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**Topic : Physiological and psychological impact of Racism and discrimination.**

Racism is 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. It is seen as hatred of one person by another or the belief that another person is less human because of skin color, language, customs, place of birth of any factor that supposedly reveals the basic nature of that person. It has influenced wars, slavery, the formation of nations, and legal codes.

As a psychosocial stressor, racism compromises well being and impacts development trajectories. The purpose of the present study was to estimate the effect of racism of indicators.

This belief was not automatic that is African’s were not originally considered inferior. When Portuguese sailors first explored Africa in the 15th and 16 to centuries, they came upon empires and cities as advanced as their own and they considered Africans to be serious rivals. Over time, though as African civilizations failed to match the technological advance of Europe and the major European powers began to plunder the continent and forcibly remove it’s inhabitants to work as slave laborers in new colonies across the Atlantic, Africans came to be seen deficient “species” as savages. To an important extent, this was necessary to justify the slave trade at a time when Western culture had begun to promote individual rights and human equality

During the past 500- 100 years racism on the part of the western powers towards non westerns has had a far more significant impact on history than any other form of racism ( such as racism among western groups or among Easterners such as Asians, Africans and others). The most notorious example of racism by the west has been slavery particularly the enslavement of Africans in the new world( slavery itself dates back thousands of years). This enslavement was accomplished because of the racist belief the Black African’s were less fully human than white Europeans and their descendants.

Racism can psychological affect blacks by allowing society to deny their value as individuals and by compelling them to internalize the racist conceptions of them held by their oppressors. Racist stressors may also lead to increased physiological reactivity which when sustained for a period of time can lead to cardiovascular disorders and diseases. However, a small study using RNA test shows that racism appears to increase chronic inflammation among African’s.

Across generations: discrimination in one generation that negatively affects health, economic opportunity or wealth accumulation of a particular group may diminish opportunities for later generation. For instance, parents poor health or employment status may limit their ability to monitor or support their child’s education, which may in turn lower the child’s educational success and subsequently, his or her socioeconomic success as an adult.

Across domains: discrimination in one domain may diminish opportunities in other domains. For example families that lives in segregated neighborhoods may have limited access to adequate employment and health care.

Discrimination causes so much damage to victims life as the face or experience low self esteem, stigmatization , poor heath care, poor education, unemployment among citizens and even war thereby leading to loss of lives and properties. Blacks and others are seen by racist as merely subhuman, more like beast. To eliminate the effects of racism, it is imperative that further research seek better way to shield blacks from these menacing stressors.