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Televised Campus Dreams: The Emotional Influence of Pakistani Dramas on University Girls' Romantic Expectations

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Abstract

In the framework of Pakistani media consumption under the television, the study looks at the cultivation effect in relation to expectations related to romantic relationships among female students at Sindh Jamshoro University in Pakistan who are exposed to saturated media consumption under the television. In addition to proudly contributing to the influence under the capturing idealism in the form of romantic, lovely, class-divided conflict created in society as well as the glorifying environment under the emotional intensity and dramatic relationship trajectories, the conceptualization of the Byronic heroes and sweeping heroine demonstrates the nomination to the specific trope under the shadow of the economic hypervreality. In order to ascertain the relationship between media consumption in terms of Pakistan specifically and the subsequent formation of unrealistic romantic beliefs, Gerbner's cultivation theory was examined under the quantitative survey and data was gathered from the questionnaire under the 160 female students from the various departments (N=160) of Sindh University Jamshoro. The five most popular dramas—Zindagi Gulzar Hai, Aik Thi Rania, College Gate, Mai Manto Nahi Hun, and Chemistry—enhanced the romantic expectation-based themes with their characters discussed in this study

under the quantitative survey instruments and evaluated viewers on weekly and hourly binge-watching partners under the approach of idealism, unrealistic partial internalization, and unhappiness, which are the main components of the second. The cultivation theory presented in the data set analysis demonstrates the endorsement of romantic idealism expectations and shows a major significant relationship correlation in terms of dose response ($r=.42, p <.01$) in terms of the viewers under the media consumption of more than five hours of the five dramas set in the week. In this sense, a main or core disparity in viewer expectations other than those of non-viewers was shown by the t-test applied to the independent sample ($p <.001$ for each). Furthermore, the study discovered an effect score with university students under the relationship study and the relationship status stated in the highest romantic anticipation under the romantic point of view. The media had a big impact on married and unmarried women; the results showed that 41% of them were under repression, and the younger and older women did not find a partner. Understand the important effects of Pakistani dramas and the romantic expectations of university students as a result of increased media consumption at the conclusion of the study's article. It causes media consumption to flourish. Its impact on digital platforms is more valued and fosters strong media connections under psychological well-being.

Keywords: *parasocial attraction, pakistan drams, romantic expectation, cultivation theory, idealism, psychological health*

Introduction

The history of Pakistan's traditional media in the context of the small screen is known in the subcontinent for the best stories and scripts written under the structural social values and cultural forces. The Pakistani drama serial starts prime time around 8 pm, and all family members watch the drama seven days a week. In the evolution of the digital era and the invention of more personal gadgets, the drama also shifted from the TV screen to digital or streaming platforms such as YouTube (Zulfiqar et al., 2023). The young generation watched the drama serial. The ratio of the female university students is higher than the male university students. The drama reached the young female university student's social and cultural norm in traditional and modern scenarios and also taught about marriage and intimacy life and created a hyper-reality narrative in the society. The male dominance under the hyper reality narrative is most common in the Asian drama industry, as it is also called "silence" or "sabr being love." The digitalization and innovation transition the family living into a converted private room. The digital evaluation made through the screen is a core shift of the romantic ideology, which is entered in the modern generation by default demographically (Saleem & Shafiq, 2025).

In the 1980s, consider the golden era of the Pakistani drama industry, under which the production of Pakistani television developed the narrative regarding independence and social realism. The invasion of digital stream media such as YouTube and the growth of the Pakistani drama industry are rapidly increasing due to YouTube viewership, and the other is television rating points (TRPs), which provide a great incentive, and in this regard, the drama budget under the production cast is more enhanced in terms of the high-octane drama model (Kanwal et al., 2025). The male domicile is more incredible and reshaped under the characterization with more charming wealth and strong arrogance, characterized by an ultimately lovely personality and the ideal dream boy of every

female or woman. The most trending and blockbuster dramas, such as *Bin and Kaisi Teri Khudgarzi*, capture billions of views under the livestreaming and traditional watching, developing the narrative about the romanticization of abduction as a precursor to marriage under the violation of consent (Noreen et al., 2021). These scripted narratives developed the new norms and structure of the social norms and added in the culture, reshaping the new value and emotion toward the romantic aspiration under the young generation, especially female, and girls to reshape the narrative in the form of behavior and more new manners under the influence of the drama's contents and performance of the characters in terms of entertainment and developed the new mindset under the modeling of the romantic expectation mindset of the girls in Pakistan. the idealization of emotional and unrealistic expectations(Iqbal & Atay, 2024).

The university student aged 18 to 25 is demographically targeted under this study, and visual and text function is the highly recommended tool under the use of academia in this age group, basically under the transition phase of life, and the best narrative is developed under the modern education system with the support of traditional values under parental expectations, growing up and developing in the modern society, and the romantic script is the basis to enhance and add more artistic structure under the psychological form of the drama(Amna Anwaar Khan, 2024). The drama industry mainly focuses on rephrasing the Western ideology pattern in the form of romance rather than education. The Western-based ideology against the complete independence of the traditional norms of Pakistani society developed under the two blockbuster drama series '*Zindagi Gulzar Hai*' and '*College Gate*.' The lines between abuse and tenderness are blurred in both elements under the hyperreality. They are stronger and more powerful in this regard under the male dominance and digital freedom, under the protective and possessive, under the male domineering character, and with women as heroines being slapped and their romantic behavior demonstrating the beautiful cinematography and education in terms of violence and intimacy(Matloob et al., 2022).

The core narrative of these dramas is based on the concept of *sabr* (patience). The difference between the good wife and the ideal heroine is almost suffering in the context of emotional and abuse through her husband, father, mother, and sister in a triangular format portrayal, and it is further added that the women's lives basically sustain the relationship throughout their lives with silence. The hero's primary part is to love, and the secondary part is to face the suffering and pain to sustain the relationship under the universal point of view. As the university students identify as a cognitive dissonance, and in terms of academic environment, it encourages critical thinking and reinforces passivity and dependence(Nasir, Shehzadi, et al., 2023). Under the conventional media. The television show's shape displayed the episode, but the digital shift broke this pattern to liberate the show's conventional format. YouTube's algorithm encourages viewers to watch videos "without break" in digital format. The cultivation is the rapidly evolving respect for variety and the movement in reality perception toward television. Unwatching television: spending more than 10 hours in the weekly watching time on the drama . The hyperreality covered the gap in the substance of demonstrating love between the rich and the poor and played several roles in the dispute resolved on the screen point of view. In the end, the viewer's life took the place of the screen's dialogue(Ashraf et al., 2023).

Pakistani dramas impact university female students on romantic and idealized relational expectations shaped by society and culture and unrealistic relationships about the expression of romantic life among university girls, which significantly contribute to behavioral changes. The study's core theme under the empirically quantified overed these effects and analyzed the two main groups, viewers and nonviewers, under the psychological expectation based on the idealistic, emotional, and unrealistic approaches of the female university students to seek to identify the real work that occupies under the real expectations of the upcoming generation. (Qaiser et al., 2024) argued that the digital platform again takes more time, and face-to-face attraction has less in the current time. The matter is also under consideration in the future study that the drama series on the digital platform is not discussed for media literacy; they also deal with mental health for public matters. The data set indicates that the figure-I representation is popular among women at the university of dramas.

