

THE DISCRIMINATION AGAINST PEOPLE OF DIFFERENT ORIGINS AND THE ADVERSE EFFECTS

There are different forms of discrimination known to mankind. The different forms can be found due to different circumstances of different colours, cultures, customs, language, beliefs and religions and many other aspects. Some of the different forms of discrimination include- racial discrimination, gender discrimination, discrimination due to disability, discrimination due to sexual orientation, discrimination due to origin and so on.

Discrimination is the act of making distinctions between human beings based on the groups, classes, or other categories to which they are perceived to belong. People may discriminate on the basis of age, caste, criminal record, height, weight, physical appearance, disability, family status, gender identity, gender expression, generation, genetic characteristics, marital status, nationality, Profession, color, race and ethnicity, religion, sex and sex characteristics, sexual orientation, political ideology, social class, personality, as well as other categories. Discrimination occurs when individuals or groups are treated "in a way which is worse than the way people are usually treated," on the basis of their actual or perceived membership in certain groups or social categories. Though the main focus of this essay will be on discrimination due to origin, other forms of discrimination will be touched upon.

Racial discrimination also known as racism is any discrimination against individuals on the basis of their skin color, or racial or ethnic origin. Individuals can discriminate by refusing to do business with, socialize with, or share resources with people of a certain group. Governments can discriminate in a de facto fashion or explicitly in law, for example through policies of racial segregation, disparate enforcement of laws, or disproportionate allocation of resources. Some jurisdictions have anti-discrimination laws which prohibit the government or individuals from discriminating based on race (and sometimes other factors) in various circumstances. Some institutions and laws use affirmative action to attempt to overcome or compensate for the effects of racial discrimination. In some cases, this is simply enhanced recruitment of members of underrepresented groups; in other cases, there are firm racial quotas. Opponents of strong remedies like quotas characterize them as reverse discrimination, where members of a dominant or majority group are discriminated against.

Gender discrimination is unequal or disadvantageous treatment of an individual or group of individuals based on gender. Sexual harassment is a form of illegal gender discrimination.

Discrimination due to sexual orientation is when you are treated unfairly because of your sexual orientation. Sexual orientation is also known as sexuality. Your sexual orientation depends on whether you are sexually attracted towards:

- your own sex. This means gay and lesbian people
- the opposite sex. This means heterosexual people
- the same and the opposite sex. This means bisexual people.

The discrimination against people of different origin is different from racial discrimination, though they can be interlinked. This form of discrimination is based on a person's country of origin for themselves or ancestors, and related language, culture, customs and even accents. The term, the discrimination of people from different origins, is deeper than racial discrimination. Where racial discrimination is based on whether a person is Black, Asian or Latino, national origin is based on a person's ancestry, culture, customs and language. Therefore, the discrimination has to be tied to the aspect of being from a country like Nigeria, rather than being black.

This form of discrimination is based on language, knowledge and customs and can also be found within an ethnic group. For example, in Nigeria within the Islamic group, discrimination can be found based on the different branches of Islam, the two majority being the Sunnis and the Shia. Both Sunnis and Shias – drawing their faith and practice from the Qur'an and the life of the Prophet Muhammad – agree on most of the fundamentals of Islam. The differences are related more to historical events, ideological heritage and issues of leadership. The first and central difference emerged after the death of Prophet Muhammad in A.D. 632. The issue was who would be the caliph– the “deputy of God” – in the absence of the prophet. While the majority sided with Abu Bakr, one of the prophet's closest companions, a minority opted for his son-in-law and cousin – Ali. This group held that Ali was appointed by the prophet to be the political and spiritual leader of the fledgling Muslim community. Subsequently, those Muslims who put their faith in Abu Bakr came to be called Sunni (“those who follow the Sunna,” the sayings, deeds and traditions of the Prophet Muhammad) and those who trusted in Ali came to be known as Shia (a contraction of “Shiat Ali” meaning “Partisans of Ali”).

The effects of these forms of these forms of discrimination can lead to different consequences, in most extreme cases can lead to death. Discrimination is associated with negative mental and physical health outcomes. The negative consequences of discrimination experiences likely result from several processes. These experiences are more pronounced when discrimination is experienced repeatedly, leading to increased depressive symptoms, poorer physical health, and more chronic illness, possibly through the activation of stress response systems or changes in health behavior. Indeed, exposure to racial/ethnic discrimination is perceived as traumatic and stressful—leading to higher anxiety, feelings of hopeless and helplessness, and increased depressive symptoms. Stressors resulting from discriminatory experiences can also cause physical depletion, premature illness, and mortality. For example, experiences of racism are associated with elevated blood pressure in African Americans across the lifespan. These elevated blood pressure levels are thought to be one of the mechanisms for explaining racial group differences in longevity.

With regards to the discrimination due to sexual orientation- many lesbian, gay, bi, trans and intersex (LGBTI) people report to dealing surprisingly well with systemic discrimination, and most do not experience depression or any other mental health condition. However, experiences with discrimination and stigmatization can lead to a higher likelihood of emotional distress, depression and anxiety. People can often feel pressured to fit in with society's conventional ideas of being male or female. Those

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who don't fit the mould can be subjected to ridicule, intimidation and even physical abuse. Even though there is an increasing acceptance of LGBTI people in society and greater visibility in the media and public life, many LGBTI people still experience discrimination, harassment and violence at work, school and in social situations.

Several cases of the effects of racial discrimination are now very popular in the United States. The deaths of Eric Garner, Michael Brown (18), Tamir Rice (12), Walter Scott, Alton Sterling, Philando Castile, Stephon Clark, Stephon Clark, and George Floyd, were as a result of police brutality due to the mindset the police had against black people. Their deaths sparked up waves of protests at the various cities of their deaths. Though these protests were hardly heeded as most of the officers were either fired or suspended but faced no legal charges. The only exception is the case of George Floyd where one officer has been charged with second-degree murder and manslaughter, and three others will face charges of aiding and abetting murder.

In conclusion, the deaths of these innocent people who died due to the discrimination against their skin colour has led to the formation of an Anti-racism group or movement known as Black Lives Matter. Let us all join in the movement and put in effort to spread awareness that we are not to be judged by our skin colour, our languages, our physical appearance, our gender, our sexuality, our religion, our culture and other points that make us unique. We are people first and foremost, we are lives and people should set that mentality that every life matters. Every single one of us is important and unique in our own way. Once people can learn to accept disregarding our identity then we know that we are truly one.