism emphasizes power politics and security conundrums in determining state conduct. The foreign policy of Pakistan's decisions has been influenced mainly by its security concerns, which are centered on its eastern neighbor India and the ongoing conflict over Kashmir. The realism viewpoint emphasizes the necessity of preserving a strategic capability and a credible defense posture to ward off outside threats and protect territorial integrity (Siddiqui & Mahmood, 2020).

Realist considerations of strategic competition, border security, and geopolitical interests influence Pakistan's foreign policy calculus; the country's regional dynamics, including Afghanistan and Iran, further accentuate these considerations (D. Karim et al., 2024). Pakistan's strategic relevance as a gateway between South Asia, Central Asia, and the Middle East drives its strategic engagements in the region. Nuclear deterrence is another essential component of Pakistan's realist foreign policy strategy (Roy, 2006). The realism framework of national security and strategic deterrence has structured the development of nuclear capabilities since the 1998 nuclear tests. Pakistan's nuclear policy, based on credible minimum deterrence, exemplifies realist calculations aimed at safeguarding national sovereignty and intimidating potential adversaries (Z. Khan, 2014). Although realism offers insightful information about Pakistan's foreign policy, it has its difficulties and detractors. According to critics, an altogether realist approach may ignore other facets of diplomacy, such as moral considerations, human rights, and international collaboration. Pakistan's policymakers face the difficult challenge of balancing international responsibilities, moral standards, and realist imperatives (A. Karim et al., 2022).

## 2. Methods

This study examines the realist impasse in Pakistan's foreign relations and its impact on state sovereignty. For this purpose, multiple research methodologies were used. Methods used in this research paper include the following:

### 2.1. Qualitative Analysis:

- i. **Historical Analysis:** The article delves deeply into Pakistan's foreign policy history to demonstrate how its pragmatic views have evolved over time. This section will examine the historical context of Pakistan's diplomatic ties by reviewing significant treaties, events, and exchanges.
- ii. **Case Studies** Extensive case studies of major land disputes and safety issues are thoroughly examined. Here are a few examples: the Indus Water Treaty, the Kashmir Conflict, and the Durand Line Dispute. These case studies can help grasp the effects of realism stagnation on state authority.

### 2.2. Legal Analysis:

- i. **International Law Framework:** The study examines the international laws, treaties, and decisions that govern Pakistan's authority and territorial disputes. It will also examine UN resolutions, bilateral deals, and other official papers that affect Pakistan's foreign policy decisions.
- ii. **Comparative Legal Analysis:** The paper compares legal approaches and dispute resolution mechanisms in similar international conflicts to identify best practices and potential solutions for Pakistan's territorial issues.

### 2.3. Geopolitical Analysis:

- i. **Regional Dynamics:** Examining the current political climate in South Asia, the report zeroes in on the key concerns of major powers and neighboring nations. Part of this process will involve analyzing the effects of the regional power dynamic on Pakistan's foreign and defense policies.
- ii. **Security Studies:** This article examines issues of sovereignty both at home and abroad, border control, transnational terrorism, and armed conflicts. It also compares Pakistan's internal security to that of the United States and examines the country's defensive preparations and partners.
- iii. **Data Analysis:** To gain a clear image of Pakistan's realism stalemate in its foreign relations and how it impacts state sovereignty, we employed quantitative and qualitative methodologies to examine the data for this research paper. Compare the security concerns of Pakistan with other countries, especially USA.

#### 2.4. Policy Analysis:

- i. **Policy Review:** This research examines Pakistan's efforts to ensure its citizens' safety, foster better partnerships, and determine its foreign policy stance. To accomplish this, we must determine the efficacy of these policies in resolving the realists' impasse and safeguarding the state's authority.
- ii. **Recommendations:** The study's findings led to policy ideas that will help Pakistan get along better with other countries, follow the law better, and find better ways to settle disagreements.

### 3. Theoretical Framework: Realism and State Sovereignty

Realism serves as a theoretical framework for international relations that provides a lens through which state behavior and interactions in the global arena are analyzed (Holsti, 2004). State sovereignty, or the capacity of a state to rule itself apart from external powers, is central to realism. Knowledge of the relationship between realism and state sovereignty is necessary for understanding the foreign policy decisions made by Pakistan and other similar countries (Biersteker, 2013). According to realist theory, nation-states behave in their self-interest and strive for global domination because they are the principal actors in this system (Hyde-Price, 2008). Since no international organization can force all member states to adhere to the same set of rules, this view of the world sees the international order as fundamentally anarchic. States frequently engage in power struggles and geopolitical maneuverings to strengthen their position relative to other states and ensure their existence, national interests, and security (Nedal & Nexon, 2019). When discussing state sovereignty, realists highlight the importance of defensive capabilities as a safeguard for states' political independence, territorial integrity, and ability to make decisions in the face of foreign threats (Jackson, 2018). Realists argue that in today's globalized world, which can be competitive and even hostile, a state's sovereignty is crucial to the state's independence and very survival. It is particularly relevant to countries like Pakistan as a matter of geopolitical conflict and security danger (Waheed, 2014).

