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## **Human Rights and Racial Discrimination**

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## **Human Rights and Racial Discrimination**

Individuals in society pass through significant challenges in their social life. The society comprises of people from diverse backgrounds hence resulting in different races existing together. Nevertheless, while societies continue to be diversity other races want to maintain supremacy thus resulting in discrimination. Also, human beings have their dignity and need to be respected (Gilbert, 2019). Human rights were created to ensure every individual is respected and given the freedom to live without limitation from what they are supposed to do. Therefore, the increase in racial discrimination in society affects social inclusion by impacting individuals' opportunity and their sense of agency and well-being. Furthermore, continuous experience of racial discrimination can cause people to internalize the bias or stigma that is focused against them, resulting in fear and stress and deteriorated health. Despite human rights bringing racism towards the end, it remains too vicious because individuals violate the rights in different ways, such as through slavery and segregating individuals in accessing social services.

Several theories exist that explain the societal problem of racial segregation and human rights. However, under this paper, the theory that best explains the problem is critical race theory. Rollock & Dixon (2016) stated that critical race theory is an academic movement that intends to connect racism, authority and race. Therefore, the theory is different from other civil rights movement that aims to function within the developments of American democracy. Similarly, critical race theorists critique the fundamentals of liberal order, including constitutional law and rationalism, since they claim that American social life and partisan structures and economic organizations are created upon race, which is a social construct.

The data collection method to be used in the study is a questionnaire where 150 individuals from three different races will participate in the research. Minneapolis is the largest

city in the United States. A population nearing four hundred thousand will be used in the study because of its high diversity to prove race supremacy in America. Since the participants will be from different races, including white, Black and Hispanic, they will fill the questionnaires on questions such as their if they have ever faced discrimination in school because of their race, and if they have seen other people being denied their rights to access the right education because of their race. Similarly, other essential data comprises of being segregated in attaining public services and denied job opportunities because of their race. The police also play a role in racial discrimination and thus, the issue of police violation will also be asked.

Racism continues to happen in the United States and this affects an individual's social life. Therefore, an immediate response plan needs to be developed to solve the problem before dominating and becoming part of society. America needs to recommit itself in preserving the global legal responsibility to stop racial discrimination as well as take evocative measures to inspire equality and dignity. On the other hand, to deal with racism, the universal human rights institutions and the respective countries need to accept the profound challenges brought by racism such as the utilization o race as a method of grouping individuals, racial thought that encourages racial sovereignty and prejudice. Moreover, specifying the problems as human rights racism intends to irradiate the issue's complexity and disclose the approaches that global human rights laws are not neutral on race matters. Therefore, the same way the societies and other public places are working to understand and be thoughtful on stopping racism, the platforms dealing with inspiring human rights should also follow the same route.

### References

Gilbert, P. (2019). *Human dignity and human rights*. Oxford University Press, USA.

Rollock, N., & Dixon, A. D. (2016). Critical race theory. *The Wiley Blackwell Encyclopedia of Gender and Sexuality Studies*, 1-6.

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