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Gen Z Protest and Its Prospects in Strengthening Democracy in Nepal

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Abstract

The Gen-Z, are the youths who are born between 1997-2012 worldwide, emerged a distinct and influential group in political activism across the globe force against the traditional elites and power, engaging in digital networks. This generation organized a protest movement in Nepal against political instability, nepotism, and corruption, along with the aspirations of the young people for democratic participation in governance affairs. The main objective of the study is to examine the Gen Z protest movement and its potential to advance democracy in Nepal. The research employed both primary and secondary data. Intellectuals from many areas and young organizations provided the primary data. 27 respondents were selected using both conventional and purposive sampling techniques. Interviews were conducted over the phone, in person, and through email. The opinions, arguments and perspectives of the responders were collected. Research journal articles, books, and research reports are the source of secondary data. As a qualitative study, it applied a descriptive and analytical research design. Various historical revolutions and joint mass movements of people contributed to establish Federal Democratic Republic of Nepal through the constitutional assembly by promulgating the constitution of 2072 BS. However, in just two days, on September 8 and 9, 2025, the Gen Z protest movement overthrew the government. This study's innovation established effective governance and a society free from corruption while bolstering democracy in Nepal.

Keywords: Bolstering, corruption, digital transformation, generation Z, Nepal

Introduction

In terms of demographics, Generation Z (Gen Z) refers to the young people who are born between 1981 and 1996, sometimes referred to as the second generation (Dimock, 2019, January 17), who were raised online. People in this age group are dissatisfied with the political elites and their electoral promises (Cammaerts, 2025, November 5). Gen Z is growing up in a society where the political leaders of their government ignore their interests, high living costs, and poor job prospects, according to Cammaerts (2025). A study claims that the Arab Spring, a pro-democracy protest against the authoritarian regime that occurred in 2011 and 2012, marked the beginning of the first wave of youth led protest. The movement was not guided by ideology or political parties, but was spontaneous and called for regime change and social justice (Idris, 2016). Young people born between 1990 and 2010 are referred to as Gen Z because they were raised online (Erlacher & White, 2022). First and foremost, Gen-Z, those born around 1997 and 2012, is the driving force behind these protests, which are representations of younger generation (Cammaerts, 2025, November 5). The young people in East and Southeast Asia and around the world have led the struggle for freedom, justice and democracy in recent years. They have renewed the fight for democracy and used active tactics that are exclusive to their generation (Human Rights Foundation, 2025, August 14). Gen Z, born between 1997 and 2012, has been instrumental in the activities and voices of Myanmar's spring revolution. A few days after the military takeover on February 1, 2021, youth demanded that democracy be restored (Chambers & Dhu Da, 2024). The internet media played a vital role in protests in Southeast Asia through the online transnational social movement known as the Milk Tea Alliance. One of the expansions of China's influence in the region encourages internal pro-regime efforts against protest in the digital era (Khor, 2024). Gen Z, born between 1997 and 2013, has been instrumental in the activities and voices of Myanmar's spring revolution. A few days after the military takeover on February 1, 2021, youth demanded that democracy be restored (Chambers & Dhu Da, 2024). Social media is a source of information and has developed into a potent instrument for public protests and large-scale assemblies in many nations worldwide. It was particularly used in Bangladesh for political and social movements (Hushen, 2024). Gen Z's migration plans in Sri Lanka are influenced by the digital transition. As the global workforce rapidly digitizes, professional opportunities gradually shift from old employment structures to digital work models (Jayakody et al, 2025). As a result, the Gen Z moment changed the governments of Bangladesh and Sri Lanka, and a two-day Gen Z uprising changed the government of Nepal in 2025.

