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Cover Letter

In order to overcome the problems we face as a society, the first step that can be taken in order to find a solution is to understand the problem at hand. Through this research essay I will analyze the fundamentals behind how racism affects us and the ways it has been embedded in society. With the use of seven sources: two scholarly, three non scholarly, and two media sources. I attempted to give the general knowledge required to inform the reader of the issue and give assistance in understanding these ideas with analysis after my chosen quotes. At the end of the paper I introduce examples of how we can avoid racist ideologies and what these may look like in the real world. By using societal norms and emotional awareness there is most definitely room to improve people's lives and the general well being of society. This paper has an introduction to the main points needed to understand racism, the body gives analysis of key points, and conclusion sums everything/offers possible solutions and steps to combat racism.

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Research Essay

Psychology Behind Racism:

Understanding The Effects of Racism and Its Relation to Anxiety.

Racism is prejudice, or antagonism directed against a person or people. It is a problem that has existed for thousands of years in the collective whole of society. The world has changed tremendously through the centuries. Walls of hate and fear divide people. People were taught to see difference as something to fear and this further isolates them from one another. This is what we call racism today. Looking at 20th century American racism and its effects on the 21 st century we can see its movement from racism that affected people's lives physically into racism that affects people's lives in a mentalized way. Systemic racism, the psychology behind racism, and where it can be seen in today's world are all key points that will help us understand how to avoid racist ideologies, and better improve the world for ourselves and those around us.

The age of revolutions during the 18th century brought Democracy and Nationalism and was a transference of power from the sovereigns to the subjects. As a result people became more capable of compressing time and space with the help of

railroads and the printing press. These were all promising things for the future of the human race but as we grow and evolve our problems grow equally. They find their way into our society and become a part of us. Racism for example has been woven into the very fabric of society. For centuries kings, emperors, religious leaders, pharaohs, and absolute monarchs built their worlds at the expense of others and justified it simply as them being better or superior compared to the exploited group and the subjects under control had no other choice but to obey.

Racism has affected the way our society works, systemic racism is an effect that can be seen in 20th century society. Systemic racism can prevent families from moving into certain areas and keep them from having certain mobilities within society whether that be financially or socially. This causes inequalities between people and can have a direct result on the development of a person in this society. In Flournoy's introduction paragraph it states: "This intentional separation of races became a public policy and continues to exist today. Redlining, ... where banks, finance, and insurance companies intentionally refused Black African Americans mortgages, while steering them into segregated industrial neighborhoods (Rothstein, 2017; Anderson, 1997)." (Flournoy, 1). PhD, Edward Brian Flournoy, in his essay, "The Rising of Systemic Racism and Redlining in the United States of America", they address the topic of systemic racism and redlining in the United States and argue the racial inequality that can be found in our law system. Flournoy supports this claim by explaining systemic racism, redlining, segregation, and racial discrimination. Flournoy's purpose is to inform the reader of the injustice and hopefully shed more light on the issue in order for changes to be made.

Flournoy uses a tone that fits his informational text best. His goal is to inform the reader of the occurring issue and in doing so adopts an educational tone in his writing. This shows that despite the achievements of the civil rights act of 1964 lawfully ending the discrimination of racial groups, the effects of such injustices are still very real. By denying families and people access to certain resources it immobilizes them. Children may not be able to get the education or resources that would best satisfy the needs of their growing minds due to for example a bank refusing to loan out to certain people/families. Racism is fueled socially by people, we learn from one another. Despite how wrong and prejudiced the idea may be, our fear of being left out is what allows racism to grow and in this circumstance racism made the jump from the people into laws and financial business most likely due to people fearing losing their business or jobs (Flournoy, 1).

