



Vol. 3 No. 8 (August) (2025)

Understanding the Causes and Impacts of Child Labor in Pakistan: A Mix- Method Study

Muqadas Afzal Khan (Main Author)

M.Phil Department of Pakistan Studies,
Abbottabad University of Science and
Technology, Khyber Pakhtunkhwa
Email: muqadaskhan0410@gmail.com

Dr. Muhammad Rizwan

Chairman, Department of Pakistan studies,
Abbottabad University of science and Technology,
Khyber Pakhtunkhwa
Email: drmuhammadrizwan_hu@yahoo.com

Huma Gul

Department of Pakistan Studies, Abbottabad
University of Science and Technology,
Khyber Pakhtunkhwa
Email: humakhan7969@gmail.com

Dr. Muhammad Rizwan (Corresponding Author)

Chairman, Department of Pakistan studies, Abbottabad
University of science and Technology,
Khyber Pakhtunkhwa
Email: drmuhammadrizwan_hu@yahoo.com

ABSTRACT

Like most of the underdeveloped countries, Pakistan is striving to combat child labor, especially in urban megacities, such as Karachi, Lahore, Faisalabad etc. where the gap between the wealthy and destitute is enormous. This is a mixed-method research inquiry into the highly diverse reasons and significant consequences of child labor highlighting its roots in poverty, the inability to obtain good education, its normalization in society, and the laxity in enforcing the law. Child labor remains a big problem in Pakistan, mainly in the fields of agriculture, domestic work, brick kiln, carpet weaving and small-scale industries. Indeed, including Pakistan, millions of children around the world still work under hazardous and exploitative labor circumstances. Such children are often denied the right to education, health care, and having a safe childhood, which influences their psychological, emotional, and intellectual improvement. Incorporating these quantitative and qualitative sources of data, this study aims at establishing the factors that have enabled families to employ their children, and the experiences the children have gone through. By putting emphasis on Lahore, it becomes evident that the study reveals urban aspects of child labor and structural faults that support it. It is hoped that the resulting findings will help in making better policy decisions and intervention measures towards not only alleviating child labor, but also towards curbing its causes and effects to promote the rights of children and their development as long-term human capital within



Vol. 3 No. 8 (August) (2025)

Pakistan.

Keywords: Child labor, urban poverty, Education deprivation, Human rights, Cultural norms, Policy intervention, Psychological impact, International Labor Organization (ILO), Law enforcement

Introduction

Child labor in Pakistan remains a critical socioeconomic and human rights issue, deeply intertwined with poverty, inadequate education, weak law enforcement, and cultural factors. Despite legislative frameworks and recent policy efforts, millions of children continue to work under exploitative conditions, often at the cost of their education, health, and overall development.

Child labor is common, in both the rural and urban areas of Pakistan, and is defined as employment that denies children of their childhood, education, and dignity. It is especially common in such sectors as agriculture, brick kilns, carpet manufacturing, domestic work, and small-scale manufacturing.

Child labor in Pakistan is a severe social issue, the roots of which go deep in poverty and lack of education as well as culture. Millions of children are still employed under dangerous conditions since, despite the laws and international obligations, many countries still allow this practice at the cost of education, health, and even the psyche of children.¹ Child labor is a ban that is harming the human capital formation in the country and infringing upon the rights of the children. This research seeks to holistically grasp the social-economic and cultural reasons why children are forced to work in Pakistan and the manifold effects of child labor, through a mixed-method design which would help get both the quantitative patterns and qualitative experiences especially in an urban center such as Lahore where child labor is widely spread.

Child labor is defined by the International Labor organization based on its effects on children. The ILO defines child labor as the one that affects educational, intellectual, psychological and emotional developments. Child labor according to this view is that which denies a child the chance to receive what the state offers. Thus, child labor robs a child to acquire the financial status, autonomy and household bargaining of women in the Punjab: a feminist analysis¹⁹⁸ education, to gain access to the health service and ultimately influence the human potential of the children.¹

Statement of the Problem

The issue of child labor in Pakistan is complex in nature and is mainly caused by poverty, illiteracy, high population rate of families, and ineffective implementation of labor legislature. Since families are also economically strained, many of them send their children out to work and earn some psychologically damaged and locked in circles of poverty. Although it is banned by the constitution and international law, the implementation is ineffective because of social-political influence, cultural acceptability, and economic imperative. The issue is severe in domestic work, manufacturing income to add to the family income. This causes children to lose access to education, be physically, as well as informal sectors, where children are exposed to exploitation and dangerous conditions.²

¹ Zafar, Zubaida, Isra Sarwar, And Syed Imran Haider. "Socio-Economic And Political Causes of Child Labor: The Case of Pakistan." *Global Political Review* 1, No. 1 (2016): 32-43.