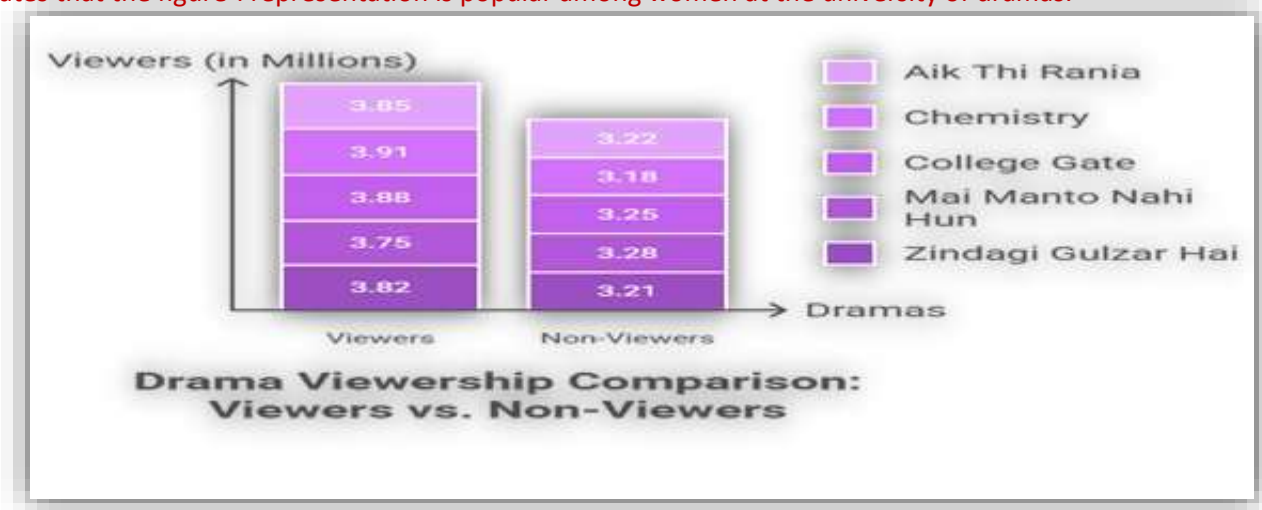


Figure-I representation is popular among women at the university of dramas

Problem statement

The way we consume stories has fundamentally changed as a result of the conversion of conventional platforms like television to digital platforms like YouTube. The viewers were compelled to binge-watch IC core by the algorithm-based adjustment. Within a week, there were two consecutive eats of the drama on YouTube because to this structural shift in content of view, lasting about ten hours. its referred to this kind of fundamental shift moving away from reality and toward a fictional television reality as hyperreality. The viewer's life is lived under the resolution of the screen and styled conversation under the lived experience in this kind of reality. There are subtle distinctions behind the hyperreality. As a result of their absorption in digitalization, Pakistani university students formed romantic expectations about idealism, emotionality, and unreality. In light of these conditions and romanticized romantic digitization, the female university student must deal with the social conflicts that arise in actual life. In the context of relationship and marriage, digitation immersion plays a crucial role in developing the story and pattern of Pakistani university students. The study examines viewer and non-viewer romantic expectations under the actual script, as well as the effects and metrics of viewer and non-viewer

comparison. The study's objective is to determine how the romantic aspirations of the younger generation have been supplanted by the screen-developed story. In addition to creating a public mental health crisis that requires intervention beyond media literacy and difficulties, the drama surrounding digital screen time goes beyond face-to-face expectations. The increasing distance between pragmatic reality and imagination needs to be purposefully narrowed.

Research gap and significant of the study

In terms of content analysis and the television drama industry, there is a wealth of literature available for research scholars to be more interested in. The television story was designed with the audience in mind. It created sociocultural values in the community, and this is the primary application of the important literature. The script and the main research study map are part of the narrative development. However, the audience's true absorption of television tales is not measured by these studies. This study focuses on this gap because there aren't many that support the media hypothesis of the cultivation impact in the context. The study examined how the narrative of the Pakistani television drama affected viewers' perspectives. This study used a thorough survey strategy at Sindh University Jamshoro to address the research connection and essential gap. A total of 160 female students (N = 160) took part in the study, encompassing all measures linked to the strength of the relationships, the media consumption variable, and its associated findings on the psychological content. Romantic idealism, relationship discontent, and marital pressure are all evident in the psychological effects of the media intake variable under the viewing hours and its associated binge frequency on a watching basis. The research went beyond speculation. The data set provided hard proof that digital immersion had a significant impact on the romantic approach's cognitive design, which was actively restricted and transformed into quantifiable psychological facts through media influence.

Research objections

The study aims to:

1. To examine the length using the female university students weekly hourly media usage.
2. To measure the degree of romantic idealism. Beneath the corresponding viewing components.
3. To evaluate the influence of parasocial interaction contact and relationship happiness satisfaction.

Research questions

The document outlines three research questions focused on university students and their viewing habits related to Pakistani drama.

In order to determine how much the demographic appreciated the Palestinian drama, the first question is based on an analysis and study of the students who saw it. The second question examines and proposes the impact of viewing time on the impression of romance and is based on the romantic expectations under two hours per week to ten hours per week for the various romantic expectations. Finally, or finally, the assessment is based on married individuals' perceptions of the drama.

RQ1. Among university students, which Pakistani drama is the most well-liked?

RQ2. What distinguishes university students who watch for two hours a week from those who watch for ten hours a week in terms of romantic expectations?

RQ3. What is the moderate cultivation effect under present relationship statuses in terms of signal value engaged/married?

Literature review

The history of Pakistani television depicts the home entertainment-based decade; today, the drama portrays society in a contemporary manner. As a result, university female students primarily watched Pakistani dramas as super peers, and the female set the narrative against the super peer expectations of marriage idealism, gender role idealism, and intimacy. As a result of digitization, social media platforms like YouTube are more responsive to the needs of female college students than television, and YouTube also modifies the way people watch. According to (Tariq et al., 2023) explanation, the digital platform delivery employs under the blind weighting and recommendation. A. Both a hyperreality and a distinction between real (experienced life) and reel (tales) are created by romance. From a perspective, the romantic life shown by digital platform material seems romantic, and under digital romance, love is also altered by the data-driven development of theoretical framework foundations. the development of social realism under the Pakistani narrative in the drama performed on digital platforms, as well as the particular psychological devices found in shows like Chemistry and Zindagi Gulzar Hai. Under this syndrome, it is noted that the narrative of television media consumption shifts from violent to romantic fantasy based on expectations under the strong mental assumption that love and soulmates are capable of overcoming social and economic obstacles. The study looked at television as the fundamental storytelling system in contemporary culture and a key component of the cultivation theory under investigation (Subhani et al., 2024). According to the theory outlined in the cultivation theoretical framework, viewers' long-term exposure to media content shapes their perception of the real world through television narratives. The present world is referred to as "Romantic World Syndrome" by (Sajid & Aleem, 2022) although the past was achieved under the television content based on the violence given in the content of "Mean World Syndrome." According to the (Dr. Naureen Aleem, 2023) study, digital mainstreaming altered the pattern and mechanism in terms of viewers and non-viewers by using digitalization under various demographics and setting the difference in homogenized beliefs under the content of Pakistan. The study established the educational pattern, particularly for female university students, under the special demographic based on the cultivation of romanticism under the contradiction of the life of reality and the so-called high narrative exposure through cultural dramas. It also developed the structural hypothesis in terms of the theoretical framework of cultivation theory.

The use of cultivation theory in the literature review refers to how the media gradually changes the story for the audience over time in Pakistani play. In terms of the form created by various narratives applied to individual conduct for taught behavior, the cultivation theory is not realized in society. The notion of social learning theory also explains this behavior, including learning behavior in the context of rewards and punishments under the administrations function (Manzoor & Nawaz, 2022). In terms of the incentive structure, the dramas are transparent under the Pakistanis. The drama pattern, according to Pakistan, is about a virtuous wife dealing with silence while her family is abusing her or when the hero she loves is rewarded. The main illustration of the hero's or her lover's recompense for winning the heart is found in the drama Zindagi Gulzar Hai. The cognitive

blueprint narrative constructed for the viewer content produced romantic success, and the female content in real life has experienced a similar problem. The digital fandoms under the various platforms increased the pararomantic attachments to male leaders, according to the other theoretical image presented in the name of parasocial interaction (Khursheed et al., 2025). More people engaged in cognitive dissonance reduction due to the emotional depth of the hero issue. This circumstance led to a high rate of emotional bridge blunders and the emergence of toxic conduct in society about the content of emotional real-life expectations (Mahesar et al., 2024). Blockbuster dramas, particularly those with a romance plot, were first popular in Pakistani television during its heyday in the 1980s. *Tanhaiyaan*, the most watched drama in Pakistani television history, is the most typical example. This drama challenged the stereotype of women's representation in the Pakistani drama business and established free and professional female representation in society. As time went on, the privatization boom of 2010 caused a shift in the domestic narrative regarding women (Siddique et al., 2023). The multifaceted female orientation in society is covered by the domestic shift in terms of housewives or household changes in numerous societal dimensions. Digitalization marked the beginning of the following era, which was founded on innovation in information technology. In the digital age, YouTube's monetization of videos led to further advancements in the global drama industry, including in Pakistan. The issue was also brought about by YouTube monetization, which this base claimed is more prevalent than reward and polarization based on ID algorithms (Taj & Ameen, 2025). More well-known dramas like *Mai Manto Nahi Hun* will function and *Ik Thi Rania* will be appropriately developed in terms of short clip generation if the pattern is concentrated on Pakistan. In the brief excerpt from both dramas, resolving conflicts takes precedence over fostering relationships. The content analysis's main points are the romance-based script and the male presentation project, which is based on the wealthy, charming, conceited, and emotionally unavailable. Additionally, the Byronic hero transforms into the trope inn and trope lout in the form of harassment and refers to those behaviors as (Gopal, 2024). According to the Zahid, 2023 explanation, the behavior change application into love and foes is crucial and provides a crucial illustration of man's animosity and covert love story. In terms of content narrative development through psychological tropes, the Pakistan female restructuring under the Pakistan drama series focuses on romantic and economic expectations (Ahmad, 2023). The toxic male behavior of the male is not a warning situation, but the female is also attached to this bad behavior along with romance, demonstrating the psychological conditioning under the Prince Charming Myth. The savior complex under the romantic is written in the core element, the basic condition of the female identified by (Yousaf et al., 2023).