Young people born from 1997 to 2012, known as Gen Z, have become a new powerful political force in Nepal. Due to their extensive access to social media, education, and worldwide democratic values, Gen Z and its demands for justice, accountability, and transparency. Their participation in civic meetings, digital activism, and nonviolent protests is a new aspect of Nepal's democratic development (Dolot, 2018). The Gen-Z movement in Nepal on September 8-9, 2025, was an important turning point in the country's political history as youth-led demonstrations overthrew a government that had long been entangled in political hegemony, corruption, and a disregard for justice (Shrestha & Paudel, 2025). In Nepal, in the name of inclusive democracy, inequality and irregularities had crossed the limit in politics, administration, and even in the social sector. The arbitrary rule of the

leadership in the political and administrative sectors was prevalent (Mitchell & Scott, 1987). Anarchy had arisen due to the lack of people-oriented and people-responsive work. The services and facilities provided to the people were process-oriented rather than result-oriented. As a result, in the name of the Gen-Z movement, local and foreign vested-interest groups, taking this opportunity, set fire to the country's physical structures and records using chemical substances and destroyed them in a moment.

Due to the inequality prevalent in Nepali society, the Gen-Z movement has brought turmoil to Nepal's politics. Nepali society was divided into two classes. One is the ruling class and the other is the ruled class. The ruling class, which has been elected repeatedly by the people's popular vote and always wants to remain in power, has repeatedly deceived the people. The ruled class is the one who is suffering injustice due to corruption, who is oppressed, who is suffering from inequality, who is suffering from poverty, who is not able to do work according to his qualifications and abilities, and who is not able to receive services and facilities from the state in an easy, simple, fair, and transparent manner. There was a huge gap in inequality between these two classes in society. As a result, the Gen-Z movement of Bhadra 23 (Sep. 8, 2025) has exploded.

Therefore, the main issue of the study is to investigate how the Gen Z protest movement strengthens Nepal's democracy, the obstacles to maintaining momentum, and its incorporation into the nation's larger democratic and governance framework. This study examines the Gen Z protest movement's contribution to Nepali democracy and its possible effects on accountability, political participation, and governance. As well as to determine the main reasons and driving forces behind Nepal's Gen Z-led protest movement.

Literature Review

Most people agree that democracy is a political system that guarantees citizen participation, accountability, the rule of law, and rights protection. Competitiveness and civil freedoms are essential components of democratic government (Dahl, 2008). A democratic movement is defined as a collective action by the people. Its objectives are to create, defend, and bolster democracy (Yildirim, 2017). Political rights, the rule of law, accountability, participation, involvement, openness, and justice are what the people want. It has been advocating for democratic norms and values, significant people's participation, and governmental reform.

In Europe, social movement theory was developed in the 1980s to examine new social movements that began in the 1960s. In contrast to the old working-class movement that Marxist theory regarded as the main opponent of capitalist society, these movements were perceived as new (Buechler, 2013). The concept of intergenerational justice may clash with the traditional and limited form of democracy (Tremmel, 2006). There has been a silent revolution that is progressively but significantly altering political life in the West (Inglehart, 2015). The emergence of online activism, which uses social media and the internet to mobilise, communicate, and impact public opinion and policy globally, has drastically changed the landscape of social and political involvement (Phillips, 2024). Why Men Rebel's comprehensive, human-centred view of the reasons for political protest and revolt makes it extremely relevant to the violent and unpredictable world of today (Gurr, 2015). Inequality was widespread in Nepali society. Due to inequality, society was divided into two

classes. A ruling class that utilized resources and means under the guise of power and another class that did not use power and resources and means according to ability, capacity, and need emerged in Nepali society (Devkota & Bagale, 2015). In contrast, in 2025, it took the young people of Gen-Z just two days to bring about a huge political earthquake in Nepal (Adhikari and Gellner, 2025). Marx's conflict theory studies and analyzes the struggle between groups competing for power and resources in society. It focuses on how inequality in wealth, status, and power creates conflicts that lead to social change (Orsini, 2024). Currently, Nepal's society is split into two classes: the governing class and the people.