² Ahmed, I. "Child labor-A time to reflect." (1991).



Vol. 3 No. 8 (August) (2025)

Research Questions

What are the primary socio-economic and political causes of child labor in Pakistan?
How does child labor affect the physical, psychological, and educational well-being of children?

What are the existing legal and policy frameworks addressing child labor, and how effective are they?

What interventions can reduce the prevalence of child labor in Pakistan?

Research Objectives

To identify the root causes and determinants of child labor in Pakistan.

To analyze the consequences of child labor on children's welfare and development.

To evaluate the effectiveness of current laws and policies against child labor.

To propose evidence-based recommendations for policy and social interventions to combat child labor.

Literature Review

Child labor remains a persistent and complex social issue in Pakistan, deeply intertwined with the country's socio-economic conditions and institutional challenges. The prevalence of child labor in Pakistan is largely attributed to poverty, lack of education, unemployment, and socio-cultural factors, which collectively compel millions of children to engage in work that deprives them of their childhood and fundamental rights.

It is well known that poverty is the major cause of child labor in Pakistan. A cross-sectional study carried out in Karachi shows that approximately 83 percent of child labor incidences are directly related to poor household conditions whereby families rely on the extra earnings made by their children to sustain their basic needs.¹ Besides poverty, inability to get good education intensifies child labor. Most parents feel that formal education is ineffective, or they cannot afford it, particularly in the rural and urban slum settings where the schools are overcrowded, under-equipped and without sanitary amenities. This has led to the withdrawal of kids in schools and involvement in work to attain skills in the home-based or to be able to contribute to the economy.³ This situation creates a vicious cycle where illiteracy and low skill levels limit future employment opportunities, perpetuating poverty and child labor across generations.

The situation is also aggravated by unemployment and underemployment amongst the adult population. The major cause is high rates of unemployment particularly in the urban centers, which leave families with no option but to send their children out to work and earn the family some income. The high rate of population increase exerts more pressure on the few available employments, augmenting unemployment among the adults thus indirectly promoting child labor as a survival strategy.¹ Social attitudes and cultural norms also play a role, as some communities accept or even expect children to work from an early age, viewing it as a form of socialization or economic contribution.⁴

Child labor exists due to political and institutional variables. Weak governance systems and sporadic political reforms in Pakistan have not been able to enforce the child labor laws and social protection initiatives. Acemoglu and Robinson (2018) find that extractive

³ Gulzar, Saleema A., Samina Vertejee, and Laila Pirani. "Child Labour: A Public Health Issue." JPMA. The Journal of the Pakistan Medical Association 59, no. 11 (2009): 778-781. https://ecommons.aku.edu/pakistan_fhs_son/9.

⁴ Slideshare. "Child Labor in Pakistan Report." 2015. <https://www.slideshare.net/slideshow/child-labor-in-the-pakistan-report/46885643>.



Vol. 3 No. 8 (August) (2025)

state institutions and income inequality, which make it a favorable environment to practice child labor. The implementation of labor laws is still poor because of corruption, monitoring absence, and poor political will even though the constitution forbids it. The Human Rights Commission of Pakistan (HRCP) reports that millions of children continue to work in hazardous conditions, including domestic services where abuse and exploitation are common.¹

The impacts of child labor are tremendous and manifold. Denial of education is the most immediate effect since children who are subjected to labor at vital years of schooling are denied education. According to Pakistan Economic Survey, the number of children out of school is around 23 million, which is directly correlated with child labor. This educational deprivation severely limits children's future economic prospects, trapping them in low-wage, unskilled jobs and perpetuating poverty cycles.

There are also grave physical and psychological health hazards because of child labor. Working children are vulnerable to many dangerous conditions, such as brick kilns, factories, and household help, and they run the risk of being injured, developing long-term diseases, and being exploited. Child laborers are psychologically affected as they most of the time are under stress and anxiety and are depressed, because of the poor working conditions and social exclusion.⁵ The long-term effects include impaired cognitive development and reduced life expectancy.

