

## **Exploring Bilingualism Among Pakistani Teenagers: Assessing the Pros and Cons**

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### **Abstract**

Submitted: 18-09-24

Accepted: 10-10-24

Reviewed: 29-10-24

Published: 26-12-24

Bilingualism is increasingly prevalent in the contemporary world, particularly in ethnically diverse countries such as Pakistan, where multilingual social environments result in a high proportion of bilingual individuals. Bilingualism reflects multiple ethnic identities and carries both positive and negative implications. Although previous studies have addressed bilingualism, many have not clearly distinguished between its benefits and drawbacks. This study critically analyzes the potential advantages and challenges of bilingualism among Pakistani teenagers. Drawing upon William Labov's sociolinguistic theory, it employs a qualitative approach and conducts thematic analysis of interview data collected from ten teenage participants across Pakistan. Findings indicate that bilingualism enhances communication abilities, intercultural understanding, cognitive performance, and academic as well as professional prospects. However, challenges such as code-switching difficulties, linguistic confusion, and societal biases privileging certain languages also emerged.

**Keywords:** Bilingualism, Challenges, Code-switching, Pakistan, Teenagers



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## INTRODUCTION

Language serves as a primary means of communication, and learning a language involves engaging with the social, cultural, and ideological practices of a community. Consequently, linguistic performance becomes essential to identity construction (Heath, 1983; Ochs & Schieffelin, 2008). Learning an additional language further allows individuals to negotiate and shape multiple identities across social contexts (Gellner, 1983; Peirce, 1995). Pakistan is a linguistically rich and culturally diverse country, home to approximately seventy-seven languages (Eberhard et al., 2020). Each province embodies its own ethnic heritage, linguistic practices, and cultural traditions. Although Urdu is recognized as the national language and widely used across ethnic groups (Channa, 2017), individuals who speak two languages are commonly categorized as bilingual.

Language planning in Pakistan is influenced heavily by nationalism, religion, and development-oriented ideologies (Ashraf, 2018; Shamim, 2008). Individuals typically navigate multilingual environments, leading to substantial cognitive and sociocultural effects. Research suggests that, for fluent bilinguals, both linguistic systems remain active even when only one language is being used (Hernandez et al., 1996; Dijkstra et al., 1999; Marian et al., 2003; Sumiya & Healy, 2004). This study therefore examines the cognitive, communicative, and sociocultural impacts of bilingualism on Pakistani teenagers, paying equal attention to its advantages and disadvantages.

In the 21st century, bilingualism has evolved from being viewed as an optional asset to an essential skill. While existing research on bilingualism is extensive, limited empirical work specifically explores the challenges and opportunities experienced by bilingual teenagers in Pakistan. This study addresses this gap by investigating how bilingual adolescents navigate multilingual realities and by identifying the benefits they enjoy and the difficulties they face.

The structure of the paper includes a review of relevant literature on bilingualism, an explanation of the methodological approach, a presentation of findings based on interviews, a discussion of results, and a conclusion that situates the study within broader academic and sociocultural contexts.

## Research Questions

The research questions of the study are:

- What are the potential challenges experienced by bilingual teenagers in Pakistan?
- What are the potential advantages of bilingualism for teenagers in terms of cognitive benefits?
- What are the sociocultural factors influencing perspectives on teenage bilinguals in Pakistan?

## Problem Statement

A longstanding debate persists within contemporary linguistics regarding whether bilingualism offers more advantages or disadvantages. While some scholars emphasize its cognitive and communicative benefits, others highlight concerns such as slower vocabulary acquisition and linguistic confusion. Despite substantial existing research, a balanced comparison of both positive and negative dimensions of bilingualism—particularly in relation to teenagers—remains underdeveloped. The experiences of Pakistani teenagers, many of whom face communication challenges with elders that contribute to generational gaps and emotional strain, are especially

understudied. Accordingly, this study investigates bilingual Pakistani teenagers comprehensively by examining the cognitive, emotional, academic, and social impacts of bilingualism. Through a synthesis of empirical literature and qualitative interview data, the research seeks to clarify whether bilingualism functions as an advantage or a challenge for Pakistani adolescents.

