



## **Social exclusion: a study of its causes and consequences**

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**ABSTRACT:** This article presents a study on the phenomenon of social exclusion, analyzing its causes and consequences. The research seeks to understand the main factors that lead to social exclusion, as well as the negative effects this situation can have on individuals' lives and society as a whole. The methodology adopted consists of a literature review, followed by analysis and synthesis of the selected studies. The results indicate that social exclusion is related to factors such as socioeconomic inequality, dispensability, lack of access to resources and opportunities, among others. The conclusion is drawn on the importance of public policies and social actions to combat exclusion and promote social inclusion.

**Keywords:** Social exclusion; Inequality; Discrimination; Public policies; Social inclusion.

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### **1. INTRODUCTION**

Social exclusion is a complex phenomenon that affects different spheres of people's lives. individuals and society as a whole. In this context, it is important to understand the different dimensions of social exclusion and their intentions for equality and social well-being. Through a literature review, this article presents a multidimensional analysis of the social exclusion, exploring its causes, consequences and possible intervention strategies.

It is the process by which individuals or groups are marginalized, isolated or discriminated against in relation to social, dietary, educational and political opportunities available in a society. Social exclusion can result from a variety of factors,

such as poverty, inequality, disability, lack of access to essential resources and services, among others.

Social exclusion has consequences both for the excluded individuals and for the society as a whole. Understanding and analyzing these consequences is essential to develop effective strategies to combat social exclusion and promote inclusion and justice social.

## 2 THEORETICAL BASIS

Social exclusion is a multifaceted concept that encompasses several dimensions. Authors as Castel (1995) argue that social exclusion can be understood as a process which involves the marginalization of individuals or groups in various areas of social life, such as work, education, political participation and culture. Sen (1999) highlights the importance of consider social exclusion as a deprivation of capabilities and opportunities that affect the freedom and well-being of individuals. Bourdieu (1996) emphasizes the lived dimension of social exclusion, highlighting the role of cultural practices in the reproduction of inequalities.

### 2.1 Causes of social exclusion

The causes of social exclusion are multifaceted and can vary according to the social, economic and cultural context in which they occur.

Socioeconomic inequality: is one of the main drivers of social exclusion. Authors such as Piketty (2014) argue that the concentration of wealth and income in the hands of few individuals leads to disparities in the distribution of resources and opportunities. This results to the exclusion of more eligible groups, such as low-income people, ethnic minorities and could be marginalized.

For Smith (2010), inequality of income and access to basic resources is one of the main factors that created social exclusion

Discrimination and prejudice: Discrimination based on characteristics such as race, ethnicity, gender, sexual orientation, religion and disability also contribute to social exclusion. According to Pager and Shepherd (2008), they highlight that the perception in the job market, example, it can lead to the exclusion of certain groups from economic participation and limit their opportunities for social development. Distinction based on characteristics such as race, gender, ethnic origin, among others, can lead to social exclusion (PAGER and SHEPHERD, 2008).

Lack of access to essential services: quality education, health, adequate housing and transportation, can lead to social exclusion. Authors such as Sen (1999) argue that deprivation of these basic services prevents the full development of people's capabilities and restricts their opportunities in society. According to Ferguson & Lavalette, (2000), The lack of access to education, employment, health services and adequate housing can result in exclusion social.

## 2.2 Consequences of social exclusion

According to Sawaia (2001, p. 8) "Society excludes to include and this transmutation is condition of the unequal social order, which implies the illusory nature of inclusion." Dupas (1999, p. 40) an example of this dialectic when this author emphasizes that, despite unemployment increasing structural (exclusion), the capitalist mode of production guarantees its survival because it promotes the fall in the price of global products and, in this way, continuously incorporates new markets (inclusion) that were, until then, on the margins of the consumer world due to a lack of income or insufficient income.

Sawaia (2001, p. 9) states that the exclusion/inclusion dialectic is not characterized as failure of the capitalist mode of production, but rather as an intrinsic product of the functioning of the system that manifests itself as one of the biases of its own contradiction.

Martins (1997, p. 13-14), the path to human emancipation can be through another discourse oriented by the perspective of contradiction and not by the perspective of power and economic system by highlighting that, strictly speaking, there is no exclusion, but rather, victims of exclusionary social, political and economic processes, that is, there are ways combatable issues of precarious social inclusion.

## 2.3 Social exclusion as a phenomenon and concept in sociology

Guezo and Verrrhiest (2006) speak of two types of vulnerability: the territorial type, which depends on the geographical characteristics of the space and the level of public protection; and the social type, which refers to the capacity for collective (and individual) action in the face of a catastrophic event.

According to Goffman (2006), society establishes the means of categorizing people and the total of attributes considered common and natural to the members of each of these categories. "Social environments establish these categories and allow us to predict their attributes and their 'social identity'" (p. 11).

Authors such as Kowarick (2003), Mazza (2005) and Sheppard (2006) define exclusion social as a dynamic and multidimensional process in which individuals are denied, for

reasons of race, ethnicity, gender, access to opportunities and quality services that allow you to live productively.

#### 2.4 Social Exclusion Based on Group Membership

Intergroup social exclusion, in contrast, focuses on the group level. Examples Intergroup peer exclusion includes being rejected based on group membership, such as gender, race, ethnicity, religion and other categories (COOLEY, et al., 2019; MOLLER and TENENBAUM, 2011).