Moreover, child labor undermines social development and equity. It reinforces social inequalities by disproportionately affecting children from marginalized and poor families. The normalization of child labor perpetuates a cycle of exploitation and limits social mobility, contributing to broader societal instability and economic underperformance.¹

Causes of Child Labor in Pakistan

In Pakistan, child labor continues to be a serious socioeconomic and human rights concern. Around 12 million children nationwide are thought to be involved in child labor, with many of them working in dangerous and exploitative settings. Poverty, poor education, and cultural acceptance continue this exploitative practice despite legal frameworks, endangering the development and health of children. Child labor, which is common in Pakistan's agriculture, brick kilns, carpet manufacturing, domestic work, and small-scale industries, is defined by the International Labor Organization (ILO) as work that adversely affects children's education, psychological development, and emotional maturation.

Poverty and Economic Hardship

In Pakistan, poverty is the main cause of child labor. According to a cross-sectional study done in Karachi, 83% of child laborers work because their families are struggling financially. An estimated 37.2% of the population was estimated to be below the poverty line by the end of 2023, which is almost 3 million more people than in 2018. Families are forced to put their immediate financial survival ahead of their children's education due to a lack of social welfare and limited financial resources. To increase family income, many children, particularly girls, are sent to work as domestic helpers, which feeds the poverty cycle. Child labor problems are made worse by cultural norms that prevent girls from receiving an education and force them into early marriage or domestic

⁵ Gulzar, Saleema A., Samina Vertejee, and Laila Pirani. "Child Labour: A Public Health Issue." *JPMA. The Journal of the Pakistan Medical Association* 59, no. 11 (2009): 778-781. https://ecommons.aku.edu/pakistan_fhs_son/9.



Vol. 3 No. 8 (August) (2025)

work. The tragic case of Zohra Shah, an eight-year-old domestic worker whose death raised awareness of the predicament of child laborers in Pakistan, served as a stark reminder of these conditions. Decisions to send kids to work are also influenced by the absence of local schools and the expense of education.⁶

High adult unemployment and underemployment further reinforce child labor. In 2020-2021, Pakistan's unemployment rate stood at 6.3%, forcing unskilled workers to accept exploitative conditions and rely on children as supplementary earners. This dependency sustains the vicious cycle of child labor.

Inadequate Education Infrastructure

In Pakistan, there is a significant inverse relationship between child labor and literacy rates. Research shows that child labor rates are higher in districts with lower literacy rates, particularly for females aged 10 to 14. Since poverty and sociocultural factors make it more likely for girls to be pulled out of school to work, female education is especially important.¹

One of the main causes of child labor in Pakistan is the inadequate infrastructure for education. Most children do not regularly attend school, as evidenced by the 2018 primary education net enrollment rate of just 65.3%. Lack of local schools, subpar classrooms, and a shortage of essential school supplies plague impoverished areas. Children's access to education is further limited by the financial strain on families from uniforms, books, transportation, and occasionally unofficial fees. Judicial observations have emphasized that having schools and textbooks is insufficient; to promote school attendance, a conducive learning environment is necessary.

Cultural and Social Norms

Gender norms and cultural attitudes also support child labor. Children, particularly girls, frequently assist their mothers in a variety of tasks in areas such as Punjab, perpetuating traditional gender-based labor roles. Because boys are more likely to work in manufacturing and agriculture, while girls are more likely to work in domestic and household chores, these cultural patterns have an impact on the kinds and sectors of child labor. Attempts to end child labor are made more difficult by these deeply ingrained social norms.⁷

Sectors and Conditions of Child Labor

Child labor is widespread across multiple sectors in Pakistan, with children as young as five engaged in hazardous work. The most affected sectors include agriculture, brick kilns, domestic work, carpet manufacturing, fisheries, and small-scale manufacturing.¹ For example, surveys reveal that more than 126,000 children, many of whom do not go to school, work in brick kilns in Punjab alone (Punjab Labor Department 2019-2020). Child labor is dominated by manufacturing and services in urban areas, while agriculture is still the main industry in rural areas. Children often work long hours, sometimes beyond 35 hours per week, in hazardous and exploitative conditions.⁸

These harsh working environments stunt their physical and mental development and

⁶ RSIL Pakistan. "How Pakistan's Socioeconomic Problems Are Leading to Child Labour." December 18, 2023. <https://rsilpak.org/2023/how-pakistans-socioeconomic-problems-are-leading-to-child-labour/>.