Realists also stress the significance of keeping power under check. According to this school of thought, nations should coordinate their policies to prevent any one group of states from amassing undue influence. The dynamics of power balance can impact a state's ability to preserve its sovereignty through alliance creation, strategic decision-making, and cooperation (Paul et al., 2004). Pakistan has established alliances with world powers like the United States and China for the balance of power in the region. Realists know that solid defenses, strong deterrents, and strategic partnerships are necessary to maintain national sovereignty. The realism perspective, for instance, interprets Pakistan's nuclear weapons acquisition and deterrent posture as steps taken to

protect its sovereignty and ward off external threats. Realist concepts also influence Pakistan's strategic thinking regarding security challenges and regional conflicts, particularly when power dynamics and strategic goals collide with concerns about sovereignty (S. M. Ali, 2020).

However, realism has its critics and challenges. An entirely realistic approach may overlook moral and human rights issues and the importance of international cooperation and conventions, according to those who oppose it (Cozette, 2008). States such as Pakistan still face the challenge of maintaining realist imperatives, normative standards, and international duties while balancing security imperatives, sovereignty concerns, and broader expectations from other countries (S. A. Khan, 2010).

#### **4. Foreign Relations and Realist Impasse in Pakistan**

The Foreign policy of Pakistan and the realist impasse refers to the conflicts and inconsistencies within the realist paradigm that influence the country's strategy choices, alliances, and interactions with other governments. Maintaining a cogent and consistent foreign policy strategy in this deadlock is sometimes tricky because of the intricate interactions between security imperatives, regional dynamics, economic factors, and the pursuit of national interests (Sereko, 2022). The realism dilemma primarily involves Pakistan's delicate balancing act in managing regional power conflicts and forging strategic partnerships with extensive powers. Pakistan has persistently maintained diplomatic solid connections with the United States, especially in the context of counterterrorism activities and the Cold War. Strategic partnerships aiming at strengthening Pakistan's defense capabilities and regional influence, military collaboration, and security concerns have been the driving forces behind these alliances. Still, the realist dilemma becomes evident when one considers Pakistan's strategic alignment with China, which has become a significant economic and geopolitical partner in recent decades (Nadkarni, 2010). Focusing on infrastructure development, strategic engagement outside traditional security allies, economic concerns (CPEC), and growing Sino-Pakistani cooperation signal a change in Pakistan's foreign policy stance (Z. Hussain, 2017). Pakistan is facing security issues that affect how it plans for the future. These include border disputes that have been going on for a long time, nuclear safety, and a disagreement with India over Kashmir (Goñi et al., 2020). Afghanistan and Pakistan have a complicated connection, working together and competing. Realists find it even harder to understand how Pakistan works with other countries in the area because of this. Pakistan needs to be safe, but the country's economic goals are also considered. Things come to a stop, and this affects the business as well. If you use traditional realism to figure out how safe armed allies are, you might need to be corrected sometimes. Finding trade partners, business partners, and financial chances might be more challenging. The people who work on Pakistan's Foreign policy have a lot to do and can only sometimes get everything done. On-traditional security risks such as terrorism, extremism, and climate change further compound the deadlock in realism. Since these are non-traditional threats, a more extensive approach that includes human security, international cooperation, and multilateral initiatives is necessary, even while realism stresses state-centric security problems. Pakistan's approach to these issues demonstrates how difficult it is to balance broader concerns about human security with realistic requirements (Rubin, 2006).

#### **5. Strategic alliances and balancing act with major powers**

Pakistan's foreign policy is based on strategic alliances, which highlight the nation's attempts to manage challenging geopolitical conditions, security threats, and intricate regional dynamics. The balance Pakistan maintains with major countries, such as the US, China, and Russia, is essential to its strategic calculations. Numerous elements, including regional power dynamics, economic interests, and security concerns, influence these partnerships. Over several decades, there have

