

A long walk to Human Rights

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Each century has its own important occurrences from a historical standpoint. The first two decades of the twenty-first century began with great aspirations and technological advances for civilization. It has, however, inherited many concerns and problems from the previous century and has had to deal with world events. Human rights and the environment, particularly climate change, continue to be major problems. Efforts to solve environmental difficulties have also drawn attention to socioeconomic challenges inside and across countries, such as the growth in human rights breaches.

Politicians, religious factions, and polarization ideologies have generated divides among people, groups, nations, and governments. This has resulted in labelling, stereotyping, discrimination, and loss of status for some, as well as stigmatization of people and relationships throughout the world. As certain individuals and groups aspire for social prestige and superiority, stigma is also utilized as a tactic in the goal of power and control over society. Stigma may alter people's perceptions of facts, impact society, and generate new social narratives that influence how society is organized, either constructively or adversely. Negative discourses can erode social cohesiveness, exacerbate racial division, and lead to social isolation of specific groups.

Different beliefs and points of view can also result in societal stigma and discrimination against members of certain groups. Individuals or groups with opposing ideas or belief systems may motivate others in the community to participate in stigmatization, marginalization, discrimination, or even genocide. There have been several examples of similar tragedies throughout history. It is essential to create and cultivate an atmosphere of understanding, tolerance, and friendliness across all nationalities, racial, and religious groups in society, with a focus on human rights. All persons are born free and equal in dignity and rights, according to human rights concepts, and it is critical to respect and safeguard these rights for all individuals. This may be achieved through education, awareness initiatives, and cultivating an accepting and inclusive culture.

Key words: Polarization, Stigma, Society, Individuals, Human Rights

1. Introduction:

Every century has its own set of historical occurrences. The early twentieth century was distinguished by enormous goals and scientific achievements, but it also inherited obstacles from the previous century and confronted global issues. Human rights, the environment, and climate change continue to be major issues (Smirnov et al. 2023; Wall, 2017), casting light on social and international challenges.

Polarization and stigmatization have risen to prominence, becoming powerful processes that define modern discourse. In recent years, there has been a boom in political theory stressing the interests of common people above elites. The consequences of this leadership, ideology, and religious institutions have resulted in labeling, stereotyping, discrimination, and loss of status (Adler-Nissen, 2014; Miles, 2012), hence sustaining a dividing narrative.

Critics accuse this political theory of being demagogic and anti-intellectual and believe that it may pave the path for authoritarian tyrants (Alverio II, 2023). Certain individuals and groups use stigma as a strategy to achieve power and influence over society in their goal of domination and superiority.

It is critical to recognize that not all expressions of this concept are necessarily bad. It can act as a catalyst for beneficial change at times, with movements pushing social and political changes (Tannock, S. (2023). In the United States, for example, the Civil Rights Movement represents a movement pushing for the rights of impoverished groups.

This research seeks to investigate the relationship between the stressed philosophy, stigma, and human rights across several disciplines, including political science, sociology, psychology, and human rights studies. The investigation begins with an examination of the psychological and sociological factors that contribute to the appeal of this philosophy, followed by an examination of the negative effects of stigmatization on marginalized groups and an examination of the roles of relative deprivation and social identity threat in bolstering support. Following that, illustrative examples will highlight the connections between this ideology and stigma, stressing how the use of stigmatizing language may create prejudice.

The paper will also examine the importance of inclusive policies, the responsibilities of civil society organizations and the media in holding institutions responsible, and the tenacity of human rights norms and values in the face of ideology and stigmatization. Finally, the research

emphasizes the need of using an interdisciplinary approach to understanding the complicated connections between this ideology, stigma, and human rights.

2. Understanding the Psychological and Social Factors of Polarization:

Individuals who are dissatisfied, alienated, or disillusioned with the political system, according to popular belief, are drawn to leaders who exploit their frustrations. This phenomenon manifests itself in a variety of ways, including movements fighting for the rights of downtrodden people as well as those promoting nationalist and anti-immigrant sentiments. While there is the possibility of beneficial change, it has also been linked to undesirable results such as the degradation of civil liberties, democratic institutions, and the emergence of radical parties (Treisman, 2023). Although these situations lead society towards polarization, it is necessary to treat these political processes critically and nuancedly rather than stigmatizing them outright.

Individuals who are financially insecure may be more likely to support candidates and groups believed to offer solutions to economic problems. Those who feel threatened by their social identities may be more likely to support candidates and groups that offer a sense of belonging and security. Similarly, those who believe they are being treated unfairly are more inclined to support candidates and groups that promise a more equitable allocation of resources and opportunities.

It is important to remember that these motivations are not mutually exclusive, and individuals may be motivated by a combination of them. Furthermore, relative poverty and social identity threats might have a substantial influence on support for such groups. The sense that one's situation is worse than that of others, known as relative deprivation (Versteegen, 2023), is frequently exacerbated by movements that highlight issues such as economic inequity, unemployment, and a lack of social mobility.

Individuals who believe they are in a worse situation than others may be easily polarized by political remarks. The fear that one's social identity is under attack, known as social identity threat (Mackey&Rios, 2023), is widely used by political organizations focusing on issues such as immigration, terrorism, and cultural change.