⁷ Imran Ashraf Toor. "Child Labor's Link with Literacy and Poverty in Pakistan." *Lahore Journal of Economics* 10, no. 1 (Summer 2005): 15-32.

<https://lahoreschoolofeconomics.edu.pk/assets/uploads/lje/Volume10/Toor1.pdf>.

⁸ Wikipedia contributors, "Child labour in Pakistan," Wikipedia, last modified March 6, 2011.

https://en.wikipedia.org/wiki/Child_labour_in_Pakistan.



Vol. 3 No. 8 (August) (2025)

rob them of a healthy childhood.

Impacts of Child Labor in Pakistan

Child labor in Pakistan has severe and multifaceted impacts that permeate the physical, psychological, educational, and social well-being of children, as well as broader societal and economic consequences. Despite legal frameworks, more than 12 million children are engaged in child labor in Pakistan, predominantly driven by poverty and socioeconomic challenges.¹

Physical and Health Impacts

Child laborers sometimes face difficult working conditions that endanger their physical well-being. Many laborers in dangerous settings including building sites, brick kilns, and residential jobs where they are subjected to abuse, long hours, and insufficient safety precautions. The physical toll includes delayed development, starvation, chronic diseases, and heightened vulnerability to injuries. For example, children who labor in brick kilns without protective gear are subjected to high temperatures and dust, which can cause respiratory and heat-related disorders⁹. Long-term health issues are also brought on by prolonged physical activity combined with insufficient sleeping and diet.¹

Psychological and Emotional Impacts

Child laborers frequently suffer from stress, trauma, abuse, and neglect, which can lead to psychological harm. Approximately 9.8% of working children had problems with behavior, according to a Karachi study, suggesting a significant psychogenic impact.¹⁰ Particularly among girls employed as domestic workers, abuse is particularly severe, with reports of physical assault and even death.¹ The ongoing exposure to disrespect and exploitation has a significant negative impact on children's mental health, emotional development, and self-confidence.¹¹

Educational Impacts

Because child labor deprives children of educational chances to succeed, it hinders educational attainment. The cycle of poverty and low literacy rates in Pakistan continues to persist by the large number of child laborers who leave school to help support their families. It was observed that 32,727 children in Punjab who worked in brick making factories did not go to school. Child labor continues to be a major factor in educational inequality, with roughly 23 million children nationwide not attending school.¹ In addition to limiting their future economic prospects, this exclusion from school also impedes social advancement.¹²

⁹ Study on Domestic Child Labour in Pakistan, Sindh Human Rights Commission, 2016, <https://www.shrc.org.pk/downloads/reports/Study-Domestic-Child-Labour-in-Pakistan.pdf> (accessed September 2, 2025).

¹⁰ Salman Shah, "Causes of Child Labour and Its Impact on The Life of Children: Case Study of Hyderabad, Sindh, Pakistan," *International Research Journal of Management and Social Sciences*, December 30, 2020, <https://irjmss.com/index.php/irjmss/article/view/164> (accessed September 2, 2025).

¹¹ Qamar Niaz et al., "Psychogenic impact of child labour in Pakistan," *Journal of Pakistan Medical Association* 49, no. 12 (December 1999): 299-302, https://jpma.org.pk/index.php/public_html/article/view/10714

¹² Niaz, Qamar et al., "Child Labor in Pakistan: Causes, Consequences and Prevention," *Pakistan Social Sciences Review*, June 29, 2022, <https://ojs.pssr.org.pk/journal/article/view/127>



Vol. 3 No. 8 (August) (2025)

Social and Economic Impacts

In Pakistan, poverty and inequality in society are sustained by child labor. Families that rely on child income frequently put their immediate survival ahead of the welfare of their children. Due to cultural norms that force them into early marriages and domestic work, which limits their access to education and empowerment, girls are disproportionately affected. Dependence on child jobs as a means of surviving financially is increased by the considerable unregulated labor sector and adult unemployment.¹

Despite laws prohibiting child labor, enforcement remains weak due to inadequate inspection, corruption, and limited resources. The legal minimum age for hazardous work is low (14 years), and monitoring mechanisms are insufficient. Various reports urge systematic measures to eradicate child labor and address root causes like poverty and inadequate schooling. This illustrates how the various effects of child labor in Pakistan affect the physical, mental, educational, social, and economic domains, underscoring the pressing need for comprehensive policy interventions, poverty reduction, educational opportunities, and labor protections.