been times of intense collaboration, strategic alignment, and sporadic differences in the relationship between Pakistan and the US. Cold War dynamics, counterterrorism initiatives, and military cooperation have historically propelled Pakistan's alliance with the United States. However, changes in geopolitical priorities, such as American involvement in Afghanistan and South Asia, have affected the dynamics of this alliance, necessitating strategic recalibrations and difficult trade-offs between the two parties' objectives (Abbasi, 2023). CPEC and growing economic, military, and diplomatic connections exemplify how Pakistan and China have elevated their strategic alliance in recent years. Thanks to the China-Pakistan alliance, Pakistan has the opportunity to broaden its alliances and lessen its dependence on established friends. The alliance is founded on shared economic interests, the construction of infrastructure, and strategic cooperation. The two countries' proximity raises concerns regarding Pakistan's autonomy and sovereignty over its foreign policy choices (M. Hussain & Jamali, 2019). Pakistan's interactions with regional powers like Turkey and Russia provide further evidence of its attempts to increase strategic collaboration, extend its diplomatic reach, and capitalize on regional alliances (Cornell, 2003). In order to safeguard its interests and ensure its safety, Pakistan must devise a strategy that would allow it to maintain multipolar ties with other nations. How these connections evolve makes this point very evident. Pakistan must strike a balance with other nations to achieve its strategic goals. We might establish relationships with such nations and consider their needs and desires to achieve this. The effects of linkages on trade, safety, and local health are still largely unknown. The report also examines the potential effects of modifications to Pakistan's foreign policy on Pakistan's freedom and independence. Pakistan's primary foreign policy objectives are establishing strategic alliances and maintaining positive relations with significant nations. These plans aim to protect the nation's goals, resilience, and strategic autonomy amidst global changes and increasing complexity (M. Hussain et al., 2023).

#### **6. Regional power dynamics and security challenges**

Pakistan has security issues, and the power works in the area impact its strategy decisions, interactions, and partnerships with its neighbors and other players in the area. These steps will help us understand what Pakistan does in South Asia and how that affects the whole area's safety. Pakistan's vital link to Afghanistan is one of the most critical aspects of its foreign policy (Kuszevska & Nitza-Makowska, 2021). It is hard to keep everyone safe along the Line of Control because of the history of hostility and the fact that the Kashmir situation has not been solved. It is already hard enough to have nuclear bombs in every country. This shows how important it is to use diplomacy, find ways to settle differences and work to build trust in order to keep things calm and safe (Jacob, 2020). The relationship between Pakistan and Afghanistan determines the functioning and safety of the area. Cross-border terrorism, the peace process in Afghanistan, the large number of people, and the open border are the main things that worry Pakistani security experts. Pakistan's primary goal in the region is to keep Afghanistan safe and quiet. They also want to balance working with Afghanistan and working with it less. It also needs help keeping the borders safe. Changes in South Asia, such as China becoming a more significant player and the Indo-Pacific strategy taking hold, affect what Pakistan does to stay safe and its place in the region (S. H. Ali et al., 2023). People in the area need a complete plan to work together and talk to each other. This is because economic routes, global interests, and strategic ties all impact safety. People in Pakistan worry about power and safety in the area because of its links to Iran and other Central Asian countries that are close by. Through trade deals and projects like the China-Pakistan Economic Corridor (CPEC), people can move goods and services between areas and make them more stable. This can also help countries grow and enhance safety. India is not the only threat to

Pakistan's safety. There are many other types, too. These include climate change, terrorism, online risks, and extremism. Pakistan has made a complete plan for national security to fight terrorists, keep the borders safe, work with spy agencies, and keep computers safe (Rehman & Faisal, 2021). The balance of power in the area and the many security problems it faces in South Asia affect its stance on the world stage. These events have caused significant changes in the area's politics and safety. These changes, in turn, influence Pakistan's military choices. People in the area are very competitive with each other regarding power. As long as there are unresolved problems in Kashmir and strange border issues, people are afraid for their safety. It is even more complex because both countries have nuclear bombs. This underscores the critical importance of leaders engaging in dialogue and resolving their differences to prevent the spread of violence and restore peace (Malik et al., 2020). Getting along with Afghanistan is also very important for safety and the way things work in the area. Pakistan is less safe because of the open border, the crime that crosses it, the number of refugees, and the peace process in Afghanistan. A big part of Pakistan's plan in the area is to work with Afghanistan to make it more stable, keep its borders safe, and promote peace. Things have changed in the area as China has grown more extensively worldwide. In particular, CPE Chas allowed Pakistan to establish stronger strategic and commercial links with China. These developments will significantly impact regional connectivity, economic growth, and defense cooperation (Mazhar & Goraya, 2019). Pakistan's endeavors to broaden its relationships and capitalize on regional coalitions are evident in this strategic match. Pakistan's interactions with its neighbors, namely Central Asian nations and Iran, also influence regional power dynamics. Though they also face obstacles from geopolitical rivalries, security concerns, and economic competition, transportation corridors, energy cooperation, and economic integration have the potential to improve connectivity and stability in the region. The panorama of regional security is further complicated by non-traditional security problems such as extremism, terrorism, cyber threats, and climate change (Fair, 2013).