## **LITERATURE REVIEW**

Bilingualism has been a subject of scholarly interest since the early 1900s. Historically, research followed two primary trajectories: one emphasizing the negative consequences of bilingualism and the other highlighting its benefits. Early scholars such as Otto Jespersen argued that bilingualism imposed a cognitive burden on children, leading to confusion and intellectual decline (Cooper & Grosjean, 1984). Similarly, Reynold and Weisgerber suggested that bilingualism contributed to language mixing and reduced intelligence (Saunders, 1988). Several studies also claimed that bilingual children exhibited emotional instability, disorientation, and slower cognitive development (McLaughlin, 1978; Appel & Muysken, 1987).

However, these claims were later contested by research demonstrating that bilingualism enhances intelligence, creativity, and academic performance (Romaine, 1989; Cummins, 1979). Studies in Montreal by Lambert and colleagues revealed that bilingual children often outperform monolingual children in several cognitive domains. Modern scholarship further supports the notion that bilingualism improves executive functioning, problem-solving, attention control, and metalinguistic awareness (Bialystok, 2001; Adesope et al., 2010).

Recent studies argue that emotional or behavioral difficulties associated with bilingualism are more closely linked to socioeconomic conditions, school environments, and societal attitudes rather than to linguistic capability itself (McLaughlin, 1978). The literature increasingly acknowledges the role of contextual factors, noting that cognitive effects depend on language dominance, proficiency, and social context (Mueller Gathercole et al., 2010). Overall, scholarship reflects a shift from viewing bilingualism as a disadvantage to recognizing it as a multifaceted phenomenon that can support cognitive development, academic success, and intercultural competence.

## **METHODOLOGY**

This study adopts a qualitative research design to explore the complexities of bilingualism among Pakistani teenagers. A qualitative approach is particularly appropriate for examining socially embedded experiences, allowing the researcher to investigate linguistic identities, communicative practices, and cognitive impressions in depth. While quantitative methods provide statistical insights, qualitative interviews permit the exploration of personal meanings and contextual nuances, thereby producing a richer understanding of how bilingual individuals interpret and navigate their linguistic realities.

### **Theoretical Framework**

William Labov's sociolinguistic theory serves as the analytical framework guiding this study. Labov's work highlights the relationship between linguistic variation and social factors such as ethnicity, class, gender, and peer networks (Labov, 1966, 1972). Through this lens, bilingualism is understood not simply as a cognitive ability but as a socially situated practice shaped by patterns

of language contact, community norms, and identity negotiations. Applying Labov's perspective enables the study to examine how teenage bilinguals use language in relation to broader sociocultural structures and power dynamics.

### **Sampling, Data Collection and Ethics**

All (10 in total) of the participants selected are from the specific age group (13-19 years) of teenagers who are bilingual and permanent residents of Pakistan and their perceptions for their experiences. Semi-structured written interviews were conducted from the participants who belong to different regions of the country. Before conducting interviews, their informed consents were obtained to protect the privacy and anonymity of the data. By adhering to these ethical principles, the study aims to offer insightful information about the experiences of bilingualism among Pakistani teenagers while respecting their rights.

### **DATA ANALYSIS**

The interview data were analyzed using thematic analysis. This method involves identifying recurring themes, patterns, and categories within qualitative data to reveal underlying meanings and shared experiences. The analysis followed several stages: familiarization with the data, systematic coding, development of preliminary themes, refinement of thematic categories, and final interpretation of findings. Through this process, the study highlights participants' perceptions, challenges, and benefits associated with bilingualism, and provides an integrated understanding of teenagers' bilingual experiences.

### **Findings and Discussion**

The thematic analysis revealed several overarching themes related to participants' experiences with bilingualism. These themes include the perceived benefits of bilingualism, its cognitive advantages, the challenges faced by bilingual teenagers, and societal attitudes toward bilingual individuals. The following subsections outline each theme supported by illustrative participant narratives.

