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 EFFECTS OF RACISM

 Racism is the discrimination, prejudice, or antagonism directed against a person or people on the basis of their membership of a particular racial or ethnic group, most especially those that are a minority. Racism has become a major issue in the world today. The idea of race has a complex background, it has been used to reward and penalize people based on perceived differences. It has often been misguidedly defined as the skin tone or physical attributes, but race has no genetic basis.

 Racism affects people in different ways, some of these ways include; Health wise. Studies have shown that people exposed to racism have poorer health outcomes (particularly for mental health), alongside reduced access to health care and proper patient experiences. A team of USC and UCLA scientist found that racist experiences appear to increase inflammation in African American individuals, raising their risk of chronic illness. Inflammation serves to protect an organism from a health threat, but if someone feels under threat for a long period of time, their heath may suffer significantly with chronic inflammation.

 PTSD has been known to be one of the psychlological effects of racism on an individual. Research has shown that African American experience PTSD at a prevalence rate of 9.1% versus 6.8% in non-Hispanic whites. Images of black Americans dying or being brutalized have filled the internets. A brief and yet too long a list: Trayyon Martin, Tamir Rice, Walter Scott, Eric Garner, Renisher McBride and the latest George Floyd. The images of white police officer straddling a black teenager on a lawn in McKinney, had barely faded before a racially motivated shooting happened. These incidents bring about PTSD in black individuals.

 Raced-based stress and trauma, is a natural byproduct of the types of experiences that minorities have to deal with on regular basis. The symptoms of these raced based stress include; depression, intrusion (the inability to get thoughts of what happened out of one’s mind), vigilance (an inability to sleep, out of fear danger), anger loss of appetite, apathy and avoidance symptom and emotional numbing. Till this very day many black Americans still suffer from this.

 In America, most of the black Americans or blacks are treated as thugs, racist people have this mentality that a black person brings trouble or that black people are not to be trusted. Studies have shown that the way a police in the America arrest a black citizen is different from the way a white citizen would be arrested.

 Racism is all over the world. China is not unique in having a problem with racism. It is a worldwide scourge, and nowhere, it seems is immune. Foreigners who have spent any length of time in china will have their own stories of racial profiling and discrimination, from very commonly heard comments on thr size and shape of facial features to more aggressive forms of discrimination founded on negative stereotypes associated with one’s race. In china no group is more racially targeted than maligned than the persons of sub-Saharan African descent.

 When Chinese workers at a McDonald’s in Guangzhou recently held up a sign saying in English “Black people are not allowed to enter the restaurant,” they appear to be completely unembarrassed about the whole thing. And what of the person who composed the notice on the sign, which read in full “Notice: We’ve been informed that from now on black people are not allowed to enter the restaurant. For the sake of your health consciously notify the local police for medical isolation, please understand the inconvenience caused. Police, Tel:110”? Someone well educated in English composed that notice in English or translated it from the Chinese.

 The all-out assault on Africans living in Guangzhou has been documented in recent weeks in video and stories of Chinese police rounding up Africans, forcing them out of their homes and hotels and putting them out on the street in a backlash against those most likely to be carriers of the coronavirus. From this, it can be concluded that majority of the black population has been a victim oof racism one way or the other.

 The effects of racism on black kids has proven to be very tremendous as many of them start to hate their colour and begin to believe that being a black person is wrong, they do not think of themselves as equal with the white people due to the way the black community is being treated. All these behavior could lead to depression, anxiety, stress e.t.c.