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***RACISM; ITS EFFECTS AND SOLUTIONS***

 ”I can’t breathe, my stomach hurts, my neck hurts, everything hurts… don’t kill me” begged George Perry Floyd Jr., a 46-year-old Black-American few minutes before he was murdered brutally in America by the same people who are supposed to be protectors of life. The three policemen knelt on different sections of his body with George’s hands handcuffed at the back. The first video of the killing showed Derek Chauvin kneeling on his neck for nearly eight minutes and in further investigation, his autopsy proved that he died of asphyxiation from sustained pressure meaning his death was a clear homicide. It is hereby necessary to discuss the issue of racism becoming a norm in our world today.

 We see on the 25th of May, 2020 how an innocent black man was killed not because of his claimed $20 bill forgery but mainly because he was black. Racism has eaten so deep in our society and the world today that it goes beyond word exchanges, insults and curses to the extent of killing ourselves just because we cannot identify with the same skin color and culture. It becomes more painful to see the people in higher authorities who we look up to being the ones to encourage the evil of racism. This is why the issue is indeed necessary to be discussed and more enlightenment to be done for people with an idea of the racial pandemic occurring in our world to this day.

 Racism is said to be the belief that a particular race is superior or inferior to another, that a person’s social and moral traits are predetermined by his or her inborn biological characteristics. Racism has been in existence throughout the history of man, some say it originated right from the time when God created a language barrier for the Babylonians who tried to build a tower reaching the heavens in the Bible. The most notorious example of racism by the West was slavery, especially the enslavement of Africans and this was accomplished due to the racist belief that Black Africans were less fully human than white Europeans and their descendants. This belief was different as, Africans were not originally considered inferior due to its advanced cities, empires and wealth in general until the Europeans came and saw Africa as rivals. They began to plunder the continent and forcibly made us its inhabitants slave laborers. The willingness of some Africans to sell other Africans to the European slave traders contributed which led to false claims of savagery. Jews are usually seen by anti-Semites as subhuman, devilishly cunning, skilled and powerful while Blacks and others are seen by racists as merely subhuman, more like beasts than men as these racists are often intimidated by them.

 Racism has so many effects ranging from its sociological, psychological. Physiological and economic effects. In its sociological, it affects human relationships as people of different races and color see themselves differently. According to Feagin 2010:187, “ Being black in U.S. society means always having to be prepared for anti-black actions by whites- in most places and at many times of the day, week, month, or year. Being black means living with various types of racial discrimination from cradle to grave.” Segregation sets in schools, workplaces, places of worship, playgrounds and public gatherings as certain rights are refused of people with a particular race. This segregation thereby affects the lives of such individuals leading to feelings of inferiority, lack of self-esteem and confidence, negative social standards and so much more.

 The killing of the late George Floyd as referenced earlier is a great example of the physiological effects of racism. Whites harm blacks for basically living and existing, other races give unfair treatments to others of a different race. People are given punishments that are harsher than the crimes they commit simply because their race and skin color is different. According to the American Psychological Association, the physiological and psychological impact of racism and discrimination relates to stress. Stress of been cursed at, insulted and trying to defend your race and your skin color to ignorant people of other races. Stress of been handcuffed for the basic assumption that you are the most likely one to have committed a crime because you are black or Jewish or non-white. Stress of been shot at unfairly and sometimes killed.

 The economy is also affected greatly. Taking an example of two racial statements made by the present American President, Donald Trump, who referred to the Coronavirus as the “Chinese virus” and the “Kung Flu virus” on two different occasions, we see how the world has reacted with rumors of the Chinese Government deciding to stop major business transactions with them leading to a huge loss in capital. It equally affects small business organizations as the racial discrimination and segregation leads to a halt in importations or exportations across continents because of their race and negative thoughts attached.

 Racism and its effects needs to be emphasized as this could lead to a World War or racial pandemic. Little things matter ranging from calling a black man forbidden words like “Nigger” or “monkey” to cursing or making false accusations towards him. In our current situation, a lot of people have assumed that the virus which originated from Wuhan China, was a deliberate attempt to wage war towards certain countries such as America by affecting the health of individuals due to racism and all forms of racial discrimination towards them. Whether this is true or not, the fact and truth must be acknowledged that racism needs to stop to avoid great consequences.

 However, there is always a solution to every problem no matter how great the problem is. A social media trend #JusticeforGeorgeFloyd# for example, was set up across all social media platforms immediately after the world knew about his death to enlighten the world on the dangers of racism and to get justice for an innocent black man. It trended on the internet until the American people came out of their houses in a peaceful protest of not only his death but of the previous racial killings which have been ignored and forgotten. This is an important step towards the stop of racism and although it’s not certain that these racists are moved by these protests, it is surely a great and peaceful way of conveying such an important message.

 In conclusion, charity they say, begins at home. Parents need to enlighten their wards right from a very young age about the issue of racism and its dangers. The act of love should be taught at homes and songs or movies relating to educating the child about racism should be heard and watched more often. The famous late musician, Michael Jackson, would say, “It doesn’t matter if you’re black or white”. Schools should equally make available compulsory courses which focus on the topic racism and how important it is to stop the act. Equal rights should be given and statues of late slave trade masters should be taken down including places of historical adventures which encouraged racism. Above all, show love to all.