#### **Perceived Benefits of Bilingualism**

All participants acknowledged that bilingualism offers multiple personal and social advantages. These include enhanced communication skills, improved cultural awareness, and greater opportunities for interpersonal connection. One participant explained that bilingualism "opens doors for connections with people of other countries and ethnicities," thereby broadening cultural exposure and enriching research and travel experiences. Another participant emphasized that bilingualism facilitates "communicating with more people" and "understanding their culture," reinforcing the idea that language skills promote intercultural sensitivity.

Participants also highlighted the role of bilingualism in career development. An eighteen-year-old respondent stated that bilingualism "enhances communication skills, opens up job opportunities, and fosters cultural exchange." He described how speaking both Urdu and English allowed him to engage with individuals from diverse backgrounds and apply confidently for international academic and professional opportunities.

Some participants also noted social benefits in informal contexts. One participant stated, “You can talk to your same-background friends openly without others judging you,” suggesting that bilingualism can create safe linguistic spaces and support emotional comfort. Overall, participants’ accounts reveal that bilingualism strengthens both personal relationships and professional pathways.

### **Cognitive Benefits of Bilingualism:**

Participants widely recognized the cognitive advantages associated with bilingualism, such as improved memory, enhanced problem-solving abilities, and greater cognitive flexibility. One participant stated that bilingualism “improves cognitive abilities” and “allows people to think differently.” Another emphasized “mental flexibility,” improved attention, and stronger multitasking skills, aligning with research on executive functioning advantages among bilinguals.

Several participants linked these cognitive advantages to the constant mental activity involved in switching between languages. One participant observed, “Being bilingual provides cognitive benefits as constantly you're switching between many languages at a time.” Another participant expanded on this by referencing global research trends, explaining that bilingual brains may be better at attention control and task switching, and that bilingualism can help protect against cognitive decline in later adulthood.

These perspectives closely align with scholarly findings that bilingual experience enhances cognitive and sensory processing (Marian & Shook, 2012). Participants’ reflections suggest not only awareness of these cognitive benefits but also a belief that bilingualism plays a meaningful role in shaping intellectual development.

### **Challenges and Societal Attitudes**

Although participants highlighted numerous benefits, several challenges associated with bilingualism also emerged. These included difficulties with code-switching, maintaining proficiency in multiple languages, and navigating societal biases. One participant described frequently shifting between Urdu and English depending on context, noting difficulty maintaining a consistent linguistic register in formal situations. Another highlighted societal prejudices, stating that Pakistani society often equates English proficiency with intelligence or higher social status, while local languages are undervalued.

Participants also mentioned socially uncomfortable experiences. One respondent remarked that people often expect bilingual individuals to “teach them curse words” in their language, indicating how bilingualism may sometimes be trivialized. Another participant explained that language mixing, although natural and expressive, can sometimes lead to misunderstandings when interlocutors lack proficiency in both languages. In academic or professional contexts requiring adherence to a particular linguistic norm, bilingual speakers may need to consciously monitor, translate, or adjust their expressions.

These challenges reflect broader issues of linguistic hierarchy, social pressure, and identity negotiation, reinforcing the need for greater awareness and acceptance of linguistic diversity within Pakistani society.

### **CONCLUSION**

The findings of this study demonstrate that bilingualism plays a significant and multifaceted role in the lives of Pakistani teenagers. Participants reported a range of cognitive, academic, communicative, and social benefits, including enhanced problem-solving skills, improved attention, and broader cross-cultural understanding. Bilingualism also provided greater academic mobility and facilitated meaningful engagement with diverse communities.

However, challenges remain, including societal biases favoring certain languages, pressures related to code-switching, and linguistic hierarchies that shape perceptions of intelligence and social status. Addressing these issues requires educational reforms that promote linguistic diversity, institutional policies that value regional languages, and social efforts to reduce language-based discrimination. Ultimately, embracing bilingualism can enable Pakistani youth to thrive in an increasingly globalised world while preserving their linguistic heritage and cultural identity.

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