The stories in the dramas *Zindagi Gulzar Hai* and *Aik Thi Rania* were based on the Cinderella narrative, which illustrates how a lover's duty as a leader and assistance requires money. One male character in these kinds of shows is wealthy and submissive, while the other partner is impoverished and a financial assistant. This kind of story is comparable to the Cinderella story in that it depicts the hero's economic detachment as a wealthy person in the scene. However, in actual life, this creates a different impression for viewers who are battling with unemployment and inflation. (Nasir, Zia, et al., 2023). Additionally, the viewers anticipated that the narrative growth on television would convert into real life, much like the Cinderella story of pattern, but the real world

did not match the affluent hero and lifestyle and patterns uncommon in the real world. Furthermore, the drama *Mai Manto Nahi Hun* depicted women in a high dramatic form that is associated with lovelessness. Because of the notion of resonance, the university campus's results under the cultivation theory demonstrate a substantial effect. The dramacollage gate and chemistry created the fantastic image set inside the university campus backdrop and established the story of college campus life as well as a significant distinction between actual life and imaginary life, such as blurring the distinction between the two. In the content of the romantic and fancy writing that evolved and changed the native, the cultivation effect is more pronounced (Badar et al., 2023). The media viewer's quick appropriation led to the development of more idealistic and irrational reasoning. These resources generated the growing social comparison and interacted with the audience (Kiani et al., 2023). When the hyper-romantic fiction measurement felt in real life and encountered dissatisfaction based on inadequacy and perfection, which is generated through the screen and actual life is so different, this circumstance caused additional terror.

Under the cultivation effects, much research is still working on the many contexts to find the problem and method in the society. The cultivation is effective under the use of situational narrative development and content analysis purposes, but most of the research ignores the viewer's point of view and its reception and finds that there is a void in the quantitative point of view and that there is no data matrix available in the comparison and its link with watching hours and its related results or outcome in terms of female education expectations (Zahid et al., 2023). The data in the form of viewing hours unrelated to the expectation in the context of a Frame University student is supplied, along with the matrix on our fundamental computation. Additionally, a lot of studies ignores the unique psychological effects of contemporary digital consuming patterns on this group and fails to separate "YouTube Binge-Watching" as a distinct variable. The romantic expectation education for females is still unstudied.

Methodology

Research design

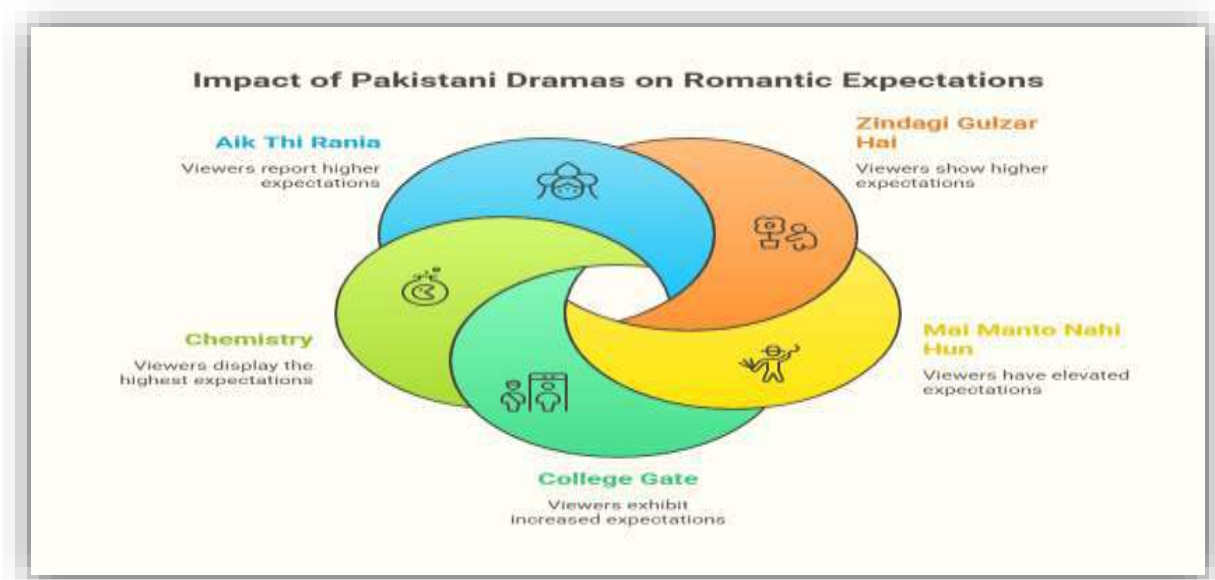
In order to find a thorough relationship between media usage habits and psychological expectancies of female university students, this study employed a cross-sectional survey design between the romantic idealism and drama consumption approaches. In order to recruit female university students (N = 160) between the ages of 17 and 25 from Sindh University, Jamshoro, the cultivation theory was applied in conjunction with a hypothesis, participant analysis, and purposive sampling. The age group data gathered from the university's many departments was chosen for the study under the predetermined demographic to evaluate the influence of the media narrative on educated women. The chosen age group of educated women is able to pursue a job and deal with the pressures of marriage.

Data collection and measurement

The structure of the questionnaire is divided into several sections based on the measurement of media consumption under the Pakistani dramas *Aik Thi Rania Zindagi Gulzar Hai*, *Mai Manto Nahi Hun* Chemistry: College Gate (Figure-I). The questionnaire records the rating scale, viewer patterns, and viewer hours of binge-watching frequency under the platforms of television and YouTube as a preference. Five points from the

romantic belief scale were employed in the second portion of the questionnaires, which collected data using a Likert scale. The third and final sections of the questionnaires assessed idealism, realistic expectations, and practical engagement. Data analysis The understudy used descriptive statistics under the consumption pattern under the Pakistani play Aik Thi Rania Zindagi, and the software SPSS was used to collect and analyze the questionnaire-based data. Gulzar Hai, Mai Manto Nahi Hun Chemistry, College Gate the statistical inference (summary of t test) under the Pearson collection and linear regression analysis to find and ascertain the direction and strength of the association between the construction of romantic standards and the largest viewing.

Figures II showed the selection of the five most popular dramas in terms of romantic approach enhancement in the university students. Figure III, which displays the SPSS results in the context of Cohen's d value, produced the view and no-view categories applied to the study variable. Figure IV displays the category under the status of life (married and unmarried) and signal under the education qualifications among the ratio of the like drams. Additionally, Figure V displays the total number of students' academic status, age, relationship status, and education status.



Drama	Viewers (n)	Non-Viewers (n)	Viewers M(SD)	Non-Viewers M(SD)	t-value	p-value	Cohen's d
Zindagi Gulzar Hai	65	95	3.82 (0.76)	3.21 (0.85)	4.17	<.001	0.68
Mai Manto Nahi Hun	64	96	3.75 (0.80)	3.28 (0.83)	3.42	.001	0.54
College Gate	70	90	3.88 (0.74)	3.25 (0.86)	4.83	<.001	0.75
Chemistry	96	64	3.91 (0.72)	3.18 (0.88)	5.12	<.001	0.83
Aik Thi Rania	112	48	3.85 (0.75)	3.22 (0.90)	4.05	<.001	0.66

1. All significant: There are statistically significant differences ($p < .01$) in every drama.
2. Consistent direction: Compared to non-viewers, viewers consistently have larger romantic expectations.
3. Sizes of effects: range from large ($d = 0.83$) to medium ($d = 0.54$).
4. Most significant: Chemistry exhibits the biggest effect size ($d = 0.83$).
5. Mai Manto Nahi Hun has the least impact ($d = 0.54$), yet it is still substantial.