### **7. Assessing Pakistan's Security Landscape**

Pakistan's security and diplomatic dynamics can be better understood by examining the realism impasse and the country's criminal issues. On the inside, individuals are fretting over the police, organized crime, and terrorism. However, the reality is that political alliances, insecurity, and power battles prevent any forward movement. In this section, we learn about the difficulties of juggling regular life with the local crime rate. The security situation in Pakistan is severely compromised. The political gridlock impacts Pakistan's friendly, strategic relationships and actions. In order to ensure the safety of its citizens, Pakistan has struck agreements with key nations to collaborate on defense initiatives. How it interacts with other countries and locals is outlined below. However, they must address issues related to internal security appropriately. Domestic security in Pakistan has taken a hit as a result of international conflicts, terrorist threats, and criminal networks. Security, governance, and social welfare in Pakistan are all jeopardized as a result of this crime. Rebel organizations and dangerous ideas have spread terrorism. Damage to innocent bystanders, landmarks, and security personnel has made life more difficult for law enforcement agencies like the FBI and the NSA. Trading narcotics, human beings, or electronic devices are all part of organized crime. Preparation, knowledge exchange, and rule-making are required to counteract this. Domestic crime prevention efforts are futile at this time. A comprehensive strategy is required, one that addresses security, law enforcement, the fight against terrorism, and international cooperation. To cope with the region's challenging politics and remain secure, Pakistan must acquire more information, improve its borders, and dismantle criminal

networks. Due to its well-established policies for domestic security and crime prevention, Pakistan is an excellent place to call home.

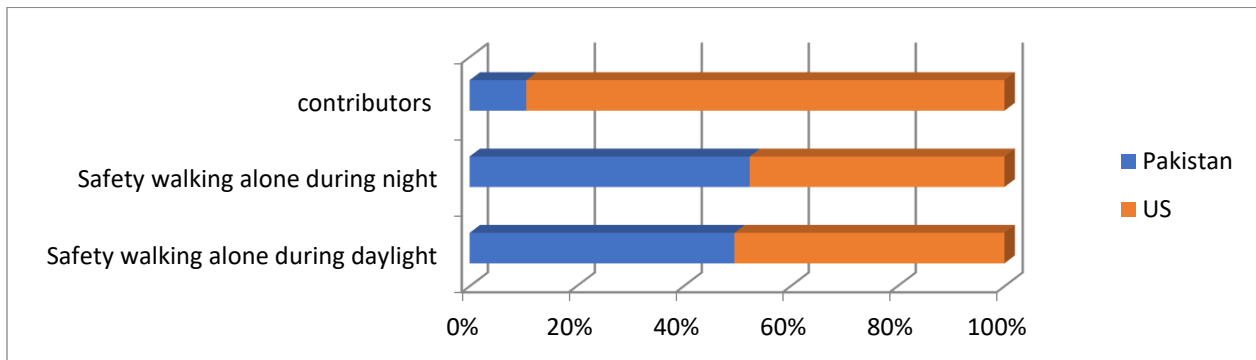
**8. Crime control sovereignty comparison**

**8.1 Safety comparisons Pakistan vs. United States**

	Pakistan	US
Safety walking alone during daylight	69.18	70.56
Safety walking alone during night	48.63	44.26

**Table 1**

Data source: [Crime Comparison Between Pakistan And United States. Safety Comparison. \(numbeo.com\)](https://numbeo.com)



**Fig 1**

Data Source: Authors prepared

**8.2 Crime rate comparison and safety scales Pakistan vs. United States**

Countries	Pakistan Improve Data	United States Improve Data
Level of crime	Moderate 46.58	Moderate 55.09
Crime increasing in the past 3 years	Moderate 42.50	High 67.89
Worries home broken and things stolen	Low 39.33	Moderate 46.12
Worries being mugged or robbed	Moderate 47.49	Moderate 43.32
Worries car stolen	Moderate 44.14	Moderate 42.34
Worries things from car stolen	Moderate 42.99	Moderate 55.36
worries attacks	Low 33.84	Moderate 42.41
Worries being insulted	Low 30.43	Moderate 44.17
Worries being subject to a physical attack because of your skin color, ethnic origin, gender or religion	Low 22.33	Low 32.12
Problem people using or dealing drugs	Moderate 45.44	High 61.58
Problem property crimes such as vandalism and theft	Moderate 47.78	Moderate 57.77
Problem violent crimes such as assault and armed robbery	Moderate 48.34	Moderate 49.97
Problem corruption and bribery	High 71.19	Moderate 43.33
contributors	2187	18483
Last Update	June 2024	June 2024

