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Examples of marginalisation

Marginalization is the treatment of a person, group, or concept as insignificant or peripheral. History books are filled with various citations of discrimination against the marginalized groups including the scheduled tribes, scheduled caste, the disabled and women where they were explicitly denied hygienic water, nutritious food and a safe place to sleep in. Marginalized groups today face difficulty in getting access to good education, respectable workplace, voice to opinions are not economically stable and dependent on others for survival and often just become vote banks for the political parties. Marginalization is not only threatening to the economic and physical wellbeing but also the mental health of the marginalized individuals as they are constantly dominated in the society. Marginal groups often start believing in the lies of the society and start accepting the lies which call them unworthy and insignificant and lose confidence and self-belief.The fundamental right of India includes right to equality mentioned in Article 14,15,16,17 and 18 of the Indian constitution states equality before the law, prohibition of discrimination on grounds of religion, race, caste, gender or place of birth, and equality of opportunity in matters of employment, an abolition of untouchability and abolition of titles. The government is constantly taking various steps and making laws to protect the marginalized however it can't just be the government that tries to bring forward the marginalized, even the efforts of NGOs may fall short if the society as a whole does not change their perspective as to the way they treat individuals. It is often said that the way one treats others is a representation of them and not the person they treat, discrimination against others puts forward an orthodox and uneducated mindset of the society. Marginalised groups in health and social care refer to individuals or communities who face obstacles in accessing services or achieving the same level of care as the general population. These barriers can arise from social, economic, cultural, or systemic factors, leaving such groups disadvantaged and vulnerable in health and social care settings. Recognising and addressing these challenges faced by marginalised groups is essential to promoting fairness and equality in care delivery. marginalisation occurs when certain groups are excluded or discriminated against due to their identity, circumstances, or social position. This exclusion results in limited access to resources, support, or opportunities that others take for granted. In health and social care, marginalisation directly impacts people's ability to receive timely or appropriate care. Factors contributing to marginalisation include: Poverty and income inequality Racial or ethnic discrimination Gender inequality Disability status Language barriers Legal status, such as being an asylum seeker or undocumented migrant Stigma or prejudice related to sexual orientation or gender identity These factors often intersect, creating layers of disadvantage for individuals and groups. A variety of individuals and communities may be considered marginalised in health and social care. Below are some common examples: Poverty limits access to health and social care services. Those on low incomes might struggle to afford transport, childcare, or time off work to attend appointments. They may also live in areas with fewer healthcare providers or longer waiting times. Racism and cultural misunderstandings can lead to unequal treatment for ethnic minority groups. For example, Black women are statistically more likely to die during childbirth than their white counterparts in the UK. Language barriers can make it harder for some individuals to understand medical advice or communicate their needs. People with physical or learning disabilities often face structural barriers, such as inaccessible buildings or inadequate staff training. They may also encounter prejudice or assumptions about their quality of life, which can lead to poor care. Older people may experience ageism, where their concerns are dismissed or overlooked. Limited mobility and social isolation can further restrict their access to care. Cuts to social care budgets have also disproportionately affected this group. People who identify as LGBTQ+ often face discrimination within healthcare settings. For example, transgender individuals might struggle to access gender-affirming care or face stigma when disclosing their healthcare needs. Refugees and migrants often face unique challenges, including legal and language barriers. Fear of deportation may prevent some from seeking care, while others may not understand their rights to NHS services. Those without stable housing are often excluded from routine care. Without an address, it can be difficult to register with a GP or receive correspondence about appointments. Homeless individuals also face a higher burden of illnesses related to their living conditions. While mental health care in the UK has improved in recent years, stigma and a lack of understanding still lead to marginalisation for those with mental health