Figure-II III Aik Thi Rania Zindagi, Gulzar Hai, Mai Manto Nahi Hun Chemistry and College Gate and
 Figure-III result of SPSS
 Research design

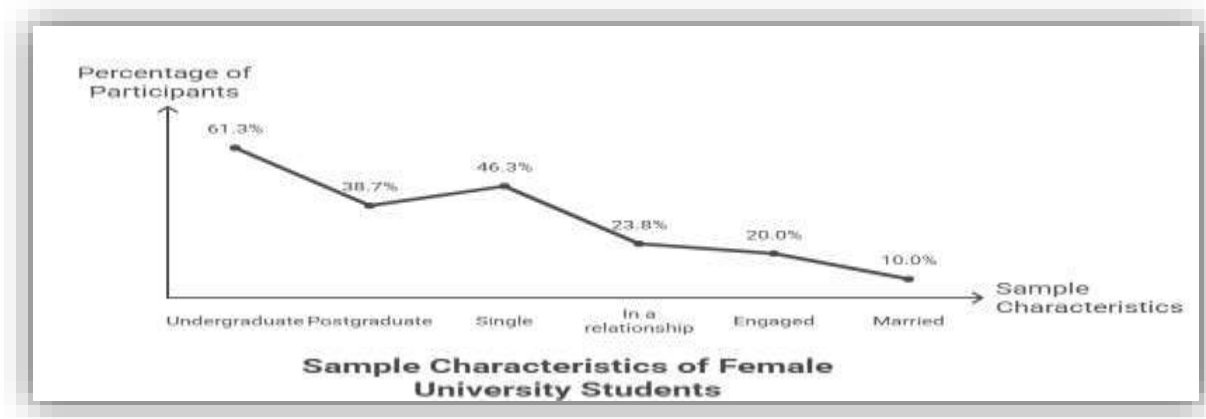


Figure –IV This study applied a quantitative cross section research design under the survey method was employed n-160

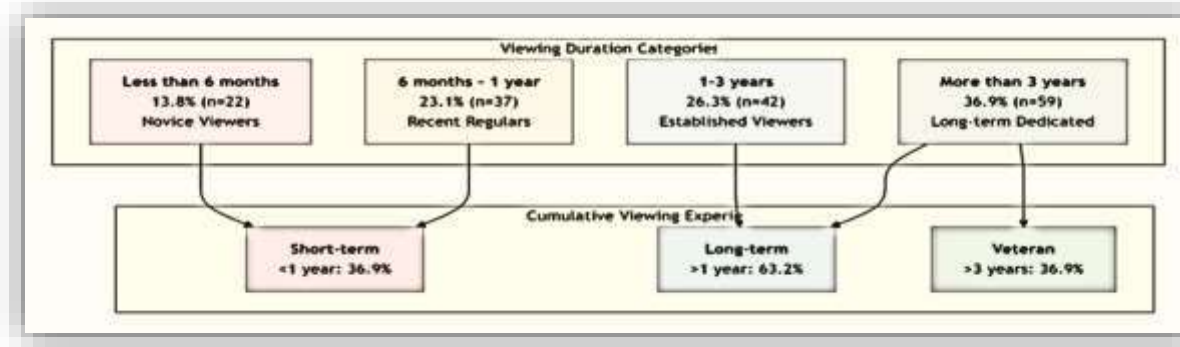


Figure-V Basic size in the attributes, 160 female university students participated in total. 17–25 years old ($M = 21.2$, $SD = 2.1$), Academic Level: Postgraduate (38.7%), Undergraduate (61.3%), and Relationship Status: 46.3% single, 23.8% in a relationship, 20.0% engaged, and 10.0% married

Determine the key outcome to relationships and other variable expressions of the data set towards the most significant variables of the study based on the corrective analysis matrix about the weakening dramas, view

duration, and romantic expression. Describe the romantic and psychoanalytic expectations that were established through perspectives, as well as the results found in Figure VI and other important variables. Figure VII, which is derived from the five dramas, also shows the view hours.

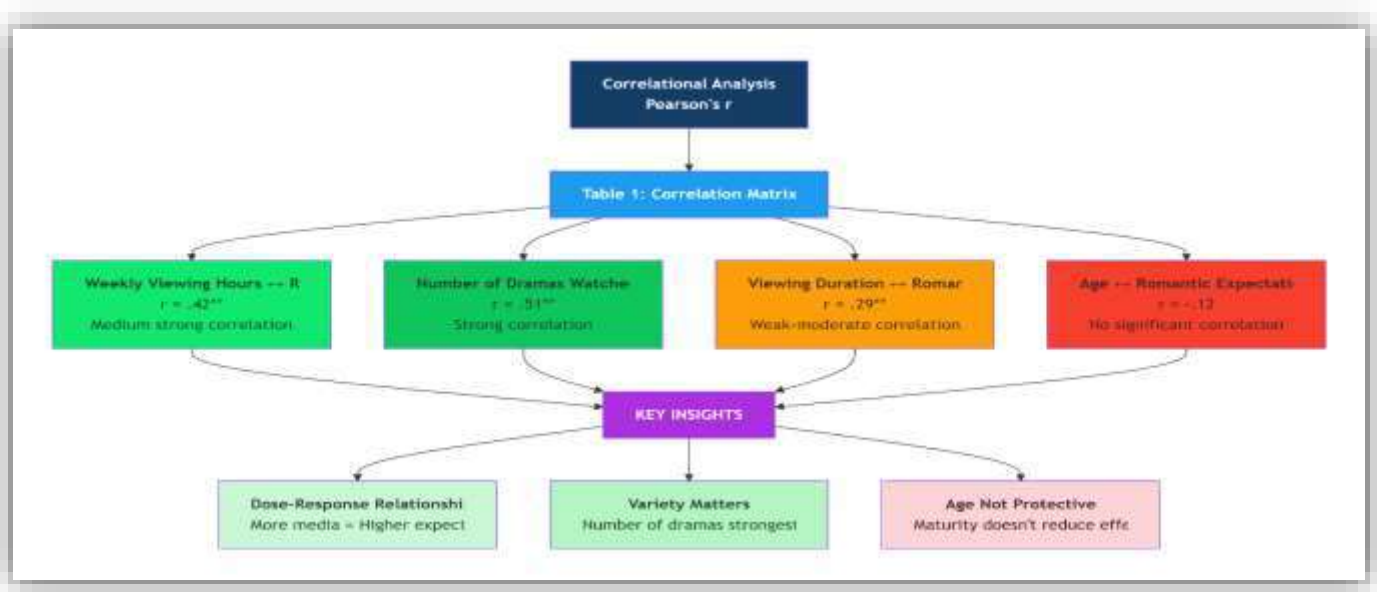


Figure VI- Outcome to relationships and other variable expressions

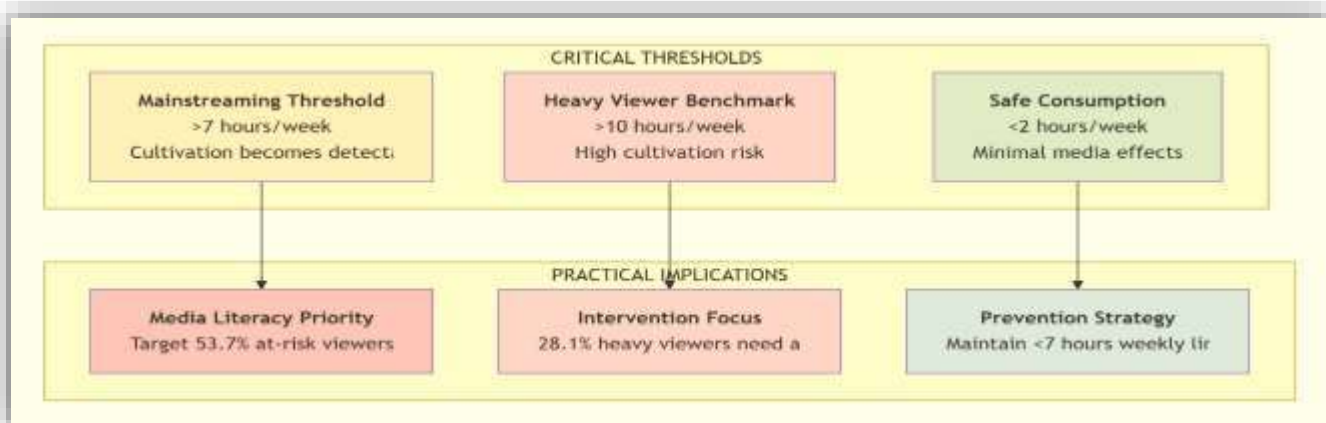


Figure VII- shows the view hours

The outcome is determined by the viewers' hours and duration as well as the students' weekly and hourly data, which are displayed in Figure VIII.