Research Hypothesis

H1: Poverty, low parental education, and large family size significantly increase the likelihood of child labor in Pakistan.

H2: Child labor negatively impacts children's physical health, psychological well-being, and educational outcomes.

H3: Cultural norms and social acceptance contribute to the persistence of child labor despite legal prohibitions.

H4: Weak enforcement of child labor laws and inadequate social protection measures hinder efforts to reduce child labor.

Theoretical Framework

The theoretical framework for studying child labor in Pakistan draws primarily on several interrelated social science theories that explain the causes and consequences of child labor from economic, social, and policy perspectives.

Human Capital Theory

Human Capital Theory is one of the prevailing frameworks, according to which education can be treated as an investment, improving the productivity of a person, as well as his/her earning potential in the future. This theory further states that the involvement of children in labor activities is mostly due to the families' calculations of the short-term economic gain of child labor versus the long-term earnings of education. In Pakistan, poverty, and absence of quality education make families prefer short term income to schooling which further entrenches child labor and restricts human capital formation.¹³ Human Capital Theory thus links child labor to broader economic growth and labor market dynamics, emphasizing that improving education access and quality is critical to reducing child labor.

Bronfenbrenner's Ecological Model

Bronfenbrenner Ecological Systems Theory offers a multi-level conceptualization of the complicated socio-environmental situation of child labor. According to this model, the

¹³ The Plight of Child Labor in Pakistan: An Economic Perspective. 2022.

<https://www.fccollege.edu.pk/wp-content/uploads/4.-Child-Labour-in-Pakistan-An-Economic-Perspective.pdf>



Vol. 3 No. 8 (August) (2025)

child is placed within encapsulated systems which include the microsystem (family and immediate social environment), mesosystem (workplace and community) and macrosystem (laws, policies and cultural norms). To illustrate, the micro-level comprises family poverty and parental attitude to work; the meso-level entails conditions of work and communal back up and the macro-level constitutes the government policies and sanctioning structures.¹ This approach highlights that child labor is not only an economic issue but also shaped by social relationships and institutional contexts, requiring interventions at multiple levels.

Socio-Economic and Political Causes Framework

Pakistan-based research studies highlight the contribution of socio-economic and political dimensions including poverty, high number of family children, illiteracy, and poor governance as underlying causes of child labor. HRCP and other scholars point out poverty and poor education of parents as the main driving factors, which are aggravated by social attitudes accepting child labor as a normal practice and poor implementation of policies.¹⁴ Political instability and lack of commitment to child labor laws further exacerbate the problem, suggesting that child labor is embedded in structural inequalities and governance failures.

Conflict and Rights-Based Perspectives

Other researchers use Conflict Theory and Human Rights Approaches when dealing with child labor as well considering it to be evidence of power inequality and exploitation. In this sense, child labor is one of the manifestations of systemic inequalities in which the marginalized families possess little agency, and the economic elites enjoy the cheap child labor. The rights-based approach focuses on the right of a child to education, protection and development and promotes legal changes and social justice to eliminate child labor.¹

Research Methodology

Design: Mixed methods combining quantitative household surveys and qualitative interviews.

Quantitative Component: Structured questionnaires administered to households with child laborers in urban (e.g., Lahore) and rural settings, collecting data on socio-economic status, child labor involvement, education, and health. Statistical analysis (Probit/Logit models) will identify determinants and impacts.

Qualitative Component: Semi-structured interviews with child laborers, parents, employers, policymakers, and NGO workers to explore experiences, perceptions, and enforcement challenges. Thematic analysis will be used for qualitative data.

Sampling: Stratified random sampling for surveys; purposive sampling for qualitative interviews.

Ethical Considerations: Informed consent, confidentiality, and child protection protocols will be strictly followed.

¹⁴ Sarwar, Isra, Syed Imran Haider, and Zubaida Zafar. "Socio-Economic and Political Causes of Child Labor: The Case of Pakistan." *Global Political Review* 1, no. 1 (2016): 36-44.
<https://humapub.com/admin/alljournals/gpr/papers/PccnlG7vwK.pdf>



Vol. 3 No. 8 (August) (2025)

List of Variables

The study on child labor in Pakistan incorporates a range of variables categorized as dependent, independent, mediating, and control variables to comprehensively analyze the determinants and impacts of child labor.