The impact of political movements on contemporary social life is enormous. A political movement is an intentional collective endeavor that involves a movement, revolution, or change against the current social structure (Gautam, 2024). There is a competitive symbiotic relationship between student movements and the media in Nepal (Snellinger, 2007). For nearly two decades, Nepal has been a boiling pot of political upheaval. Tectonic shifts in Nepali politics (Karki, 2010). Similarly, the Gen-Z movement is the same event in Nepali politics. In world history, revolution has played a significant role as both an idea and an instrument for political change (Halliday, 1999). A revolution is a swift and significant shift in the makeup of society, and global revolutions are those that usher in new elite recruitment principles and dominant ideologies in human political life (Goldstone, 2023). A movement is a quick and profound change in society (Brunner, 2007). Political, scientific, and technical revolutions have all contributed to the general conviction that democracy requires political change (Goldstone, 2023). Civil rights are protected by democracy through the movement (Skocpol (Ed.), 1998). Valenzuela (2013) asserts that social media is an essential component of protest actions, opinions, and viewpoints. This is demonstrated in both developed and developing countries by the use of social media by those involved in political and governmental activities, including large-scale protests. Third-world governments dealt with three main issues: social, political, and economic (Haynes, 2013).

Since Nepalese society is built on a landmine of injustice, oppression, inequality, corruption, and poverty, it has exploded with the Generation-Z movement of September 8. If it can transform Nepal's politics and administration from corruption to purification, it is hoped that a federal democratic republic will be institutionalized. Nepal is a federal democratic republic, nation announcement of constitution of Nepal, 2015 (Constitution of Nepal, 2015). Gen Z in Nepal is a politically aware generation that has been shaped by dissatisfaction with dysfunctional governance and corruption.

Research on youth activism and digital politics in Nepal is expanding, but few studies explicitly examine Gen Z-led protest movements and their potential to promote democracy. The majority of the material that is now available is on the past youth movement, which leaves a gap in our knowledge of how new generation activism, which is digital and nonpartisan, is changing Nepal's democracy.

Methodology

This study aim is Gen Z protest movement and its prospects in strengthening democracy in Nepal. The present study is based on qualitative methods with descriptive and critical analysis. Data has been collected from primary and secondary sources in this study. The

primary data for this study were collected using purposive and convenience sampling techniques through email, direct interviews, and telephone interviews. Twenty-seven respondents, including youth groups and intellectuals from different fields, have been selected for this study. In this study, 14 respondents are female, and 13 respondents are male. The purpose of selecting these respondents is for academic validity and for authentication. The data collected in this way have been tested for reliability and validity. Data obtained from the constitution, laws, rules, reports, theses, books, websites, newspapers, Radio and Television news under secondary sources has also been included. The data obtained in this way have been analyzed and conclusions have been drawn. It started on September 25, 2025 and ended on October 25, 2025. The respondents were interviewed in Nepali, and their responses were also in Nepali; however, the researcher has translated the responses into English. In doing so, an attempt has been made to convey the intended meaning of the original expressions without any manipulation. The data collected from the interviews were analysed using thematic analysis, a widely recognized method for identifying and interpreting patterns within qualitative data (Braun & Clarke, 2006). In addition, the study was conducted using in-depth interviews with the young generation from a variety of fields who are working to eradicate corruption in Nepal through the Gen Z movement by 2025.

Data Presentation

Democracy is a system of governance in which political power is ultimately vested in the people. So far, rule by the people is called democracy. Modern democracy develops through political struggles, social movements and revolution. The Magna Carta (1215) of the United Kingdom, the American Declaration of Independence (1776), and the French Revolution (1789) promoted the principles of liberty, equality, and popular sovereignty. 19th and 20th gradually developed voting rights, the formation of political parties, the development of parliaments, and constitutional government. Similarly, the growth of civil society, free press, and human rights movements further strengthened democratic governance. Although in Nepal, the revolution of 1951, the 1990 joint movement, the 2006 joint mass movement and ultimately the 2025 Gen Z movement are the foundation of democracy.