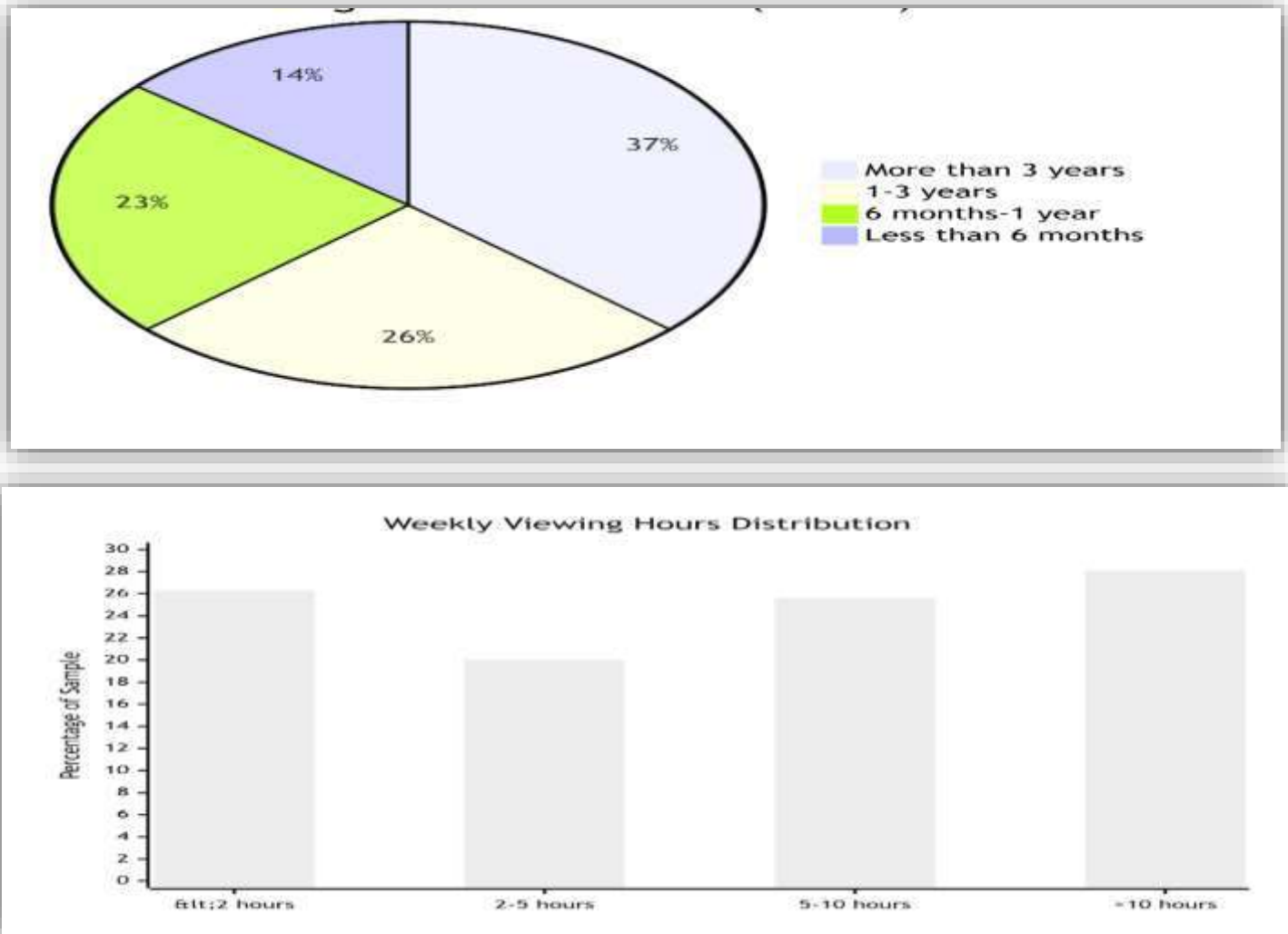


Figure-VIII-Duration of Watching Pakistani Dramas, More than 3 years: 36.9%, 1-3 years: 26.3%, 6 months-1 year: 23.1%, Less than 6 months: 13.8% Hours of Viewing Every Week, Over ten hours: 28.1%, five to ten hours: 25.6%, two to five hours: 20.0%, and less than two hours: 26.3%

Data analysis (female university students on habit, content and Likert scale under the impact of psychological)

The dataset of the total student respondents is not mentioned under this section (N=160). The composition of the sample determines the study's overall participant count. The promise of romantic socialization was embodied by the cohort under the data set. The 20–22 age group has had to deal with rishta pressure in real life and balance the obligations of study with the anticipation of an arranged marriage. The narrative against the superhero, the heroine's problems, and all issues under the state of development were all resolved by median consumption (Sadiq & Chaudhry, 2024). At this point, everything is predicated on the promise made by media consumption through pricing design, and other data sets revealed that consumers between the ages of 24 and 25 have not discovered lower consumption-Figure -V. According to the data set, romantic expectations under the romantic script continue to exist. Using academic diversity as a control variable, the sample was drawn from Sindh University Jamshoro's various departments, including history, media sciences, English literature, and psychology. It was discovered that the psychology department's students had the greatest number of students saved and were well-versed in media literacy. Along with having the highest rank, mainstreaming also had an idealism score that was comparable to that of history students. In terms of emotional impact, the drama outperformed both the training and the "limbic" response to the screen, as well as the analysis that was taught in schools.

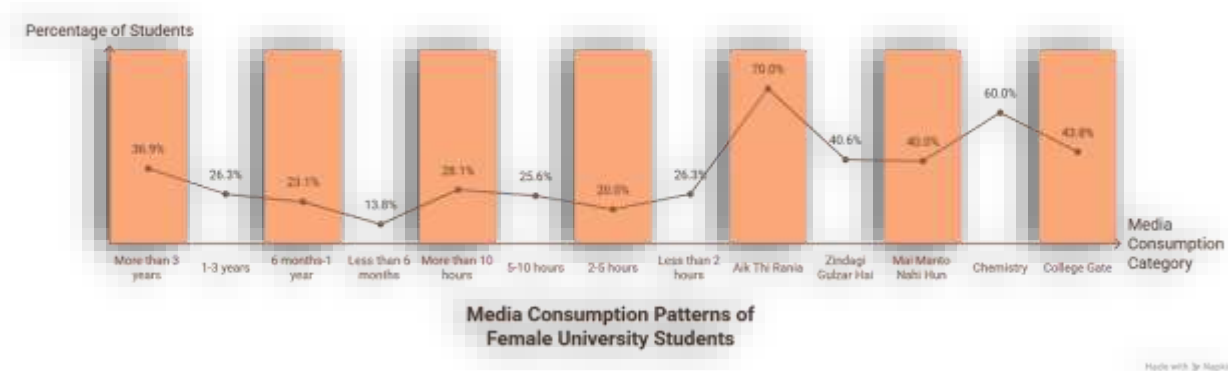


Figure-V

Under the data set, it was found that 40 percent of single students use the drama as a tool and lack experience, and they build the imaginary partner profile, and under the relationship, engaged students test the fictional reality in the real-life manner, or real life; they try to fix the relationship and conflict with the fictional form of style with the partner without noticing the real-life parameter, and they also demand the outcome from the partner based on the fiction type and end the other student's category based on experience or marriage. The dissatisfaction level of viewers still keeps the idea of living under the group, and survey results found that 17 percent form from react in the manner in reality.