**Fig 2**

Data Source: [Crime Comparison Between Pakistan And United States. Safety Comparison. \(numbeo.com\)](https://numbeo.com)

**8.3 Safety index between Pakistan vs. US**

Index	Pakistan	US
crimes	43.14	49.34
safety	56.86	50.66

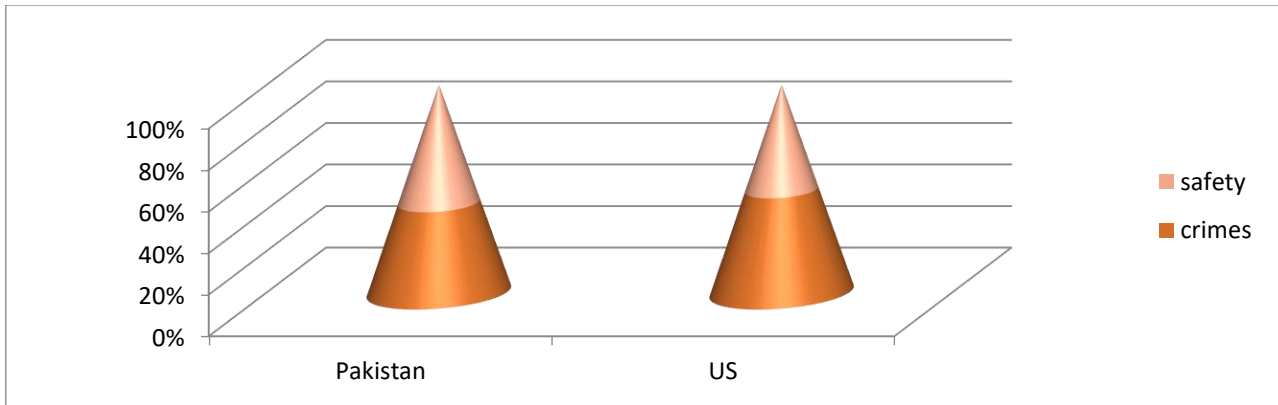


Fig 3: Data source: Authors prepared

#### 8.4 Pakistan vs. other countries

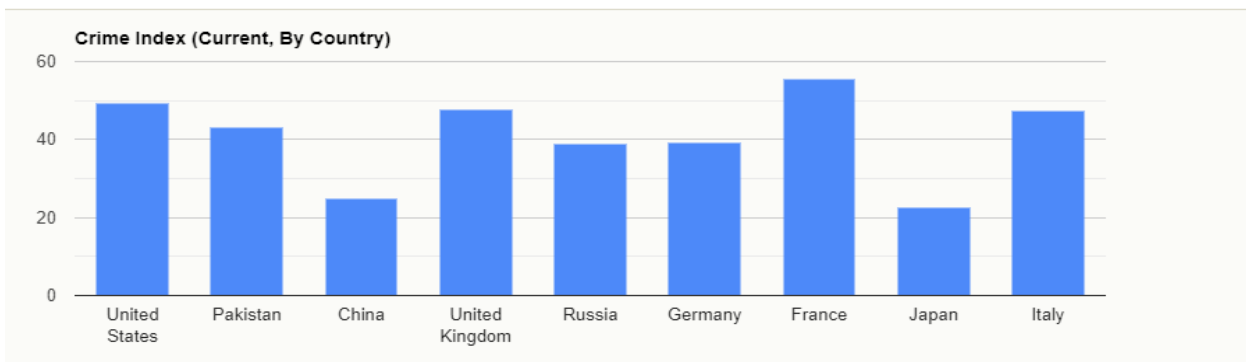
Data source: [Crime Comparison Between Pakistan And United States. Safety Comparison. \(numbeo.com\)](https://www.numbeo.com)

Fig 4

#### 8.5 Analysis of data

The data indicates that Pakistan has a lower overall crime level than the United States, reflecting a relatively safer environment in terms of crime incidence. Pakistan shows a lower percentage of crime increase over the past three years compared to a significantly higher growth in the US, suggesting better control or stabilization of crime trends in Pakistan. Home broken and things stolen. Pakistan exhibits a lower level of concern regarding home break-ins and theft compared to the US, indicating a perception of better home security. The data shows a higher concern for being mugged or robbed in Pakistan compared to the US. Both countries show similar worries regarding car-related crimes, with slight variations in specific problems. Worries about being attacked, insulted, or subjected to physical attack based on identity: Pakistan generally exhibits lower levels of concern compared to the US across these categories, suggesting a perception of better personal safety in Pakistan—problematic Issues (e.g., drug use, property crimes, violent crimes, corruption). Pakistan generally shows lower percentages compared to the US in terms of problems related to drug use, property crimes, and violent crimes. However, Pakistan's data indicates a significantly higher concern regarding corruption and bribery than the US (*Crime Comparison Between Pakistan And United States. Safety Comparison.*, n.d.).