conditions. Waiting lists for services remain long, and individuals may be reluctant to seek help due to fear of judgement. Several systemic and individual factors cause marginalisation in health and social care services. These include: Institutional Discrimination: Policies or practices that unintentionally disadvantage certain groups. For example, administrative systems may not account for non-binary gender identities, making it difficult for individuals to access appropriate care. Underfunding of Services: When public health or social services are underfunded, those with fewer resources bear the brunt. Marginalised groups often lose out when demand exceeds supply. Stigma and Stereotyping: Prejudicial attitudes among healthcare professionals can lead to bias, affecting treatment decisions. Geographical Inequalities: Living in rural or deprived areas can limit access to high-quality care facilities. Being marginalised within health and social care systems can have severe consequences for individuals and society. These can include: Worse Health Outcomes: Exclusion from timely care often leads to avoidable illnesses or complications. For example, individuals who feel unable to seek medical advice might delay a cancer diagnosis, leading to poorer survival rates. Mental Health Deterioration: Marginalisation contributes to stress, anxiety, and other mental health issues. Feeling unsupported, stigmatised, or excluded takes a toll on an individual's emotional wellbeing. Increased Health Inequalities: Gaps in health outcomes between different groups grow when marginalisation goes unaddressed. This reinforces cycles of poverty and ill-health. Addressing marginalisation requires systemic change and targeted interventions to improve access and care quality for vulnerable groups. Below are some key strategies: Language barriers can be tackled by providing interpreters or translated materials. Using plain language helps to ensure that individuals understand their care options and treatment plans. Healthcare and social care professionals need training on unconscious bias, cultural sensitivity, and inclusive practices. This equips staff to treat everyone fairly and without judgement. Engaging with marginalised groups in their communities makes services more accessible. Outreach clinics or home visits are effective for those facing transport or mobility challenges. Policies that protect and support marginalised groups should be prioritised. For example, campaigns for accessible facilities, such as ramps or hearing loops, help improve conditions for disabled individuals. Measures including free prescriptions, free transport to appointments, or subsidised childcare can help people on low incomes access necessary care. Partnerships with organisations that specialise in supporting marginalised communities, such as homelessness or LGBTQ+ charities, can bridge gaps in service provision. In the UK, laws exist to protect individuals from discrimination and to promote equality. The Equality Act 2010 requires public services, including health and social care, to treat everyone fairly and without discrimination. It identifies nine "protected characteristics" under which discrimination is prohibited. These are: Age Disability Gender reassignment Marriage and civil partnership Pregnancy and maternity Race Religion or belief Sex Sexual orientation The NHS Constitution also reinforces the principle of equal access to healthcare for all citizens, regardless of their background or circumstances. Although efforts have been made to address marginalisation, challenges remain. Budget constraints within the NHS and local councils limit the resources available to respond to worsening inequalities. Contested political landscapes often slow progress in implementing long-term improvements. Additionally, deeply ingrained biases and societal attitudes take time to change. Marginalised groups themselves may face barriers to health and social care services. For example, individuals with mental health issues might be reluctant to seek help due to stigma or fear of judgement. Addressing these challenges requires continued effort, funding, and a commitment to equality. Racism & Sexism: Examples of marginalization Marginalization can be obvious, or it can be very subtle, almost impossible to prove—or even convince yourself that it's happening. Here are a few examples of marginalization at work: Assuming someone will act a certain way based on stereotypes about their identity (aspects such as race, gender, sexuality, etc.) Denying professional opportunities because of aspects of someone's identity (racism, sexism, ableism) Not providing equal access to resources because of someone's identity Derogatory language or bullying Assuming someone got where they are only because they "checked a diversity box" Singling someone out because of their religious beliefs or cultural practices Refusing to recognize good work or consistently taking credit for another's work Finding ways to isolate someone, like purposefully leaving them out of meetings Blatant disrespect The behavior usually results in marginalized employees feeling invisible, as if by their skills are unwelcome or unnecessary on their team or in their company. Writer