Methodology -profiling and operational measurement

Demographic of participant and granular analysis

The degree of media consumption in the immersion component of binge-watching in terms of point of view was the variable used for this study. In terms of how to assess it, the deeper the viewer's focus was on the store. The beliefs surrounding soul mates and accepting fate are measured by the three variable conceptions of destiny. anticipation beneath the interpretation of a troubled relationship The final focus is on the parasocial attachment under the imaginary intimacy on the emotion-bound evaluation under the fiction in the content of male leads, and character identification was given priority under the connected word. Inventories are measured as an unrealistic demand for partners based on the same needs without verbal communication.

This section evaluates the multidimensional method within the framework of romantic world syndrome.

One of the main independent variables as an individual is the intensity of media consumption, which is measured using a different approach under the casual engagement in terms of linear television under two hours per week approximately under the psychological isolation as an individual under the digital framework, which is ten to one hundred hours, creating the narrative of the world environment.

Stratification under the relationship status

Destiny, anticipation of mind reading, and parasocial attachment are the construct items under the three dimensions of the variables, according to the study mapping the psychological architecture. The first component of romantic idealism is that the idea's logic was established by a soulmate and love at first sight. The second stage, which is based on the dysfunctional relationship belief inventory, assesses the construct of the fundamental component of the partner's maladaptive demand without verbal communication and measures under the mind-reading-based expectation. The heroic dramatic content increases the heroine's suffering in the context of intimacy and love. Parasocial attachment, which is likewise based on the degree of the imagined notion of intimacy under the concept of male domination, is the third and final most prevalent element based on the majority of moderation concepts under digitalization. The assessment under this emotions part gauges how often respondents concentrated on imaginary relationships on screen instead of the real-world social network.

Finding (data analysis and interpretation)

This portion includes a two-hour weekly investigation of the significant minority's consumption patterns in terms of addiction.

The large number of respondents who watch the weekly show for about ten hours is identified by the heavy viewer cohort analysis (28%). The auto play feature, the YouTube algorithm under the flow state, and the algorithm structure all contributed to the development of the addictive habit. Additionally, the viewing capacity condition under the pattern of traditional features was highlighted. Unrealistic narrative premises are further countered by the digital expansion of narrative transportation and the decrease in viewing capacity. Furthermore, the mainstream majority data set, which showed that 58% of students watched five hours a week, created the widespread consuming under the romantic world under the culture under the university discourse instead of finding. The cultivation is successful, but it is not applied to the individual phenomenon in terms of

psychology. Instead, the social interactions that reshape the drama narrative reinforce the effective features through peer approval mentioned in [figure-XI](#)

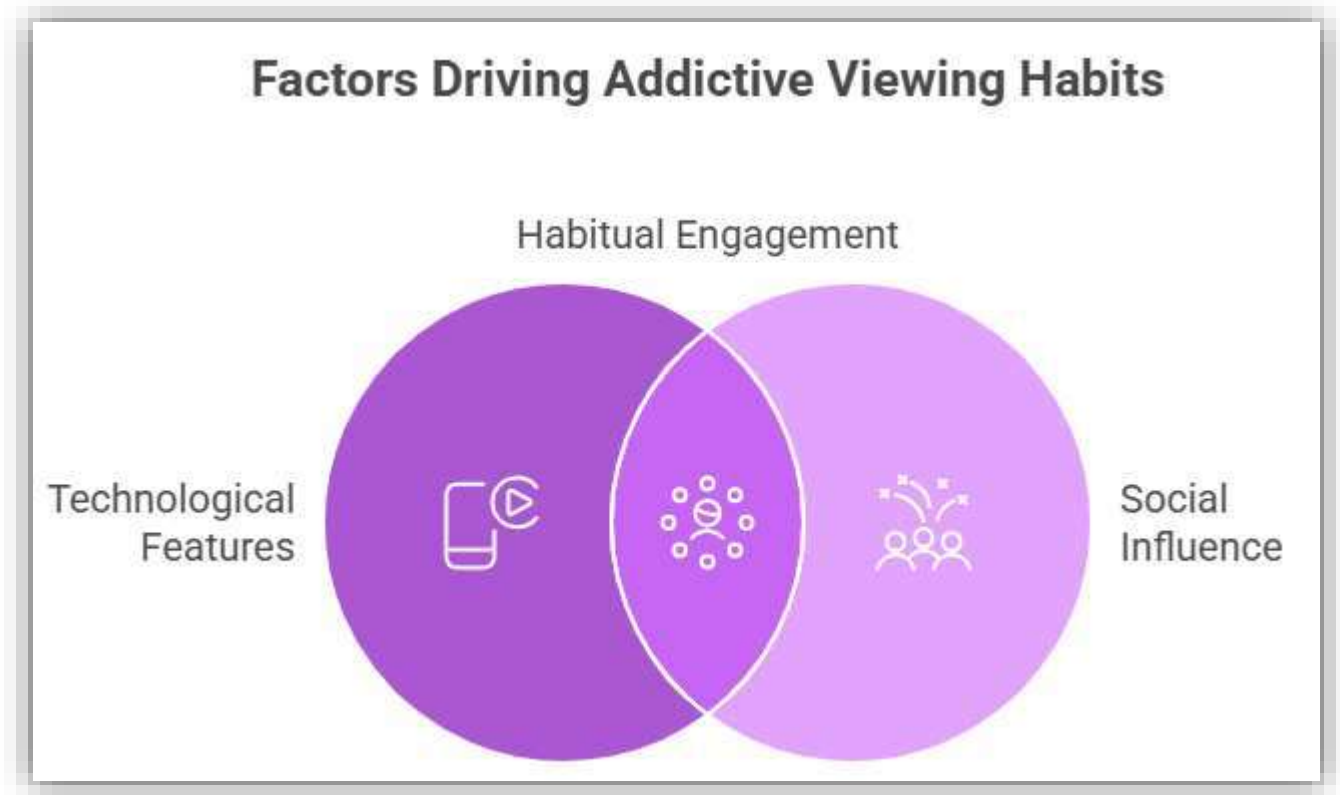


Figure-XI- addiction viewing habit

Preference of the content and narrative choice decoding

This section was selected for analysis because it highlights the binary in terms of preference in terms of psychological reward. The cultural support for the metamorphosis fantasy was organized and generated by the enormous audience for Zindagi Gulzar Hai's popular drama. In Zindagi Gulzar Hai's drama, the breath and the straightforward pattern were employed nevertheless, when Kashaf defeated Zaroona, patience converted the pattern to an idealistic one. and other popular plays, chemistry based on the college, and other dramas, the college gate created the resonance hypothesis based on the students' resonance in the classroom café and real classroom, café, and canteen settings, setting the stage for the development of psychological effectiveness happened in the cultivation effect. Psychological obstacles also encountered a great deal of skepticism. The cultivation effect is more potent and influences student viewers and enhances the genuine element with close peers when the location and participants are matched in this way. Expect the drama pattern beneath the

dramatic logic under the screen to be presented as both academic and real-world facts and realities, according to the student.

Impact on psychological under the granular profiling and self cultivated

This study examined that the binary analysis of shows a preference, for a psychological reward. The raw data lets us build profiles. The psychological profiles follow the Dose-Response relationship linking the amount of stimulus to the strength of the response. A. The Hyper-Idealist profile appears in viewers who watch than ten hours. The Hyper-Idealist profile shows a change in how the mind works. The Hyper-Idealist profile gets the scores, on Idealism and Parasocial Interaction. The Hyper-Idealist profile has taken the Cinematic Script as a rule. The data points to a validation loop. The data set shows that the validation loop's emotional needs are satisfied by both the proxies and the actual men's content, but not sufficiently because the real guys don't script eloquently. Romantic Stagnation happens. Romantic Stagnation means potential partners get rejected early because they do not meet benchmarks. In contrast the "Pragmatist" profile has consumption (<2 hours). The "Pragmatist" profile shows Idealism and lower Dissatisfaction scores. The pattern suggests a distance. The "Pragmatist" profile can tell the difference between "Reel" and "Real". The "Pragmatist" profile treats dramas as entertainment not as a guide for behavior. The "Pragmatist" profile stays immune to the "Mainstreaming" effect. The limited media dosage does not override the "Pragmatist" profiles lived reality. The limited media dosage does not change the "Pragmatist" profiles satisfaction, with relationships.