Both relative poverty and the danger to one's social identity can lead to increased support for movements that provide disenfranchised people with a feeling of belonging, recognition, and protection (Rosenmann et al. 2016). As a result, these remarks and activities might have an influence on the rights of "others" in society.

It is important to note that these qualities alone do not determine support for such groups; other factors such as economic insecurity, distrust of institutions, and a need for certainty all play a role. Furthermore, political actors may use these processes to gain power by influencing psychological and social factors.

3. Polarization and Stigmatization:

The link between polarization and stigma can show in a variety of ways. A common tactic is the use of demonizing language and rhetoric, in which populist leaders and organizations frequently vilify certain groups, such as immigrants or minorities, presenting them as a danger to the "real" people (Çinar et al. 2020; Lilleker&Pérez-Escolar, 2023). This adds to greater prejudice and discrimination, which may constitute a violation of human rights. Furthermore, polarization may exacerbate stigma by enacting policies that disproportionately impact vulnerable populations (Hollands, 2023; Krendl&Perry, 2023). For example, a populist politician campaigning on an anti-immigrant platform may enforce immigration restrictions, leading to discrimination and marginalization. Those who support nationalism may also pass discriminatory legislation against ethnic or religious minorities.

In the context of populism, polarization may produce a hostile political environment by normalizing hate speech, xenophobia, and racism. As a result, members from specific groups feel uncomfortable, unwelcome, and discriminated against, furthering divides and marginalization.

Furthermore, polarization may contribute to stigma by instilling a sense of "otherness" in some groups, depicting them as intrinsically different and worthy of fewer rights and privileges. This can result in dehumanization, which justifies discrimination against specific communities. In conclusion, polarization, as driven by polarization, may result in stigma and discrimination by creating a contentious political environment, scapegoating disadvantaged groups, and enacting policies that disproportionately harm them (Raisa, 2023; April et al. 2023).

Stigmatization may have some negative implications for vulnerable people. One of them is the psychological harm. Stigma can elicit feelings of shame, guilt, and self-blame, which can lead to mental health problems like depression, anxiety, and post-traumatic stress disorder.

Another one is social isolation. Because of stigma, members of disadvantaged groups may avoid certain regions and participate in fewer social activities.

The other one is reduced access to healthcare. The disadvantaged populations may delay seeking medical treatment for fear of prejudice, stigma can reduce access to healthcare.

Increased Violence and Discrimination can be the other one of the negative implications for vulnerable people. As unfavorable attitudes are justified, stigma can contribute to increased violence and discrimination against marginalized groups, leading to discriminatory behavior.

The political marginalization may also have more effect on negative implications for vulnerable people. Because members of disadvantaged groups are less likely to participate in the political process and are underrepresented in government and political decision-making, stigma may contribute to political marginalization.

It is critical to remember that stigmatization can have a multiplier effect on disadvantaged populations, with far-reaching negative consequences for people and society. In the face of populist ideology, it is critical to reject stigmatizing discourse and prejudice while advancing human rights goals and principles.

Numerous examples of populist politicians and movements using stigmatizing language and rhetoric have developed in recent years, with examples found in countries all over the world.

Stigmatization of vulnerable groups, such as immigrants, minorities, and the LGBTQ+ community, can have a number of negative consequences (Clark et al. 2023; Westbury, et al. 2023), including low self-esteem, feelings of isolation, limited access to resources, increased stress, anxiety, and an increased risk of depression. Potential implications include job discrimination, reduced access to education, and other opportunities. Furthermore, stigma may have a severe influence on one's health, affecting both physical and emotional health and limiting access to medical treatment. Thus, stigmatization can exacerbate sentiments of hopelessness and despair, exacerbating the already difficult circumstances experienced by underprivileged populations.

So, these negative implications for vulnerable people can cause the violations of human Rights. Discriminatory laws and policies may target people of vulnerable groups, denying them basic rights and benefits. Polarization can provoke the violations of human rights for stigmatization of vulnerable individuals and groups. Stigma may have long-term consequences that are handed down from generation to generation, continuing cycles of poverty, marginalization, and

discrimination. These negative repercussions affect not only the individuals who are directly impacted, but also their families and communities.

4. Human Rights and Polarization:

Protecting and expanding human rights in the face of polarization and stigma constitute substantial obstacles (Bath&Gamaghelyan, 2023; Georgi, 2022; Sjöholm, 2022). Some leaders and movements frequently use stigmatizing language to attack marginalized groups, resulting in discrimination and abuses of human rights. Despite these obstacles, people can find several means to protecting and promoting human rights. One of them is robust legal safeguards. Robust human rights laws and institutions, including as independent judiciaries and human rights organizations, are critical in protecting disadvantaged groups from discrimination and abuse.

Media and Civil Society can have an active role protecting and promoting human rights. A free and independent media, together with a strong civil society, can make a significant contribution to human rights promotion. These organizations increase awareness, keep politicians responsible, and provide marginalized populations a venue to express their concerns.