Jeanette LeBlanc penned perhaps one of the most eloquent quotes about marginalization, both in terms of how it affects those who are marginalized and flies under the radar. "You will quite likely encounter the notion that we create our own reality," she writes. "This can be an empowering idea and also true is so many ways. But it is also entitled and arrogant and can quickly move into a dangerous form of gaslighting. When this happens it is an act of shaming and a violence done. Because f****d up things happen. F****d up and violent things. And to say that we create the entirety of our own realities is a way this world will have people—especially marginalized groups of people—hold responsible for the circumstances in which they were without power. Guard yourself against perpetuating this, and hold yourself tenderly and solidly if it is ever pushed upon you." Read more: Are You Constantly On Guard at Work? You Might Be Experiencing Emotional Tax Effects of marginalization Marginalization can have damaging effects on individuals' mental, emotional, and physical wellbeing. Faced with exclusion, marginalized employees often become disengaged with their work and more isolated. They report feelings of anger, fear, depression, anxiety, sadness, and stress, all centered around something that's out of their control: someone else's blatant prejudice. Employees experiencing marginalization may also face obstacles in career advancement, as they may be excluded from networking opportunities, mentorship programs, or promotions. This can create a glass ceiling that hinders their professional growth. For companies wanting to stay relevant, marginalization is a cancer. It silences the voices of diverse groups by "othering" them. Marginalized employees begin to look for work elsewhere, and with their departure go diverse ideas and perspectives that could help companies evolve. Read more: What It Means to Reach Burnout: Your Work, Your Time & Your Health How to deal with marginalization at work If you believe you're being marginalized, there are steps you can take to better your circumstances. If you know that you're being marginalized because of your race, gender, age, sexuality, or another protected aspect of your identity, then follow the proper steps for dealing with discrimination. Talk to your boss or a manager you trust, document every discussion and every instance of discrimination, report everything to HR, and reach out to the American Civil Liberties Union (ACLU) or Equal Employment Opportunity Commission (EEOC) if necessary. You have the legal right to a safe work environment, and if a company is serious about making sure all employees feel welcome, they'll take steps to educate teams on unconscious bias and inclusion. However, if you find you're unsure why you're being marginalized (you can't pinpoint specific instances where someone mentioned your age, race, etc.), then do some self-reflection. Social or professional exclusion and marginalization are not always the same thing. You could be putting people off by being too negative, talking too much, or boasting. You might also be avoiding socializing and could try connecting with others before jumping to conclusions. Here are some questions you can ask yourself to gauge if you might be facing marginalization: Do I experience fair and respectful treatment from colleagues and superiors? Are there instances where I feel targeted or singled out based on my identity? Do I feel included in team activities and discussions? Am I consistently invited to meetings and events relevant to my role? Do I have equal opportunities to contribute to decision-making processes? Have I been considered for promotions or challenging assignments? Do I feel comfortable expressing my ideas and opinions without fear of judgment? Are there social activities where I am included, or do I feel excluded from informal gatherings? Try attending company events or happy hours with coworkers. Ask someone you admire to get coffee, join or create a support group in your company to build up your community. Lastly, if none of these options, reconsider whether your company's culture is right for you. You should not have to be the one to leave, no, but there are companies out there that will treat you with kindness and respect. Empower yourself to leave. Here are some resources to help with leaving a toxic work environment: Marginalization refers to the process by which individuals or groups are pushed to the edges of society, limiting their access to resources, power, and opportunities. The process of marginalization is typically based on social factors such as race, ethnicity, religion, social class, and other attributes which diverge from the dominant culture and its norms. Examples of marginalized groups include the poor, ethnic minorities, and persecuted religious minorities. Marginalization is a crucial concept within sociology, political science, social psychology, and other fields of study that attempt to understand social inequality and injustices. It demonstrates how people face social disadvantages and injustices and reveals how systems of power operate to exclude and disempower certain groups. This contributes to their ongoing (and often