#### 9. Nuclear deterrence strategy and sovereignty concerns

Shaped by concerns about sovereignty, regional dynamics, and the need for strategic stability, Pakistan's nuclear deterrent strategy is essential to its national security calculation. Analyzing Pakistan's security issues and their impact on regional security dynamics requires understanding the interplay between nuclear deterrence and sovereignty (Abbasi & Khan, 2019a). The perceived



threats from India, a neighbor, and the overall regional security environment led to a dramatic change in Pakistan's security posture with the development of nuclear capability. Pakistan seeks to prevent external invasion and protect national sovereignty through the credible deterrence of nuclear weapons, which is the foundation of the country's nuclear deterrence strategy (Buzan, 2003). Concerns about sovereignty largely shape Pakistan's approach to nuclear deterrence. It is widely believed that having nuclear weapons is essential to maintaining Pakistan's independence, thwarting possible enemies, and preventing outside meddling in its domestic affairs. Pakistan regards its nuclear deterrence capability as a fundamental component of its sovereignty, ensuring strategic autonomy and acting as a deterrent against existential threats (Tasleem & Dalton, 2018). Pakistan prioritizes survivability, command and control systems, and response capabilities in its nuclear doctrine, highlighting a defensive stance. Given Pakistan's defensive posture and the importance of nuclear deterrence in maintaining sovereignty and averting escalation, it is apparent that the country is committed to reserving nuclear weapons for highly dire circumstances (Abbasi & Khan, 2019b).

The dynamics of regional security, including the competition between India and Pakistan and the unresolved issue of Kashmir, directly influence Pakistan's approach to nuclear deterrence. Due to the precarious power dynamics created by nations' nuclear arsenals, diplomatic efforts, confidence-boosting measures, and crisis management systems are essential to preventing nuclear escalation and advancing stability. Pakistan's nuclear deterrent posture raises issues with the dynamics of the arms race, the risk of nuclear proliferation, and the possibility of unintentional escalation. In order to maintain its sovereignty and safeguard its interests in national security, Pakistan must strike a balance between the requirements of nuclear deterrence and international non-proliferation rules, arms control initiatives, and global disarmament activities (Z. Khan, 2005).

#### **10. Economic considerations and non-traditional security threats**

The intricate interactions between non-traditional security challenges and economic factors shape strategic priorities, diplomatic outreach, and regional cooperation initiatives in Pakistan's foreign policy. To assess the Foreign policy of Pakistan strategy and its effect on regional stability, it is essential to comprehend the connection between economic interests and non-traditional security concerns (K. J. Khan, 2021). Financial considerations primarily drive Pakistan's foreign policy. Trade connections, infrastructure initiatives, economic expansion, and building projects influence a nation's interactions with other nations in the region and around the world. With trade agreements and economic alliances such as the CPEC, Pakistan seeks to expand its economy, facilitate travel, and attract greater international investment (Syed & Javed, 2017).

Pakistan has peculiar security issues that jeopardize the safety of its citizens and businesses. Humans must deal with the risks of rising temperatures, terrorism, hacking, climate change, and extremism. We require a comprehensive plan addressing methods to enhance safety, address economic concerns, and improve things. All of these problems are interconnected (Warraich et al., 2023). Pakistan uses its intelligence services to combat terrorism. This is how they handle non-traditional security threats such as hate speech and terrorism. Pakistan maintains surveillance and control over its borders. To combat radicalization and regulate its borders, the nation employs technology to improve the country and prevent extremist groups from closing down enterprises. People should also consider cyber security because online dangers such as data leaks and hackers can seriously harm a company. Collaboration between the public and private sectors is necessary for banks, digital assets, and critical infrastructure to be safe on the Internet. It is necessary to make the Internet more adaptable and safe (Rashid et al., 2023).

Due to climate change, there is also less water, unfavorable weather, and harm to the soil. As a global community, we must work together to mitigate the consequences of climate change. Planning for climate resilience and developing sustainable development initiatives fall into this category. These problems affect public health, agriculture, water management, and energy safety. Pakistan's foreign policy revolves around two key areas: health security and pandemic preparedness. We must address health-related security threats and strengthen healthcare services. In addition, we must collaborate with international organizations on public health initiatives and further medical research and development (Ahmad et al., 2022).