There are multiple frontiers when it comes to how racism reaches individuals psychologically. “The psychology of American racism.” states: “Because White Americans have historically and con-temporarily constituted a numerical majority, and occupied most positions of power, they have been able to establish societal norms ..., achieve goals ..., give orders..., con-trol resources..., and dominate and exploit others (e.g., socialize racial minorities toward an “American” way of thinking”(Steven O. & Michael T., 480) What is being said here is the development of societal norms is determined by people with a position of power and education. Because the the racial segregation the majority of people with positions of power and high education are white. The average person is looking for someone to follow and agree with, their main concern is to fit into society whether that be a racist society or an anti-racist society. Because most

writers and politicians are white people learned to only see the image of white people in positions of power and educational status. The text also states:

How parents talk ...about race also matters. Racial socialization is the process by which parents transmit their beliefs about race to their children, through implicit, explicit, intentional, or accidental means... White parents tend to adopt a colorblind ideology ..., which leaves the observations and myths learned from the broader society unchallenged and reinforces the legitimacy of racial hierarchy(Katz, 2003;Pahlke et al., 2012). In contrast, parents of color often speak with their children about historical and structural inequalities, and about how to deal with racial biases that they might encounter in the real world, which challenges the observations and myths popularized by the broader, majority White, .(Steven O. & Michael T, 481)

In the Journal Article, “The Psychology of American Racism” (2021), Authors Steven Roberts and Michael Rizzo asserts the psychology behind racism in America by addressing: American Categories, American Factions, American Segregation, American Hierarchy, American Media, American Power, and The Antiracist Road Ahead. By supplying the reader with this information they are explaining the psychological implications behind racism in American society. Steven Roberts and Michael Rizzo want to convey to their readers the importance of understanding these ideas in order for their audience to better implement changes into our lives. The author's audience most likely consists of those who are searching for the reasons behind some of society's problems and those looking to find a way to change things for the better. Other psychologists may be

reading their work as well. The authors organize their ideas in a way that people can understand and apply. They have a clear start and end to the journal article and provide detailed insight to each section of the journal. The authors keep a neutral tone in order to best convey their information to the readers. In this quote Steven Roberts and Michael Rizzo demonstrates how societal norms are passed from parents to children. This is very important to understanding the process behind generational racism. Parents can either intentionally or unintentionally transmit their social norms to their children. A child's main goal as described in this quote is to follow everything and anything their parents do including their parents beliefs and values. This quote goes into the details of how societal norms are passed on through parents to their children.

The path to finding ourselves is difficult for many reasons. In Langston Hughes poem it states: "I guess being colored doesn't make me *not* like the same things other folks like who are other races." In "Theme For English B" (1951) it asserts that race doesn't determine who a person is inside by addressing his personal experience with finding who he is, and by showing similarities that we all share as humans. By supplying the reader with information about his personal discoveries about himself and what makes him who he is, Hughes builds his claims about the complexities we all share as people whether that be in the use of language or our thoughts. Langston wishes to convey to readers the importance of overcoming the anxieties that keep us from one another in order to better understand who we are and how we can possibly overcome some of our fears and relate to one another over subjects that are deeper than the surface. The author's audience likely consists of those interested in finding themselves in the mess of the world

as is evident through his references to his personal conflicts; he addresses the reader with a tone that is informative and patient in terms of willingness to convey these complex emotions and his place among the world. In this section Hughes describes how indifferent we are from each other while also being individuals at the same time. When we stereotype something and generalize language it excludes the possibility of difference in societal norms. Hughes is trying to find himself in a world that determines his worth based on externalities (Hughes, 1).

We associate intelligence with proficiency in language. This is not an effective way to measure a person's intelligence solely on their use of language. On page two of Tan's personal essay she states: "I believed that her English reflected the quality of what she had to say. That is, because she expressed them imperfectly her thoughts were imperfect." In her personal essay "Mother Tongue" (1990), Amy Tan an American author. Asserts that we should not stigmatize people's use of language by addressing the problems she faced as the daughter of a non English speaker, and the way it made her think about her mothers intelligence when she was younger. By supplying the reader with information about her experiences as a student and a daughter, Tan builds her claims about how our proficiency doesn't determine our intelligence. Amy wishes to convey to her readers the importance of how we use the English language in our lives. In order to inform people that just because someone doesn't talk like you doesn't make them any less of a person. The author's audience likely consists of those interested in understanding the abstract use of English in society as is evident through her references to her personal feelings towards English in her household and her belief that language doesn't determine

intelligence level; she addresses the readers with a tone that is informative and personal. Amy explains her perception of English as a young child growing up. As a child Amy measured her mothers intelligence based off of the fragmented English she was using. This is what Tan is arguing against as an adult writing this essay. She wants a change in the way we view people when it comes to use of language. This is something that we can see in everyday life in our media, in our schools, and in our homes in the case of Amy Tan (Amy Tan page, 2).