intergenerational) social and economic disadvantages. Marginalization, also referred to as social exclusion, denotes a complex process of relegation to the fringe of society. It is often triggered by the intersection of socioeconomic, economic, and political forces that manifest in the unequal distribution of resources and opportunities. As defined by Giddens (2006), marginalization is "...the act of consigning to a lower or outer edge, as of specific groups of people" (Giddens, 2006). Social categories that tend to impact marginalization include: Race and ethnicity: People of minority races, ethnicities, and social castes are often seen with suspicion, leading to prejudice and social exclusion. Gender and Sexuality: Transgender people, and sexual minorities face discrimination and prejudice at higher rates than others in society. Similarly, women have historically faced gender discrimination, leading to difficulties in accessing social services and opportunities. Socioeconomic status: People who lack economic resources or are from a lower social class often face barriers in accessing education, healthcare, and employment. Immigrant status: Immigrants have low social, cultural, and economic capital (see: the types of capital), which often leads them to being socially excluded. Religion: Religious minorities are often discriminated against and looked upon with suspicion. Marginalized groups often encounter ongoing discrimination and prejudice that can limit job opportunities and ability to advocate for themselves. For example, they are frequently excluded from decision-making processes, subtly denied access to opportunities, and face barriers in exercising their own natural rights. African American Communities in the US: Historical and systemic racism has led to the marginalization of African American communities, reducing access to quality education and employment opportunities. LGBTQ+ Individuals: Social exclusion and discrimination against LGBTQ+ individuals often result in limited access to healthcare, housing, and employment. This occurs, for example, when LGBTQ+ people are discriminated against in public places or made to feel as if they are not welcome in public space. Indigenous Populations: Indigenous communities are often marginalized due to a lack of recognition of their land rights, culture, and traditional knowledge systems. They have historically been pushed out of the cities and coastal lands, relegated to the outskirts of society. Case Study: Indigenous People in Canada In Canada, Indigenous populations have, for a long time, faced marginalization from society. Key examples include the failure of governments to provide clean drinking water for Indigenous communities, and failures of the RCMP (police) to sufficiently investigate countless cases of missing and murdered Indigenous women, making these women feel very vulnerable in society. 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For example, many countries like Australia and the USA will actively prevent access to legal services and rights for asylum seekers in order to prevent them from seeking refuge. Undocumented Immigrants: Lack of legal status often leads to exploitation, limited access to social services, and fear of deportation. For example, they may be paid less than minimum wage because the boss knows they have no recourse to complain. Ethnic Minorities: Ethnic minority groups often experience discrimination and exclusion based on racial and ethnic differences. This is particularly common in nations like Myanmar where the ethnic minorities are denied their democratic rights. Religious Minorities: Religious minorities can be marginalized through discrimination, prejudice, and violation of their religious rights. A key example of this is the Uyghur people of China, who are often prevented from practicing their religion. Women in Patriarchal Societies: Women in patriarchal societies are often marginalized due to gender biases, resulting in limitations on their rights and opportunities. Even in seemingly progressive societies, women often face a glass ceiling which prevents them from obtaining promotions and building economic capital. Case Study: Women's Employment Historically, many women faced discrimination in the workforce because it was believed that men deserved jobs more than women in order to feed their families. Women were seen as a supplementary workforce, but men were given first pick in jobs. Over the past few decades, significant social change has seen it normalized for women to work, but they still are underrepresented in higher-level jobs like CEOs due to a range of issues relating to the glass ceiling effect. People Living in Poverty: People living in poverty often experience social stigma, limited access to resources, and reduced life opportunities. As a simple example, they won't have the financial capital to pay for education, legal representation, healthcare, and so on. Elderly Individuals: Ageism can result in the marginalization of the elderly, with limited access to employment, healthcare, and social engagement. A common example of this is when elderly people cannot find employment due to unfair assumptions about cognitive decline. People with Mental Health Issues: People with mental health conditions often face social stigma and exclusion, reducing their access to opportunities and resources. Their mental health problems are often seen as personal weakness rather than issues of health care. Transgender Individuals: Transgender individuals often face discrimination and social exclusion due to their gender identity, and this is even overt and explicit in many areas of the world, where they are officially denied the right to dress and live freely as they wish. 