The Gen-Z rebellion of September 2025 was a turning point in Nepal's political history. Though Nepal witnessed youth participation in movements, including the 1980s student movement, the 2025 Gen-movement came as a surprise and was unprecedented. The main and original demand of the Gen-Z movement was to build a corruption-free society with good governance, as well as open social media.

After becoming a federal democratic republic, Nepal still has persistent issues such as political instability, corruption, bad governance, and declining public confidence in political institutions. Young people are becoming angry and dissatisfied since traditional political parties have frequently failed to address their ambitions. In certain areas, the nation has made impressive strides throughout the federal democratic era. On the other side, the public's confidence in elected officials and democratic institutions has decreased as a result of frequent changes in the executive branch, systemic nepotism and corruption, the generational divide, and exclusionary and subpar governance. In order to demand

responsibility, transparency, and justice, Gen Z, a socially conscious, globally impacted, and technologically connected group, has started planning protest activities and civic campaigns.

During the federal democratic period, the country has achieved remarkable progress in some areas. On the other hand, frequent change of executive government, systemic nepotism and corruption, intergenerational gap, exclusionary and poor governance have led to a decline of public trust in elected leaders and democratic institutions. Consequently, the controversial ban on social media contributed to the uprising of a protest movement led by the Gen-Z group demanding accountability from the elected leaders, an end to corruption and the establishment of good governance, restoration of civil rights and reform of the state institutions. Within a short period of time, many youths have lost their lives and state institutions were damaged. The movement succeeded in overthrowing the government led by Prime Minister K P Sharma Oli, and was replaced by the former Chief Justice Susila Karki, though in an unconstitutional manner, and promised to hold elections for the House of Representatives on March 5, 2026. The Oli government fell in two days of young protests, and President Ramchandra Paudel selected Prime Minister Susila Karki based on the necessity theory.

In the opinion of the youth, students, and intellectuals, the king is a Rana ruler, the Congress as a monarch, the UML as the Congress, the Maoists as the UML, and other parties as the Congress. Thus, dissatisfaction with political parties was spread at home and abroad. The two-day Gen-Z movement brought turmoil to Nepali politics. After the removal of K.P. Oli's government from power, an interim government has been formed under the leadership of former chief justice Sushila Karki. The majority of respondents contend that the government should use cutting-edge technology to rebuild the destroyed pillars of democracy, the parliament building, the Singha Durbar building of service delivery, and the Supreme Court, which is the guardian of social justice, rather than for the benefit of the nation and its citizens. The Gen Z movement is crucial for political transformation, yet these organizations' records undermine Nepal's sovereign authority. The House of Representatives has been dissolved. The date for the new parliamentary elections has been set for Falgun 21, 2082 (5 March 2026). Nepal's politics is in a state of flux. There is no certainty whether the elections will take place on the scheduled date.

Similarly, young people view after the united people's movement in 1990, the leaders and cadres of the Nepali Congress and the Communist Party of Nepal UML, the Maoist Center and the Madheshist parties had seized power in the state of Nepal. Nepal's political parties had used ordinary Nepali citizens as a vehicle for their rise to power. Seeing the people as a vote bank, they used to go door to door from one election to the next. In the eyes of the people, the rulers were living a luxurious life. They lived in magnificent palaces, drove expensive cars, enrolled their sons and daughters in expensive schools and universities abroad, travelled abroad, feasted and fed them every day, and their lifestyle was like that of the upper class, while on the other hand, the sons and daughters of the common Nepali people did not have such opportunities. Although qualified, capable, and capable Nepali citizens got opportunities in the civil service through the competition of the public service commission, nepotism, patronage, familyism, and collectivism dominated in the army, police, and university teaching fields based on the division of labour of the three political

parties. Since there were no factories and industries in the country, millions of Nepali youth were forced to migrate as labourers in countries like the Arabian Gulf, Korea, and Malaysia in search of employment. The rulers had no choice in the remittances they sent with their blood and sweat. Recently, youths in Bangladesh and Sri Lanka also launched anti-government protests. Similarly, Nepalese expatriates have launched protests against injustice in Nepal.