### **11. Impact on State Sovereignty: Balancing Realist Imperatives**

The government is under much pressure from reality fans, making it difficult for Pakistan's Foreign policy to safeguard individual freedoms while also considering the nation's interests. If the truth ends up in the wrong hands, it can undermine or strengthen state power. At the Centre of it all are planned collaborations, power disputes, and safety concerns. This restricts national freedom, in part because it makes it more difficult for large nations to cooperate strategically. While an alliance can undoubtedly benefit a nation's economy, security, and global influence, it can also rob that nation of its rights. Maintaining equitable ties with the US, China, and other significant powers requires Pakistan to cope with many challenges and divergent viewpoints (Shah, 2021).

### **12. Case Studies: Realist Impasse in Action**

Case studies provide clear and tangible insights into Pakistan's realist deadlock in foreign policy and its effects on state sovereignty. These case studies shed light on the complexities, difficulties, and opportunities that may arise when negotiating realism imperatives in a dynamic and changing global landscape.

#### **i. U.S.-Pakistan Relations: Counterterrorism Cooperation vs. Strategic Divergence**

The relationship between the US and Pakistan best shows the realism impasse. Even though both nations have worked closely together on counterterrorism initiatives, especially in the years following 9/11, strategic differences have occasionally caused tension (Khawaja, 2019). Divergent interests, such as Pakistan's relations with Afghanistan, fears about nuclear proliferation, and regional power dynamics, have mitigated the realist requirement of security cooperation, including intelligence sharing and military support. Pakistan's sovereignty and autonomy in making foreign policy decisions have faced problems as it attempts to balance the imperatives of counterterrorism cooperation and broader strategic concerns (Mistry, 2020).

#### **ii. Military add co operation**

The United States and Pakistan have resumed their strategic military cooperation since the terrorist attacks on September 11, 2001. Bilateral military cooperation significantly increased throughout the Bush and Musharraf administrations. This was in contrast to the post-Cold War era, when lack of progress in this field was caused by worries about nuclear proliferation and the Soviet Union's exit from Afghanistan. The total quantity of weaponry that Pakistan had purchased from the US in the fifty years before to 2001 was almost equal to the value of the weapons that were shipped from the US to Islamabad in 2006, which exceeded \$3.5 billion. Given that the Taliban and al-Qaeda agents in Afghanistan are currently stationed in Pakistan's tribal areas, the US has worked to deepen these ties. Still, American military activities are being conducted covertly in Pakistan along the Afghan border (*U.S-Pakistan Military Cooperation | Council on Foreign Relations*, n.d.).

#### **iii. China-Pakistan Economic Corridor (CPEC): Economic Partnerships vs. Security Dynamics**

A significant illustration of Pakistan's realist approach to infrastructure development and economic cooperation is the CPEC. Significant investments have been made in energy projects,

transportation networks, and economic corridors due to the pragmatic imperative of economic expansion and strategic cooperation with China. However, the security dynamics surrounding CPEC—including worries about external meddling, territorial sovereignty, and stability in the region—highlight how difficult it is to balance security needs and economic imperatives. In the context of CPEC, managing the realism stalemate calls for diplomatic interaction, strategic planning, and measures to minimize security concerns while optimizing economic gains (Ritzinger, 2015).

**iv. Afghanistan-Pakistan Relations: Regional Power Dynamics vs. Security Interests**

Security imperatives and regional power dynamics shape Pakistan's foreign policy, which is evident in the relationship between Afghanistan and Pakistan. Pakistan's attempts to balance more general objectives of regional stability and strategic interests, such as influence in Afghan politics, refugee management, and border security, reveal a realism deadlock. Pakistan is faced with security issues arising from Afghanistan, including insurgency, terrorism, and geopolitical rivalries. Pakistan is concerned about its power and how it manages its national security in the real world, among other things. The situation between Afghanistan and Pakistan remains improvable. To put an end to the conflict, they must cooperate on security issues and communicate civilly when they resolve their differences (Vestenskov, 2016).

**v. India-Pakistan Conflict: Territorial Disputes vs. Nuclear Deterrence**

The Kashmir conflict between Pakistan and India is a sobering reminder of how difficult it is to resolve territorial conflicts through peaceful means, particularly in the absence of nuclear weapons. Pakistan's significant objectives guide both its nuclear policy and its stance on the Kashmir problem. Among these are ensuring its safety, maintaining its autonomy, and preventing future dangers. It is difficult to be diplomatic while meeting reasonable requirements and taking steps to de-escalate the situation. The war can potentially escalate, and many people are eager for it to end. The fighting must end, and the peacekeepers must be reinstated. Be cautious with your ideas, put effort into establishing confidence, and join the conflict between Pakistan and India (Chari, 2003). There is no denying that Pakistan's diplomatic relations are at a standstill. These examples illustrate the many ways in which this affects states' sovereignty. Complex planning must address economic concerns, safety concerns, nuclear deterrence, strategic alliances, and non-traditional security threats. This approach should take into account people, money, and security. In practice, it is not easy to adhere to realistic concepts. Here, we demonstrate the associated benefits and drawbacks (Leghari & Moorthy, 2017).