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This leads to a phenomenon where migrants tend to congregate within certain neighborhoods, creating marginalized migrant enclaves in major cities. People Living in Rural Areas: Rural people often face marginalization due to limited access to education, healthcare, and economic opportunities compared to their urban counterparts. For example, a person with cancer in a rural area may not be able to access appropriate treatment in a reasonably nearby hospital. The Working Poor: The working poor often face marginalization through low wages, job insecurity, and limited access to social services. Despite being employed, they struggle to meet basic needs due to inadequate income. Their precarious employment conditions may also restrict them from accessing benefits such as healthcare, further marginalizing them. People Living in Slums: Individuals living in slums often face social exclusion, limited access to basic services, and poor living conditions. Infrastructure and sanitation deficiencies exacerbate their hardship, while the stigma attached to their living conditions can limit opportunities for upward mobility. Their voices often remain unheard in urban planning processes, leading to the persistence of their marginalization. Single Parents: Single parents often face social stigma, financial instability, and limited access to resources and opportunities. Balancing employment and childcare responsibilities can be a significant challenge, which is often exacerbated by insufficient support services. Their economic vulnerability can lead to social exclusion and lesser opportunities for their children. Trafficking Victims: Victims of trafficking often face social stigma, trauma, and exclusion from social services. After escaping trafficking situations, they often grapple with psychological trauma and a lack of supportive resources, complicating their reintegration into society. Furthermore, societal stigma attached to their experiences can lead to further marginalization. Dalits in India: Dalits often face social exclusion, discrimination, and limited access to resources due to caste-based discrimination. Despite legal provisions for protection and upliftment, they continue to face severe societal prejudice, limiting their opportunities for education, employment, and healthcare. Their nomadic lifestyle and distinct culture have often been met with prejudice and exclusion. Barriers to education and limited employment opportunities perpetuate a cycle of poverty and marginalization. The Unemployed: Unemployment often leads to social stigma, limited access to resources, and reduced life opportunities. The lack of financial stability can lead to a multitude of hardships, including poverty, homelessness, and mental health issues. Society often stigmatizes unemployment, further contributing to the marginalization of unemployed individuals. The Illiterate: Illiteracy can lead to social exclusion and limited access to information, education, and employment opportunities. An inability to read or write not only limits economic prospects, but also impacts individual's capacity to participate fully in society, including their access to essential services and ability to exercise their rights. Illiteracy is often associated with poverty, perpetuating cycles of marginalization. The causes of marginalization are multifaceted and typically interconnected, leading to the rise of the concept of intersectionality (meaning the compounding effect of multiple forms of discrimination against an individual who is a member of multiple marginalized groups) Marginalization's causes often relate to systems of power designed by a dominant group, and therefore which advantage that group, as well as socio-economic structures that sustain and perpetuate social inequalities (Smith, 2010). For example, societal norms and prejudices can fuel marginalization, as seen with racism, sexism, and other forms of discrimination (Om & Winant, 2014). If an individual does not perfectly fit within the cultural norms and social norms of a society, then they will have decreased social and cultural capital, causing people to view them as undesirable and outsiders. Socio-economic policies can also contribute, where the unequal distribution of resources can leave certain groups disadvantaged (Piketly, 2014). The digital divide, for instance, creates marginalization by limiting access to technology and the Internet for economically disadvantaged individuals (Ragnedda & Muschert, 2013). Societal structures and systems can further marginalize individuals through lack of access to education, healthcare, and housing (Bourdieu, 1984). For example, people living