The major politicians of Nepal are no longer in central power. However, their power remains at the provincial and local levels. There has been no change in the people's representatives at the provincial and local levels. Despite changes in the superstructure of Nepali politics, there has been no change in the living standards of the Nepali people in general. The Nepali people have not been able to experience a federal democratic republic. Even now, Nepal's politics seems to be constantly in a state of instability.

Revolution 1951, Joint mass movement 1990, Joint people movement 2006 are the milestones in the political history of Nepal. But the major ruling political parties are not responsible to the people. The federal democratic republic is not institutionalised after the announcement of the constitution of Nepal, 2015. Only nepotism, patronage, familyism, and collectivism dominate all government and non-government institutions, and the people are not satisfied. Corruption everywhere, and the governing system favours only one ruling class. So far, the government system has totally failed, and the Gen Z movement has changed it now. Young people should have meaningful participation after the general election of 2026.

The emergence of the Gen Z protest movement in Nepal marks a turning point in the democratic transformation of the nation. Although Nepal witnessed youth participation in movements, including the 1980s student movement, the 2025 Gen-movement came as a surprise and was unprecedented. The main and original demand of the Gen-Z movement was to build a corruption-free society with good governance, as well as open social media. Clearly, the Gen-Z movement, which is different in nature and processes from the earlier people's movements Nepal witnessed, has brought new dimensions of Nepal's political development. Compared to earlier generations, young people, especially those born after the 1990s, are more globally conscious, informed, and connected. Their growing involvement in social and political movements is a reflection of their dissatisfaction with established politics as well as their desire for a system that is more open and accountable.

The Gen-Z movement is clearly a movement against the way the country has been governed by the established parties and has sought change. It has also sought the entry of young people into politics, differently to maintain Nepal's political stability. Though unlike the 1951 revolution, the 1990s joint people's movement, 2006 Joint People's Janandolan, the Gen-Z movement was short of bringing about major structural changes, it has clearly achieved regime change and called for governance reform. Thus, in this paper, I argue that Nepali politics have undergone a fourth dimension of transformation due to the Generation Z-led movement. This study focuses on the nature and impact of the Gen-Z movement, elucidating its triggers and consequences facing

Impact on Democratic Governance

To the question, would the social sector change as a result of this movement?, the three young Gen-Z respondents said that following 1990, there was widespread discrimination between the ruling class and the common public in Nepal, and the education and health sectors were the most corrupt. Children from higher social classes and the ruling class attend costly private schools and universities abroad. Conversely, public schools are where the general public students' study. Similar to this, both public and private hospitals are used in the health industry. The general public, who lack the funds for medical care, use public hospitals and do not have access to paracetamol. Because social security is insufficient and there is widespread discrimination, social justice is ineffective. Because social security is insufficient and there is widespread discrimination, social justice is ineffective. Social welfare programs lack equality and do not provide access to women, Madeshi, Dalits, or backward individuals. Protests have put political and moral pressure on the government to act more openly, although the majority of them have been nonviolent and issue-based. The Gen Z movement was successful in just two days due to the weakness of our social sector.

Prospects for Democratic Strengthening

The Gen Z movement has bright but uncertain prospects for advancing democracy. Gen Z can become a promoter for democratic reform if their activism is bolstered by inclusive policies, civic education, and candid communication with state institutions. They are in a position to advocate for transparency, youth representation, and participatory governance because of their proficiency with technology, critical thinking, and a global perspective. Additionally, youth movements, civil society, and legislators working together could institutionalize their efforts and guarantee that activism results in long term democratic advancement.

Impact on Nepali Politics

Nepali politics was moving forward in a traditional feudal manner. Against the tradition of Nepal's political party leaders and activists remaining in office for life, the Gen-Z movement seems to be ready for participatory work in the field of democratic decision-making. Thus, extensive dissatisfaction was created in society. In terms of authority and power, a particular class dominated, which had created discrimination in society. Inequality had crossed the line. A big gap had been created between the class of the rich and the class of the poor. The Gen-Z movement has pushed political debate towards comprehensiveness.