We relate to other people that use our form of communication. It is natural that we seek what is familiar to us; it is basic human behavior. But problems start when there is conflict between two groups of language. They will both attempt to suppress the other in order to claim superiority over the other and this is the case. On page 10-11 June states: “Should we use the language of the killer- Standard English- in order to make our ideas acceptable to those controlling the killers?” In her personal “essay nobody mean more to me than you and the future life of willie jordan” June Jordan asserts that people should use whatever form of language they are comfortable with by addressing the use of Black English. By supplying the reader with information about Black English and her personal stories Jordan builds her claims about what form of English we use. June wishes to convey to readers the importance of using our natural tongue in order to create more variety within society to better balance societal norms. The author’s audience most likely consists of those interested in activism as is evident through her references to police brutality and her teaching of Black English; she addresses the audience with a tone of a teacher and leader.. In this sentence June is showing how unfair the system is. In order for

her and her students to be heard they must go against their native tongue in order to even be heard. It is important to have a system in place that can recognize the voices of everyone; this is what June is fighting for. People are reluctant to introduce new ideas into a group because of the tremendous fear of rejection. This is what causes the suppression of entire groups and cultures and is something that is seen in our everyday societies, some cases less severe than others (June Jordan page 10-11).

It is important to understand how racism can affect people psychologically. The video “Simpleshow Foundation Explains the Psychological Effects of Racism” states: “this burden presents itself in the form of anxiety, anger, and sadness.”(1:54-2:54). In the video “Simpleshow Foundation Explains the Psychological Effects of Racism”, Simpleshow AI-powered video maker platform. Asserts how racism manifests itself throughout people's lives and society by addressing anxieties, anger, and sadness. By supplying the viewer with information about anxieties and anger, Simpleshow builds their claim about the negative psychological effects racism has. Simpleshow wishes to convey to their viewers the importance of understanding how to deal with the stress and anxieties that are pushed onto people in order to make people more self aware not only to help themselves but to also provide the knowledge for the view to be capable of improving life for others. The video's audience most likely consists of those interested in psychological burdens of racism as is evident through the video references to anxieties associated with racism and the healthy way to deal with them; simpleshow addresses the audience with a strictly educational tone. This is the direct result racism has on people. When considering the development of language and children, those who have less anxiety, anger, and

sadness will likely perform better in school and in overall activities. This is why it is important to create equality to give everyone a more fair start.

Due to covid there has been a rise in mental health problems among people in the United States. The quarantine was a hard time for most people during covid there was an increase in hate crimes this shows how our environment can have a major impact on our mental health. In this video “Racism and Mental Health”, Psych Hub, a youtube channel dedicated to mental health education asserts that racism has a negative impact on people’s mental health by addressing immediate and long term effects of racism. By supplying the viewer with information about the long term and short term effects of racism on people they build to their claim of the negative impacts racism has on mental health. Psych Hub wishes to convey to their audience the importance of mental health related to racism in order to help create awareness for those who may be suffering in silence. The video's audience most likely consists of those interested in mental health awareness as is evident in the videos references to the effects of racism on our mental health as individuals and a society; the video addresses the audience with an educational tone that calls the audience to be more aware. In a brief summary this video discusses the relationship between mental health and racism. People exposed to racism and prejudice can develop anxiety, stress, anger, and sadness and have an overall detrimental effect on the outcome of their lives.

Looking at racism in today's society and seeing that it is still a problem that people experience each day it leaves it up to people to come together and combat racist ideologies in order to better balance the world into a more fair and inclusive place. After

analyzing systemic racism, the psychology behind racism in America, the personal stories of those who lived through the pressure of societal norms, and the effects racism has on our mental health it brings light to possible ways of solving these issues. Knowing that societal norms have a great impact on the way people perceive themselves and others, a possible solution would be to create norms that are healthy and beneficial for all people, an example being creating a more diverse government or media figures to introduce to people the idea of different points of view. This is something that can be seen in our governments today, society has been taking small steps to a better future but it is still important that we all understand the importance of this goal and continue to make the right decisions.

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