The dependent variable is primarily the child labor status, a binary indicator representing whether a child is engaged in labor or not.

The independent variables include the age and gender of the child, which have been shown to significantly influence child labor participation, with older children and males more likely to work. Household characteristics such as household head's education, mother's education, and household income are critical socio-economic determinants; higher parental education and income generally reduce the likelihood of child labor. Family size is another important independent variable, often positively correlated with child labor, as larger families tend to have more children working to support household needs. Region or location (urban vs. rural) is also considered, with urban children sometimes more likely to engage in labor due to different economic dynamics. Additionally, household head's gender and household system (nuclear or joint family) are included to capture family structure effects.

Mediating variables such as access to education and law enforcement effectiveness are examined to understand how external factors influence the relationship between socio-economic variables and child labor. Finally, control variables include the child's age, gender, and residence location to isolate their effects and improve model accuracy. This comprehensive set of variables allows for a nuanced analysis of child labor's causes and consequences in Pakistan.

Conclusion

In Pakistan, child labor is still a pervasive and complex issue. It is especially severe in urban megacities like Karachi, Lahore, and Faisalabad, where there are glaring socioeconomic divides. Because so many people live in poverty, families are forced to use their children as additional sources of income, which feeds the cycle of exploitation and deprivation. The main cause of child labor, according to this analysis, is poverty, which is linked to a lack of access to high-quality education, the social normalization of child labor, and the lax enforcement of current labor laws. In Pakistan, millions of children are engaged in hazardous occupations such as agriculture, domestic work, brick kilns, carpet weaving, and small-scale industries, often under exploitative conditions that deny them fundamental rights including education, healthcare, and a safe environment conducive to their psychological, emotional, and intellectual development.

This study's mixed-method approach, which makes use of both quantitative data and qualitative field insights, provides a thorough understanding of the socio-structural factors that force families to use child labor as well as the kids' actual experiences. The normalization of child labor within communities signifies a critical social barrier where economic survival is prioritized over children's well-being and educational advancement. In the end, a comprehensive strategy that incorporates social change, education reform, poverty alleviation, and law enforcement is necessary to eradicate child labor in Pakistan. In addition to upholding children's rights, this is crucial for raising them to be healthy, educated, and productive adults who can support Pakistan's long-term human capital development. In order to create and carry out long-lasting interventions that end the



Vol. 3 No. 8 (August) (2025)

cycle of child labor, foster fair development, and guarantee a secure, fulfilling future for Pakistan's children, stakeholders at all levels—from governmental entities to civil society organizations—must consider the policy implications of this research.

This thorough knowledge and the ensuing policy advocacy can be extremely helpful in the fight against child slave labor in Pakistan's cities and elsewhere, creating an atmosphere in which kids can grow up in a way that is free from exploitation and deprivation.