**13. Policy Implications**

Pakistan's current impasse in relations with other countries necessitates action from its foreign policy. The nation may then take advantage of its opportunities and end its difficulties. The process of negotiating various types of commercial contracts is crucial. Establishing friendly relations with nations other than the United States and China is paramount to Pakistan. Developing partnerships with emerging regional powers like Saudi Arabia, Turkey, and the Gulf states can pave the way to political and economic success. As a result, you can improve your strategy. Several things help Pakistan, such as reducing the country's reliance on a single ally and making international travel more accessible for officials. Harmonizing company objectives with security requirements: It is critical to balance the competing demands of safety and financial success. People prioritize safety when they collaborate on defense preparations.

**14. Conclusion**

The fact that Pakistan's foreign policy is mired in realism highlights the need to understand the effects of realism on state sovereignty. Academics, journalists, and government officials must

thoroughly grasp these topics to navigate the complex realm of international affairs, support Pakistan's domestic objectives, and safeguard the nation's autonomy. Power politics, strategic planning, and connections based on national interests form the foundation of realist perspectives on state power, which are not without their limitations. Citizens should strengthen the world to protect everyone and advance their nation. Realists may have to give up privileges, obligations, and rights that limit the impact of public policy.

Realistic needs must be weighed against idealistic ones when government action is taken on economic growth, public safety, and international collaboration. To avert wars, foreign policy must incorporate security, economic progress, and development. Interpersonal communication and compassion are crucial. Ideas abound, but transformation requires teamwork. Public diplomacy, media collaboration, and transparency can influence public opinion, acquire support, and create trust with allies and friends.

Maintaining its status as a prominent and dependable global nation will require Pakistan to actively advocate for its interests and ideals, foster constructive dialogue with all stakeholders, and defend its interests and ideals. Present-day citizens possess a more holistic comprehension of existence and the exercise of governmental power.

### **15. Recommendations**

The nation's goals and its foreign policy must share many of the same objectives. These organizations determine the nation's wealth, safety, and health level. They must arrange to collaborate and communicate with appropriate government agencies, such as the Ministries of Foreign Affairs, Defence, and Finance. Regarding foreign policy, your actions should be consistent with your nation's long-term development objectives, strategic plans, and preferences. You can put things in place to do this.

To use international connections to expand your company, boost revenue, and boost exports, trade development, and economic ties should be at the top of your priority list. It must sign trade agreements that benefit both parties and improve its attractiveness to foreign investors. It must also strengthen ties with its principal commercial partners. Foreign policy strategies should incorporate economic diplomacy initiatives to maximize financial advantages and expand the domestic economy.

Establish security agreements with other nations to safeguard borders, combat terrorism, and exchange intelligence. Establish communication channels and collaborate to aid Pakistan in combating extremist threats, maintaining regional harmony, and ensuring the nation's security. Contingent nations and area groups must collaborate to address safety concerns that affect all parties involved.

To control regional tensions, settle disputes, and advance peace, prioritize conflict resolution initiatives and proactive diplomatic engagement. To resolve protracted disputes, build confidence, promote regional cooperation, hold talks, and negotiate processes with nearby nations like Afghanistan and India. Use multilateral forums, diplomatic channels, and track-two diplomacy programs to create consensus and heal rifts.

To improve Pakistan's reputation abroad, encourage cross-cultural interactions, foster goodwill among nations, and step up soft power and cultural diplomacy programs. Encourage cultural exchange initiatives, academic scholarships, and creative partnerships highlighting Pakistan's diverse culture, rich history, and contributions to international literature and the arts. Using soft power helps Pakistan achieve its foreign policy goals and strengthens people-to-people ties while increasing its influence.

Emphasize accountability, openness, and good governance while formulating and implementing foreign policy decisions. Establish trust with foreign partners, show Pakistan's commitment to ethical behavior abroad, and increase transparency in diplomatic contacts, international agreements, and aid partnerships. Strengthening governance frameworks and anti-corruption initiatives enhances the credibility and success of managing foreign policy.

To influence foreign policy priorities, raise public awareness, win support for global initiatives, and encourage increased interaction with civil society, academia, the media, and grassroots organizations; conduct outreach initiatives, public diplomacy campaigns, and media appearances to successfully inform both domestic and foreign audiences on the goals, successes, and obstacles of foreign policy. Participation by civil society improves the legitimacy, inclusion, and openness of foreign policy decision-making processes.

Pakistan can effectively address the intricacies and problems of internal affairs while promoting economic growth, bolstering national security, fostering positive international relations, and improving the effectiveness of its foreign policy by putting these recommendations into practice.

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