The respondents' views are that the Gen-Z movement has opened up political debate from a general definition of democracy to a broad definition. The leaders and activists of political parties used democracy as a means of gaining power by obtaining public opinion from the people and using state power to indulge in nepotism, favoritism, familyism, and collectivism. Now that the boundary has been removed by this Gen-Z movement. A democracy is a form of government where the people actually hold the position of power. Since political parties are the backbone of democracy, they should not only reach out to the people from election to election. It has given the message that they should continuously serve the people. Political party leaders and activists should not be attached to the state

power from their leader's life. Young people should be made political participants. Now young people should be able to eliminate institutionalized corruption by participating in politics.

Intellectual respondents' opinion expression via in-depth interview discovers that political participation is not just constitutional and legal participation. 'Political participation is not in the government system? lack of meaningful participation in policy-making at various levels of the state. This indicates that arrangements should be made to prevent participation in any executive or other position at any level for more than two terms. Another thing is that politics is not a profession and business. In Nepal, politics was used as a means of earning money. In terms of politics, the political parties and their leaders provide volunteer social services to the people and the country. Unfortunately, though, it was used as a profitable profession in Nepal. This movement should end that belief. Leaders, cadres, university professors, and civil society leaders of political parties with a clean image should be brought into political leadership.

According to young respondents, the Gen-Z movement has created widespread pressure on the internal structures of Nepal's political parties. As a result, Nepali Congress President Sher Bahadur Deuba has quit from active politics; he appointed Vice President Purna Bahadur Khadka as the acting president (Dahal, 2025). Similarly, Dr. Baburam Bhattarai has resigned from his party's chairmanship. "Youth should be given priority in all big and small political parties" was the voice of the movement.

This movement has posed a challenge to the major political parties. The major political parties had led the revolutions and joint people's movements in Nepal. The leaders of those parties had been jailed, and they had fought in the struggle for democratic movements, but they were not respected. The political demands of the Gen-Z movement were focused on equality with social justice, and the eradication of corruption. The corruption that has spread in Nepal has become institutionalised from the central level to the local level. All respondents' opinions are that corruption has taken root not only in the government sector but also in the non-government sector. The main reason for the rise of corruption in Nepal is nepotism, patronage, familyism, cronyism, and collectivism. Thus, in the name of inclusive democracy, the values, norms, and political harmony of democracy were violated. As a result, an explosion occurred in the form of the Gen-Z movement. Now, only if corruption ends and the state is rebuilt, will a democratic republic be institutionalized.

When we look at why this destructive event occurred in Nepal's political history, it can be seen that after the United People's Movement of 1990 and the united democratic people's Movement of 2006, there was no significant change in the overall character of Nepal's politics, governance and state. Despite the change in the system, there was no major change in the political culture, character, thinking, and working style, conduct, and behavior of the leaders and cadres of the political parties leading the Government of Nepal. Now, despite the hopes and challenges of whether Nepal can truly move forward on the path of good governance and corruption control after the Gen-Z movement, Nepali politics has entered a new era.

The mandate of the revolution of 1951 had led to the emergence of democracy in Nepal. With the emergence of democracy in Nepal, Nepali politics entered its first era. This revolution had brought Nepali society from a closed society to an open society, from the age of darkness to the age of light, from family rule to the rule of the people, and from autocratic rule to democracy. In addition, this revolution ended the 104-year-long autocratic Rana rule. It had restored the political, social, economic, cultural and human rights of the Nepali people. Thus, with the emergence of democracy, the first general election was held in BS 2015. People's representatives were elected in that election. The Nepali Congress Party had won two-thirds majority of the 74/109 seats in the parliament. Bisweshwor Prasad Koirala, the leader of the parliamentary party of the Nepali Congress, became the Prime Minister of Nepal. He was the first elected Prime Minister of Nepal. But in Nepal, the autocratic monarchy did not allow democracy to be institutionalized and started the non-party Panchayat system in BS 2017. This non-party Panchayat system lasted for 30 years as an autocratic, dictatorial, and authoritarian regime. During this period, there was no political ideological freedom, there was no guarantee of the fundamental rights of citizens, and political parties were banned. Change was inevitable because injustice, tyranny, exploitation, oppression, murder, violence, and oppression had crossed the border. Gen Z movement had brought about change.