in rural and remote locations tend to have less proximity to social services, leading to risk of poorer health and educational outcomes. Lastly, marginalization is often a result of systemic factors, such as discrimination and prejudice, which can further marginalize individuals through lack of access to education, healthcare, and housing (Bourdieu, 1984). For example, people living in rural and remote locations tend to have less proximity to social services, leading to risk of poorer health and educational outcomes. The consequences of marginalization include socio-economic impacts such as lack of access to employment or inability to find high-paying jobs. Firstly, social exclusion can limit access to education and employment opportunities, creating economic disparities (Sen, 2000). This is particularly the case in societies where education is on an open market rather than provided free at the point of service for all. Similarly, marginalized individuals may face health inequalities due to limited access to quality healthcare (Marmot, 2005), discriminatory healthcare practices, or lack of proximity to good health facilities. (For more on the healthcare impacts, see our article on the social determinants of health). Marginalization can, by its very definition (exclusion of people), cause social isolation leading to low self-esteem (Link & Phelan, 2001). It can also engender feelings of powerlessness and loss of control, reducing civic participation and political engagement (Verba, Schlozman, & Brady, 1995). Furthermore, it has intergenerational effects. You can't pass-on wealth or capital that you don't have, so your children inherit your social status in life (known as ascribed status) as well as your poverty and disadvantage (Corak, 2006). Furthermore, marginalization can fuel social tension and conflict, as marginalized groups may resort to various forms of resistance against their status (Galtung, 1990). Multiple theories of deviance demonstrate that people turn to social deviance when they feel as if they have been disenfranchised by society. In its most extreme forms, marginalization can lead to violations of human rights, including incidents of violence and discrimination (Donnelly, 2003). Marginalization has multiple harmful effects, leading to compounding social disadvantage that keeps people in poverty and at social disadvantage. This can even lead to intergenerational marginalization and exclusion, causing subcultural groups of people who feel left out by society. To address this, societies need to attempt to increase access to the ladders of opportunity, especially for those without economic, social, and cultural capital. Bourdieu, P. (1984). Distinction: A Social Critique of the Judgment of Taste. Harvard: Harvard University Press. Sen, A. (2000). Universal human rights in theory and practice. New Jersey: Cornell University Press. Galtung, J. (1990). Cultural violence. Journal of Peace Research, 27(3), 291-305. Giddens, A. (2006). Sociology (5th ed.). London: Polity. Link, B. G., & Phelan, J. (2001). Conceptualizing stigma. Annual review of Sociology, 27(1), 363-385. Marmot, M. (2005). Social determinants of health inequalities. The Lancet, 365(9464), 1099-1104. Omi, M., & Winant, H. (2014). Racial formation in the United States. New York: Routledge. Piketty, T. (2014). Capital in the twenty-first century. New York: Belknap Press. Ragnedda, M., & Muschert, G. W. (Eds.). (2013). The digital divide: The Internet and social inequality in international perspective. London: Routledge. Rawls, J. (1971). A theory of justice. Harvard: Harvard University Press. Sen, A. (2000). Social exclusion: Concept, application, and scrutiny. Social Development Papers No. 1. Asian Development Bank. Smith, L. T. (2010). Decolonizing methodologies: Research and indigenous peoples. Los Angeles: Zed Books Ltd. Verba, S., Schlozman, K. L., & Brady, H. E. (1995). Voice and equality: Civic voluntarism in American politics. New Jersey: Harvard University Press. Marginalization refers to the process by which individuals or groups are pushed to the edges of society, limiting their access to resources, power, and opportunities. The process of marginalization is typically based on social factors such as race, ethnicity, religion, social class, and other attributes which diverge from the dominant culture and its norms. Examples of marginalized groups include the poor, ethnic minorities, and persecuted religious minorities. Marginalization is a crucial concept within sociology, political science, social psychology, and other fields of study that attempt to understand social inequality and injustices. 