Cultivation vs experience marriage paradox

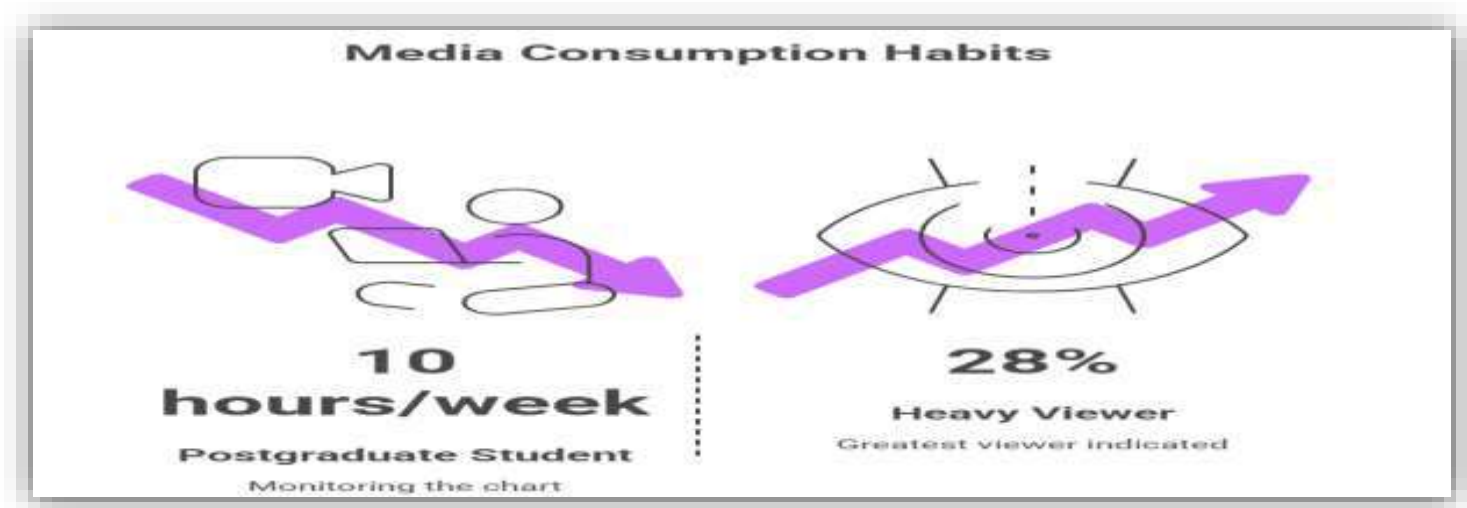
the emotion-based validation loop needs to get met by proxies based on real men, not looking like the scripted eloquence. The romantic stagnation is known as the potential partner already being rejected because they have not fulfilled the benchmarks. The pragmatist profile showing under the data set in the survey-based questionnaire has identified the idealism and lower dissatisfaction scores. Such a type of pattern reminded me of the suggestion in the form of distance, and it also showed the key difference between the reel and the real. The Pragmatist profile informs of drama based on entertainment, not for guidance for behavior, as well as the mainstreaming effect, also under the showing in the profile of the Pragmatist, and limited media dosage does not change the profile of the Pragmatist under the relationship satisfaction. The study disproves the notion of the fixed ideal marriage, and the comparative analysis under the media computation demonstrates that intensity surpasses lived experiences. This section is based on the key finding in the form of interaction under the core two elements, such as relationship status and viewing habits. The viewer supports the maintenance hypothesis and has a high idealism score under the data set. Nearly all women experience various forms of tension and stress in the realities of homelife, which serve as a psychological haven. The spouses' toxic and alternate behavior presented them as intelligent, well-chosen, highly sentimental, and wealthy. The husband always feels inadequate under such comparison, and additional responses demonstrate the realism and media exposure that a small number of responses altered the marriage and remained free from media fantasies. The conclusion of the related findings confirmed that many viewers maintain irrational expectations even after marriage because the real work continues to serve as a cognitive benchmark for the real

The data set confirms that media consumption is still a determined variable in terms of university students' psychological makeup under the romantic world syndrome, but it is not limited to young people quitting school in stressful educational environments. The research shows that it permeates the university population, overwhelming academics and forcing them into marriage. The data set explained under survey statistics between viewer watching hours and relationship dissatisfaction is found to be robust at the end of the data analysis results. It presented and indicated that digital consumption in Pakistan under the viewing of dramas is strongly reshaping the generation, particularly female university students, involving love with an illusion.

Discussion of the data

The analysis indicated under the three critical themes

The quantitative data set pertaining to female university respondents revealed the existence of world syndrome validation among Pakistani university students. Dramas do not offer amusement, but beneath the entertainment shadow, heavy exposure evolved in the form of changing the narrative about thinking about love, according to statistics comparing media consumption habits under hourly based sets. Three key conclusions on the effectiveness of mainstreaming, the displacement of parasocial interactions, and the reality generated caused conflict were discovered during the data collection and analysis. The up 28 percent of the simple presenting the figure 0.00001 was the greatest or heaviest viewer indicated under the mainstreaming quantification beneath the gap of the being-watched effect. The idea of Gerbner's mainstreaming is entirely supported by the ten hours a week spent monitoring the chart. According to the data set, the postgraduate student expressed a more equal perspective of the world and complained that heavy viewing overrides disparities showing in the **figure-X**. The postgraduate student score clearly demonstrates the idealism based on media literacy to counteract the tale influence under the data set. The greatest score also demonstrates the expected movements toward the specified love, which is a measure of idealism in the form of belief in gestures defined under love. The results showed that binge-watching is more engaging than training and that media influence is not addressed by education and appreciation. The theatrical narrative evolved from a story to a "Lifestyle Blueprint." Additionally, under the ideal world, spending on a home raises the bar for romance; the regulations become unenforceable.

**Figure-X**

Another important aspect of the study's findings is that Parasocial Interaction (PSI) established the crucial connection between screen time and the unrealistic approach regarding expectations found with two crucial differences under the large viewers and low viewers found under the survey methodology, demonstrating the emotional displacement. The two distinct options under romantic ties were shown by the Parasocial Interaction (PSI) score, which was five for heavy viewers and one for low viewers. The relationship with the male lead developed an emotional. The most hazardous thing in the actual world is the [atom rival under the attachment]. This emotional bonding reveals the viewers' actual emotional desire as well as the masochism of the drama character under Teray Ban. When the character interacts with the viewer and finds the best in them, the underling is still in a comfortable zone, but the ground reality differs so greatly from the avatar's preferred form in terms of protection and physics. Because the simulation relationship did not reflect reality, the idealism entered the rejection phase, which was characterized by discontent.

Parasocial Interaction (PSI) under the emotional displacement

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avatar's preferred form in terms of protection and physics. Because the simulation relationship did not reflect reality, the idealism entered the rejection phase, which was characterized by discontent.