The United People's Movement of 1990 had established a constitutional monarchy in Nepal along with the restoration of the multi-party system. Thus, the restored multi-party system had removed the restrictions imposed on parties. The mandate of the United People's Movement had declared the Constitution of the Kingdom of Nepal, 1990. Constitutional monarchy and multi-party system were new concepts in Nepal's political history. It had established a multi-party system in place of a single-party system. In the name of monarchy, the rulers of the Panchayat system had arbitrariness. The establishment of a pluralistic society by ending the autocratic Panchayat system was the demand of the time. Thus, Nepal's politics had entered the second dimension.

The United Democratic People's Movement of 2006 established Nepal as a republic. The United Democratic People's Movement was formed after the constitutional monarchy violated the mandate of the United People's Movement of 1990 and took over the executive power. The mandate of this democratic people's movement had completed the task of drafting the Constitution of Nepal from the Constituent Assembly, which had been the dream of the Nepali people since 1951. The Constituent Assembly held in 2008 and 2013 established a federal democratic republic in Nepal with the proclamation of the Constitution of Nepal 2015. This constitution provided that the sovereignty of Nepal resided in the Nepali people. The mandate of this United Democratic People's Movement had established a republic after ending the 240-year-old monarchy. After the establishment of the republic, Nepal made new arrangements, such as federalism, secularism, and inclusiveness, in place of the unitary state. Thus, Nepal's politics entered the third phase. The 1951 revolution in Nepal ended the autocratic family rule and established democracy. After the establishment of democracy, the autocratic Rana rulers were to be punished, but this was not done. The United People's Movement of 1990 ended the non-party Panchayat autocracy in Nepal and established a multi-party system. No action was taken against the rulers of the non-party Panchayat system either. After the success of the United Democratic People's Movement of

2006, the leaders of the autocratic monarchy were not punished. In this way, all revolutions and united democratic people's movements ended in compromise. Similarly, even after the Gen-Z movement, if the corrupt in Nepal are not punished, impunity will not end. It is necessary to bring criminals and corrupt people of any society to justice and punish them on the basis of their crimes. Even the federal democratic republic could not end impunity, and even after this Gen-Z movement, what kind of democracy is there if the corrupt continue to dominate society? Corruption must be eradicated in Nepal; this is not only the demand of the Gen-Z movement but also the demand of the time.

The mandate of the Gen-Z movement is good governance and the eradication of corruption. The Government of Nepal should be truly accountable to the people. The services and facilities that the people receive from the government should be independent, impartial, transparent, and effective, not only in theory but also in practice, and there should be a corruption-free society. In particular, the people's representatives should play the role of servants of the people. The public opinion they receive should be reliable and people-oriented in their legislative role. The civil administration, Nepal Army, Nepal Police, and Nepal Armed Police Force should be accountable to the people. In the real sense, according to the constitutional provisions made in the Constitution of Nepal, the people should feel that the sovereignty of Nepal lies with the Nepali people.