International Cooperation has a crucial situation for protecting and promoting human rights. International organizations such as the United Nations and regional human rights agencies may play an important role in promoting and protecting human rights by providing support and direction to governments and civil society organizations.

By giving education and public awareness to members of the society can provide some positive effects to move together for the human rights. It is vital to educate the public about human rights and the negative impacts of stigmatization. Understanding the facts and their implications helps to fight the fear and divisiveness produced by polarizing through stigmatizing. Then people can help and support the assistance to marginalized groups in the society. Assisting marginalized groups and organizations who advocate for their rights guarantees that their voices are heard, and their rights are safeguarded. This help might take the form of financial assistance to human rights groups or direct relief to vulnerable communities.

It is critical to remember that maintaining and expanding human rights in the face of polarization and stigma necessitates a multifaceted strategy and active participation by governments, civil society organizations, and people. When populist movements and leaders attack vulnerable populations, vigilance and action are critical to safeguarding human rights.

5. The Importance of Inclusive Policies and Programs:

Inclusive policies and activities are crucial in lessening the negative effects of polarization and stigma, fostering equality, and defending the rights of underprivileged groups (Alverio II, 2023). Addressing economic inequality, increasing social inclusion, protecting vulnerable groups, fostering diversity and cultural understanding, and encouraging civic participation are the keyways inclusive policies and activities contribute to equality and the protection of human rights.

Inclusive policies and initiatives are critical antidotes to polarization and stigmatization, creating equality, preserving the rights of excluded groups, and fostering a more inclusive society (Tannock, 2023).

Active government and civil society engagement, along with execution responsive to the needs of excluded groups, is critical for the success of inclusive policies and initiatives.

Civil society groups (CSOs) and the media play critical roles in keeping populist leaders and movements responsible, defending human rights, and mitigating the detrimental effects of polarization.

Civil Society Organizations are one of the important building blocks for democratic life in society. Civil society organizations such as human rights organizations, advocacy groups, and community-based organizations can raise awareness of human rights breaches, document abuses, and campaign for legislative reforms. They can also provide resources and aid to underprivileged populations, allowing them to campaign for their own rights.

Media and its power can maintain to awareness of people for their and others' rights. The independent media, in particular, is critical in keeping populist leaders and movements accountable. The media helps to accountability by providing accurate and unbiased coverage, exposing corruption and abuse of power, and amplifying the voices of neglected populations. Furthermore, the media may educate the public about human rights and the negative consequences of stigma.

And also providing a platform for marginalized groups can make sense int society of mind. Civil society organizations and the media serve as forums for marginalized groups to express their concerns, tell their stories, and campaign for their rights. This guarantees that disadvantaged groups' viewpoints and concerns are recognized and addressed. Civil society groups and the media play an important role in advocating for legislative reforms that enhance human rights and mitigate

the harmful impacts of polarization and stigmatization. This activism might involve supporting laws and policies in government and the media that promote equality, inclusion, and transparency. Finally, civil society organizations and the media are critical in holding populist leaders and movements responsible, pushing for human rights, and promoting a functional democracy. A strong and autonomous civil society, in tandem with an educated and responsible media, is critical for protecting human rights and mitigating the negative impacts of polarization.

6. Discussion and Conclusion:

Understanding the complicated link between polarization, stigma, and human rights requires an interdisciplinary approach. To give a thorough knowledge of the issues at hand, this method brings viewpoints and ideas from numerous domains, including political science, sociology, psychology, and human rights studies.

Political science, for example, may shed light on the origins and features of populist movements and leaders, whereas sociology can investigate the social and economic variables that contribute to their growth. Meanwhile, psychology can help us understand why particular people and groups are driven to populism, as well as how populist discourse can perpetuate stigma and prejudice. Human rights studies can investigate how polarization and stigmatization can contribute to abuses of human rights, as well as measures for protecting and promoting human rights in the face of these obstacles.

In addition to promoting human rights ideals and principles, it is critical to investigate the social and economic elements that lead to the formation of populist movements. Relative hardship, social identity threats, and a lack of representation in political and economic institutions, for example, can all contribute to populist support. An interdisciplinary approach can lead to more successful measures for resolving polarization, stigmatization, and human rights by providing a fuller understanding of the challenges.

A political scientist, for example, may advise election changes to oppose populist movements, whereas a sociologist may offer measures to alleviate economic inequalities. These viewpoints, when combined, can help to build a holistic strategy for advancing human rights while fighting polarization and stigmatization.

It is critical to protect human rights ideals and principles in the face of populist ideology and stigmatization. Populist ideology and stigmatization frequently endanger human rights and must

be combated by creating an inclusive society and addressing the underlying social and economic conditions that lead to populism's emergence. It can be guaranteed that all persons are treated with dignity and respect, and that human rights are maintained and promoted for everyone by doing so. Finally, an interdisciplinary perspective is required to comprehend the complicated interaction between polarization, stigma, and human rights. It can give a thorough grasp of the challenges and generate more effective tactics for tackling them by bringing together viewpoints from other sectors. It is critical to evaluate all facets of the problem as well as potential solutions.

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