References

- Zafar, Z., Sarwar, I., & Haider, S. I. (2016). Socio-economic and political causes of child labor: The case of Pakistan. *Global Political Review*, 1(1), 32–43.
- Gilani, R., Shah, S. R., Zahoor, S., & Iqbal, M. A. (2022). Child labor in Pakistan: Causes, consequences and prevention. *Pakistan Social Sciences Review*, 6(2), 197–208.
- Ahmed, I. (1991). Child labor—A time to reflect. Pakistan Institute for Legislative Development and Transparency (PILDT). (2023). Pakistan's socioeconomic problems and child labour. RSIL. <https://rsilpak.org/2023/how-pakistans-socioeconomic-problems-are-leading-to-child-labour/>
- Gulzar, S. A., Vertejee, S., & Pirani, L. (2009). Child labour: A public health issue. *JPMA: The Journal of the Pakistan Medical Association*, 59(11), 778–781. https://ecommons.aku.edu/pakistan_fhs_son/9
- The Borgen Project. (2024). Ending child labor in Pakistan. <https://borgenproject.org/ending-child-labor-in-pakistan/>
- Slideshare. (2015). Child labor in Pakistan report. <https://www.slideshare.net/slideshow/child-labor-in-the-pakistan-report/46885643>
- Human Rights Commission of Pakistan. (2012). Report.
- Gulzar, S. A., Vertejee, S., & Pirani, L. (2009). Child labour: A public health issue. *JPMA: Journal of the Pakistan Medical Association*, 59(11), 778–781. https://ecommons.aku.edu/pakistan_fhs_son/9
- Slideshare. (2015). Child labor in Pakistan report. <https://www.slideshare.net/slideshow/child-labor-in-the-pakistan-report/46885643>
- Forman Christian College. (2022). The plight of child labor in Pakistan: An economic perspective. <https://www.fccollege.edu.pk/wp-content/uploads/4.-Child-Labour-in-Pakistan-An-Economic-Perspective.pdf>
- International Labour Organization (ILO). (2022). Child labour in domestic work in Pakistan: A scoping study. ILO. https://www.ilo.org/sites/default/files/wcmsp5/groups/public/@asia/@ro-bangkok/@ilo-islamabad/documents/publication/wcms_851155.pdf
- Sarwar, I., Haider, S. I., & Zafar, Z. (2016). Socio-economic and political causes of child labor: The case of Pakistan. *Global Political Review*, 1(1), 36–44. <https://humapub.com/admin/alljournals/gpr/papers/PccnIG7vwK.pdf>
- Human Rights Commission of Pakistan. (2012). Annual report.
- RSIL Pakistan. "How Pakistan's Socioeconomic Problems Are Leading to Child Labour." December 18, 2023. <https://rsilpak.org/2023/how-pakistans-socioeconomic-problems-are-leading-to-child-labour/>.
- Imran Ashraf Toor. "Child Labor's Link with Literacy and Poverty in Pakistan." *Lahore Journal of Economics* 10, no. 1 (Summer 2005): 15-32. <https://lahoreschoolofeconomics.edu.pk/assets/uploads/lje/Volume10/Toor1.pdf>.



Vol. 3 No. 8 (August) (2025)

National Commission on the Rights of Child. "Policy Brief - Employment of Children in Pakistan." March 2025. https://ncrc.gov.pk/wp-content/uploads/2025/03/Policy_brief_employment_of_Children.pdf.

Wikipedia contributors, "Child labour in Pakistan," Wikipedia, last modified March 6, 2011. https://en.wikipedia.org/wiki/Child_labour_in_Pakistan.

Pakistan's Socioeconomic Problems and Child Labour, Research Society of International Law Pakistan, 2023, <https://rsilpak.org/2023/how-pakistans-socioeconomic-problems-are-leading-to-child-labour/>

Study on Domestic Child Labour in Pakistan, Sindh Human Rights Commission, 2016, <https://www.shrc.org.pk/downloads/reports/Study-Domestic-Child-Labour-in-Pakistan.pdf>

"Child labour in Pakistan," Wikipedia, last modified March 6, 2011, https://en.wikipedia.org/wiki/Child_labour_in_Pakistan

Salman Shah, "Causes of Child Labour and Its Impact on The Life of Children: Case Study of Hyderabad, Sindh, Pakistan," International Research Journal of Management and Social Sciences, December 30, 2020, <https://irjmss.com/index.php/irjmss/article/view/164>

Qamar Niaz, "Child Labor in Pakistan: Causes, Consequences and Prevention," Pakistan Social Sciences Review 6, no. 2 (April-June 2022): 201-220, <https://pssr.org.pk/issues/v6/2/child-labor-in-pakistan-causes-consequences-and-prevention.pdf>

Qamar Niaz et al., "Psychogenic impact of child labour in Pakistan," Journal of Pakistan Medical Association 49, no. 12 (December 1999): 299-302, https://jpma.org.pk/index.php/public_html/article/view/10714

U.S. Department of Labor, "Child Labor in Pakistan: Findings," accessed September 2, 2025, <https://www.dol.gov/agencies/ilab/resources/reports/child-labor/pakistan>

Niaz, Qamar et al., "Child Labor in Pakistan: Causes, Consequences and Prevention," Pakistan Social Sciences Review, June 29, 2022, <https://ojs.pssr.org.pk/journal/article/view/127>

Centre for Human Rights (CHR). "Pakistan's Socioeconomic Problems and Child Labour." RSIL Blog, December 18, 2023. <https://rsilpak.org/2023/how-pakistans-socioeconomic-problems-are-leading-to-child-labour/>.