The change in people's desires, wishes, and feelings over time is a natural and regular process. Society is changeable. This is a natural law. People want progress. For progress and improvement, we should run at the pace of social science. In the present world, the development of science and technology has brought about changes in human emotions and desires. Social science also operates in accordance with public sentiment. In the present world, political rights are the invaluable foundation of democracy. Democratic values, beliefs, political culture, civilized and cultured conduct, and good governance are very necessary. If these democratic values and beliefs are lost in a society, and if the state system creates a situation of inequality, voices of movement in society sometimes germinate in a dormant state, or sometimes it develops in the form of a movement. The voices that are raised in this way are often publicly expressed through mandates and public opinions. The government must respect those public opinions and mandates. In a democracy, the government is formed by the people. In a democracy, there are political parties that carry a majority of ideas. The political party that receives public opinion on the basis of competition forms the government. The political party leading the government must be able to respect public opinion. The Gen-Z movement in Nepal is an explosion between the ruler and the ruled. This will find a new direction. Only a welfare state system based on social justice will protect the rights that have been acquired so far and build prosperity along with economic development of the entire country.

Creating a sound public policy to preserve peace, prosperity, and political stability in Nepal is currently a serious concern. Additionally, there is a lack of planning, execution, and assessment of effective and genuine public policies. In a similar vein, poor governance is characterized by a lack of accountability, transparency, the rule of law, and an end to corruption. One of the main demands made by the Gen Z movement is that corruption be eradicated from Nepal. Nepali society is rife with institutional corruption, including

nepotism, favoritism, and groupism, as well as elections and appointments to various constitutional bodies. Thus far, Nepal's Gen Z movement has been an anticorruption strategy

Gen Z for 7 D in Nepal

For peace and development in Nepal, the people and society of Nepal should always uphold social harmony. Both cultural variety and a multiethnic and multicultural society are respected. Regretfully, the federal democratic republic is not institutionally stable. It should be a high-standard country if the political parties uphold moral standards and adhere to rules. In a similar vein, social customs and festivals are beneficial to the nation's social welfare. As of right now, Nepal is a stunning country with a rich cultural legacy. We formed the group as Gen Z for 7 D (Dignity, Democracy, Dedication, Discipline, Digital transformation, Delivery, and Development) under the change-focused Nabodaya campaign because we were Gen Z members of the party (Dawadi, Nov. 3, 2025). The Nepali politics intern's use of 7 D in this remark places them in the fourth dimension. First, dignity is the youthful generation's respect for one another; second, democracy is the people's sovereign power; third, a commitment to creating a truly new Nepal; fourth, adherence to democratic norms and values; rule of law; and fifth, digital transformation. The sixth is the efficient delivery of government products and services; the seventh is the general development following the movement in terms of political, social, economic, and cultural aspects; and the eighth is the scientific period of the 21st century due to the digital revolution. 7 D are the essential features of the current time period. A federal democratic republic is a more democratic system because the political system is accountable and responsible to the people.

Conclusion

The Gen Z protest movement represents a new train of civic, dynamic, digital, and deeply democratic movement in Nepal. It's demanding accountability, promoting transparency, social justice, and significant potential to strengthen Nepal's democracy, and a promising future for democratic political renewal in Nepal. It will be established to include more young people's participation in democratic discourse across the society. Although the Gen Z movement faces more challenges because there is no ideology, and strong organization.

This study focused on Nepal's Gen-Z movement which has caused huge losses of wealth and people. From this irreparable loss, the responsibility of transforming grief into strength and rebuilding the state has fallen on the shoulders of young people. There is no possibility of reviving 76 Nepali citizens and restoring the history of government records and documents. First, Nepali politics had undergone a revolution in 1951; second, in 1990; third, in 2006; and fourth, in 2025, as a result of the Gen Z-led movement. Now, with the participation of young people in politics, we should be able to establish good governance and build a corruption-free society. In addition, the destroyed pillars of democracy, the Parliament building, the Singha Durbar building of service delivery, and the Supreme Court, the guardian of social justice, should be rebuilt with state-of-the-art technology. Similarly, the destroyed government buildings across the country and all individual and professional buildings should be rebuilt. In the new era, meaningful participation of young people in development is the need of the present. Just as developed countries have advanced in a short

time. Similarly, the economic growth of the entire country is the need of the day by formulating a public policy that utilizes the country's young manpower, land, forests, water, plants, and natural resources and tools to rebuild Nepal.

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