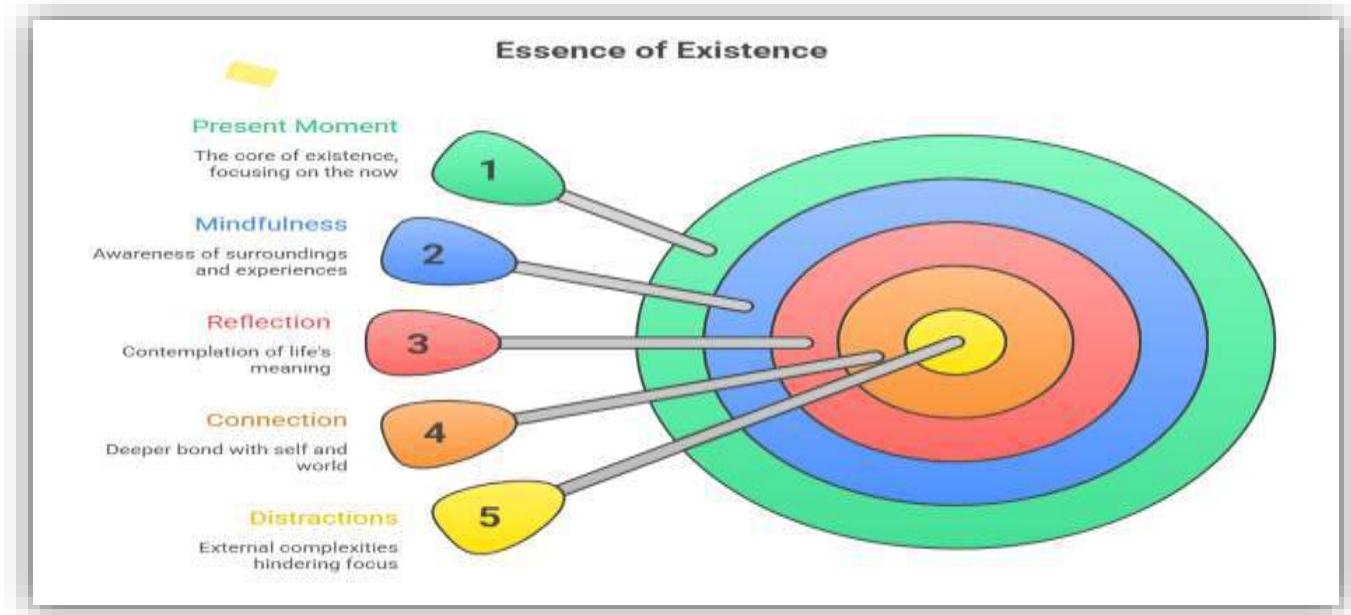


Figure-XI

The gap in the reality under the economic disconnect and toxic recoding

The conflict between expectations and discontent was brought about by the other fundamental component of the drama study that was based on the reality group's subject of importance. A distortion was identified in the survey data set that displayed two distinct distortions under two phases, such as toxic romanticism and edonic separation. The elite and upper class received a high rating for expectations under the economic disconnection, while the other score was low for lifestyle recognition and development due to the absence of this reality in her immediate surroundings, which was linked to acute cognitive dissonance. In this case, the huge audience under the logic of the drama of the savior is the data set of university students in the form of respondents under the male point of view who entered the work and training process and unemployment. According to the results, the respondents who fell into the male category discovered a discrepancy in the market perspective. The red flag blindness indicated that the hero was associated with the Byronic myth of blinding, and the other alarm situation under the large viewers revealed jealousy and possession as desirable elements under the green flag finding. The viewers' condition found themselves toxic under the affection. This demonstrates the viewers' intense and violent envy without limiting their conduct. Observe the viewers' terms as well as the great number of viewers who, because they have experienced intense love, become the susceptible ones who enter the relationship. At the conclusion of the discussion of the findings, it was discovered that Pakistani drama functions as a reality manufacturer rather than a true reflection of society. According to the survey's data set, 58% of the students

who were represented watch a lot of screen sets and stories. The dependence has been caused by the behavior that appears normal under the screen. In essence, the screen distorts reality and molds other irrational perspectives for idealism and emotionally driven social action. According to the drama's predetermined pattern, women must be ready for the connection that exists in the hyperreality. The Pakistani drama created the narrative and changed the generation of women.

Conclusion

The study provided entertainment in the early days of the Pakistani drama industry's television under reality-based entertainment and cultural and social ideology. It was based on the quantitative analysis of university students under empirical evidence in Pakistani plays. In this work, we refer to resting under the Gerbner cultivation theory in the South Asian digital world. The study's conclusions attested to the love script's potent social emergence, which fostered and developed the life script's advancement toward women's education. Under the pragmatist perspective, the data provided a clear picture of the choices and expectations of university students. Initially, pragmatic viewers discovered the Keep Firewall screen narrative while watching the program for two hours every week. The moment they watch 10 hours or more of carefully produced content, they are in live reality. This is the cultivated display of idealism and intense attachment that gave rise to the low watch and the cultivated expectation of holding the partner's behavior. Strong and well-developed romantic idealism, intense connection in the shape of personal form, and rigid expectations regarding partner behavior are characteristics of pragmatists. The study found a large correlation under the media consumption volume toward the unrealistic expectation under the mainstreaming effect, which is confirmed with the findings of the data set. The mainstreaming-related effect found the cumulative exposure in the education and age under the overrides the difference, and further study showed the media consumption through digitization or transformation has sped up happening and further added that the family time of watching the Pakistani drama changed into twenty-four hours in a week through the influence of the YouTube application. YouTube provides nonstop and free-of-cost streaming content and is available every day and every time. The enhancement of rapidly development was converted into the binge-watch narrative of the transformation. Such transformations, tropes in the savior complex, and weeping heroines avoid review, and this type of content, such as weeping heroines and savior complexes, becomes the standard accepted by the viewers without any question.

Students between the ages of 18 and 25 who participated in the survey created the material blueprint. Under the blueprint's identity, they demonstrated the toxicity of passion and found a single solution: silence (sabr) against flight against the partner. The relationship was portrayed as the emotional support system. The study's conclusions are predicated on how the media affects stability, finality, and health-related difficulties. The study compares the married score with earthly strong and emotional screen characters and finds the reality-based gap under wealth and health-related issues, such as mental disconnection; a large number of viewers developed the imagination concept about the partner. The results of the article demonstrate how many visitors are still attentive and impacted. In the actual world, disagreements and relationship dangers are the main cause of the dissatisfaction caused by the unrealistic influence. The study also discovered that university students' psychology was impacted by the drama viewers' median intake. The drama breakdown depicted does not reflect

the real world, and future college students will likewise experience marriages that differ from those depicted by the media. In this sense, critical media literacy must be mandated. The data set indicates that the viewer pays this price in real life due to discontent, despite the drama business in Pakistan creating emotional fiction, unreal destiny, and perfection.

Future expects and strategic recommendations

The media landscape was explained by the romantic world syndrome, according to a female university student. Without assistance, the critical diagnostic was insufficient. According to the study, romantic expectations led to the development of false idealism and parasocial attachment through mainstreaming. In light of the future recommendations made about educational institutions, the community, and media output, this article presented the multidimensional triere framework. The most concerning scenario was discovered among the students in the media literacy department with the greatest cultivation score, demonstrating that the media theory does not completely attract the personal immunity under the manipulation under the emotional setup. Adopting media literacy and rephrasing the educational reform are both necessary. Adoption of the critical literacy minor is required. Additionally, a particular narrative—such as love bombing under the heroic and trustworthy hero and intellectually under the romantic idea—must be used to dismantle the skeptic cliché. Furthermore, the issue of digital hygiene included social comparison under the drama compaction, which requires psychological analysis to control and improve relationships and mental well-being. The results of the content analysis demonstrate that the rich hero and poor hero under the savior complex are the main condition patterns under the economic disconnect created by the drama industry under the elite. This is explained by the wasera wasderas, which produced the young generation's cultivation of living styles and the mismatched ideology, which are the fundamental themes of any Pakistani drama industry. Instead of using the alternative feudal rescue pattern in this case, the main recommendation—the ethical content imperative—must be adhered to in the direction of social ideology and economic realism. In addition to the strength of the false romantic approach development, the drama business needs to emphasize the negativity of romantic partnerships, important home obligations, and other societal issues. In order to normalize the social and cultural ideology on mental health, lessen mental conflict in society, and limit financial gestures and aggressive possessiveness toward the unrealistic romantic ideology, the drama's author must also refine the emotional and communication ideology change into the cultural issue. The female romantic motifs under female reception were the exclusive subject of the investigation. Men continued to play a dominant part in the academic literature's blind spot when it came to the love screenplay involving the two elements and influence under Pakistani theater. Examining young Pakistani guys was recommended by the future survey. Under the pretense of drama characters like Tera Bin, there is performance pressure to recognize and cultivate toxic and hypermasculine conduct. Is Murtasim significant? The narrative of the crying heroine serves as a reaction to the development of female subordination. The development of mutual understanding is fundamental to the next generation's gender dynamic. Additionally, they refined the red flag to cover the green flag; the drama's author must refine the emotional and communication ideology change into a cultural issue in order to normalize the

social and cultural ideology on mental health, lessen mental conflict in society, and limit financial gestures and aggressive possessiveness toward the unrealistic romantic ideology.

Based on the survey, the study produced a cross-sectional pattern of the present and future. Future research in the longitudinal pattern under this study pattern was suggested by the study. The long-term adoption of reel culture led to the type of discontent observed during the five to ten years of a marriage. Pakistani drama creates an unstable state in society and culture by fostering unrealistic, emotionally driven romantic expectations that do not align with reality. In order to prevent this unreality, the media literacy strategy needs to educate pupils about capturing and realizing the world as it actually is. Additionally, more narrative reform needs to be implemented in order to distinguish between the real world and the digital world's reel world.

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