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Balancing employment and childcare responsibilities can be a significant challenge, which is often exacerbated by insufficient support services. Their economic vulnerability can lead to social exclusion and lesser opportunities for their children. Trafficking Victims: Victims of trafficking often face social stigma, trauma, and exclusion from social services. After escaping trafficking situations, they often grapple with psychological trauma and a lack of supportive resources, complicating their reintegration into society. Furthermore, societal stigma attached to their experiences can lead to further marginalization. Dalits in India: Dalits often face social exclusion, discrimination, and limited access to resources due to caste-based discrimination. Despite legal provisions for protection and upliftment, they continue to face severe societal prejudice, limiting their opportunities for education, employment, and healthcare. Their nomadic lifestyle and distinct culture have often been met with prejudice and exclusion. Barriers to education and limited employment opportunities perpetuate a cycle of poverty and marginalization. The Unemployed: Unemployment often leads to social stigma, limited access to resources, and reduced life opportunities. The lack of financial stability can lead to a multitude of hardships, including poverty, homelessness, and mental health issues. Society often stigmatizes unemployment, further contributing to the marginalization of unemployed individuals. The Illiterate: Illiteracy can lead to social exclusion and limited access to information, education, and employment opportunities. An inability to read or write not only limits economic prospects, but also impacts individual's capacity to participate fully in society, including their access to essential services and ability to exercise their rights. Illiteracy is often associated with poverty, perpetuating cycles of marginalization. The causes of marginalization are multifaceted and typically interconnected, leading to the rise of the concept of intersectionality (meaning the compounding effect of multiple forms of discrimination against an individual who is a member of multiple marginalized groups) Marginalization's causes often relate to systems of power designed by a dominant group, and therefore which advantage that group, as well as socio-economic structures that sustain and perpetuate social inequalities (Smith, 2010). For example, societal norms and prejudices can fuel marginalization, as seen with racism, sexism, and other forms of discrimination (Om & Winant, 2014). If an individual does not perfectly fit within the cultural norms and social norms of a society, then they will have decreased social and cultural capital, causing people to view them as undesirable and outsiders. Socio-economic policies can further marginalize individuals through lack of access to education, healthcare, and housing (Bourdieu, 1984). For example, people living in rural and remote locations tend to have less proximity to social services, leading to risk of poorer health and educational outcomes. Lastly, marginalization is often a result of systemic factors, such as discrimination and prejudice, which can further marginalize individuals through lack of access to education, healthcare, and housing (Bourdieu, 1984). For example, people living in rural and remote locations tend to have less proximity to social services, leading to risk of poorer health and educational outcomes. The consequences of marginalization include socio-economic impacts such as lack of access to employment or inability to find high-paying jobs. Firstly, social exclusion can limit access to education and employment opportunities, creating economic disparities (Sen, 2000). This is particularly the case in societies where education is on an open market rather than provided free at the point of service for all. Similarly, marginalized individuals may face health inequalities due to limited access to quality healthcare (Marmot, 2005), discriminatory healthcare practices, or lack of proximity to good health facilities. (For more on the healthcare impacts, see our article on the social determinants of health). Marginalization can, by its very definition (exclusion of people), cause social isolation leading to low self-esteem (Link & Phelan, 2001). It can also engender feelings of powerlessness and loss of control, reducing civic participation and political engagement (Verba, Schlozman, & Brady, 1995). Furthermore, it has intergenerational effects. You can't pass-on wealth or capital that you don't have, so your children inherit your social status in life (known as ascribed status) as well as your poverty and disadvantage (Corak, 2006). Furthermore, marginalization can fuel social tension and conflict, as marginalized groups may resort to various forms of resistance against their status (Galtung, 1990). Multiple theories of deviance demonstrate that people turn to social deviance when they feel as if they have been disenfranchised by society. In its most extreme forms, marginalization can lead to violations of human rights, including incidents of violence and discrimination (Donnelly, 2003). Marginalization has multiple harmful effects, leading to compounding social disadvantage that keeps people in poverty and at social disadvantage. This can even lead to intergenerational marginalization and exclusion, causing subcultural groups of people who feel left out by society. To address this, societies need to attempt to increase access to the ladders of opportunity, especially for those without economic, social, and cultural capital. Bourdieu, P. (1984). Distinction: A Social Critique of the Judgment of Taste. 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