As adolescents acquire knowledge that makes them aware of when prejudice and discrimination drive actions (YUKSEL ET AL., 2021), they are more likely than children to show more support to bystanders who challenge the intergroup social exclusion when peers from stigmatized minority status groups are being excluded (PALMER ET AL., 2021).

As children grow older, they become more attuned to information about differences in social status and existing social and racial inequalities. Mandalaywala et al., (2020), which makes them willing to act when they see inequalities as unfair (ELENBAAS, 2019).

#### 2.5 Awareness of social inequalities and denial of resources

In Amartya Sen's Theory of Justice (1999), the author argues that justice must be assessed not only on the basis of the distribution of material resources, but also taking into account consideration of the resources and freedoms people have to lead full lives. He highlights the importance of raising awareness of inequalities and combating denial of resources to achieve a more just society.

Nancy Fraser's Theory of Justice (1997). According to the author, she states that social justice must address both the redistribution of material resources and the recognition of identities and cultural differences. She highlights the need for awareness of social inequalities and combat the denial of resources, taking into account the dimensions of class, gender, race/ethnicity and other forms of social differentiation.

Pierre Bourdieu's Theory of Cultural Capital (1989). For the author, it reiterates that capital cultural, understood as the set of knowledge, skills and abilities acquired through socialization, plays a crucial role in the reproduction of social inequalities. He highlights the importance of raising awareness of social inequalities and the fight against the denial of resources to promote equal opportunities.

Inequalities between social groups in relation to resources create contexts where judgments about group identity, social status and justice converge (ELENBAAS and KILLEN, 2016; RIZZO and KILLEN, 2020).

Intergroup contact challenges race-based exclusionary behaviors among ethnic majority and minority status children, providing new perspectives and points of view (JASINSKAJA-LAHTI et al., 2011; RUCK, et al., 2014)

## 2.6 Social vulnerability

Mateos (2013) points out, based on previous social and economic studies, that social vulnerability is not a phenomenon that arises suddenly: it is a dynamic process which is influenced by several factors, such as the unequal distribution of resources, the action or inaction of individuals, or historical patterns of social domination or marginalization.

All these causes confirm the diverse nature of the risks, which explains why the Human vulnerability can be studied from so many different perspectives: each with its own focus, definition and methodology, depending on the nature of the risk (MORRONE et al., 2011:6).

According to Kaztman, (2001), the disadvantages with respect to opportunity structures result in an increase in situations of lack of protection and insecurity, which highlights the problems of exclusion and marginalization.

Shrestha et al. (2016) confirm, studies have shown that residential deprivation is a of the critical links between social structural factors and environmental inequalities related to health, in some cases even with serious illnesses such as cancer (MORELLO E JESDALE, 2006).

According to Sen's theory (1999), the deprivation of essential resources and opportunities is a central feature of social vulnerability. Therefore, these results corroborate the importance of the capabilities approach to understanding and combating social vulnerability.

Furthermore, the data analysis also highlights the influence of social exclusion and identification of factors that exacerbate vulnerability. These results are in line with critical theory of race and ethnicity, which highlights internal inequalities and systems of oppression perpetuates social vulnerability (BONILLA-SILVA, 2006). In this sense, the This research reinforces the need for policies and practices that address social dynamics that perpetuate exclusion and exclusion.

An interesting finding was the relationship between social vulnerability and poverty. results indicated that poverty is an important factor contributing to vulnerability

social, but also that vulnerability can lead to persistent poverty. These findings are consistent with the cycle of poverty theory, which argues that social vulnerability and poverty are interconnected and mutually reinforcing (BAULCH and HODDINOTT, 2000). Therefore, policies and interventions to combat social vulnerability must address simultaneously the causes and consequences of poverty.

Cutter et al. (2003) suggest that vulnerability helps identify the presence or absence of certain characteristics of communities or individuals that make them capable of prevent, respond to, or recover from environmental hazards.

Sánchez et al. (2012) even suggest that, in many cases, social risks are related to the social impacts generated by the threat from a natural perspective, leaving aside the risks arising from the strictly economic and social characteristics of the population, as well as existing inequalities.

Domínguez et al. (2009) indicate that social or sociodemographic vulnerability is typical of urban areas whose inhabitants are at a disadvantage in terms of work or access to goods and services. Along the same lines, Sánchez and Egea (2011) point out that this is linked to certain variables that allow identifying groups vulnerable to certain risks, such as aging of the population; declining birth and fertility rates; incorporation of women into the workforce or family changes, which could add complexity to family structures and present greater degree of vulnerability to the weakening of social and family support networks; and arrival of foreign immigrants, which can lead to social exclusion and marginalization.

### 3. METHODOLOGY

According to Gil (1999), descriptive research has as its main purpose the description the characteristics of a given population or phenomenon, or the establishment of relationships between variables. There are numerous studies that can be classified under this title and one of its most significant characteristics appear in the use of standardized collection techniques of data.

For Lakatos and Marconi (2001, p. 183), bibliographic research, “[...] covers all bibliography already made public in relation to the topic studied, from individual publications, bulletins, newspapers, magazines, books, research, monographs, theses, cartographic materials, etc. [...] and its purpose is to put the researcher in direct contact with everything that was written, said or filmed on a certain subject [...]”.

The methodology used in this study involved a systematic review of the literature, with the aim of identifying the main studies and theories related to social exclusion.

Searches were carried out in academic databases, using relevant keywords, such as "social exclusion", "dimensions of social exclusion" and "public policies". The criteria of inclusion of studies were defined based on their reliability for the topic and quality methodological. The research involved searching for academic articles, theses and dissertations in relevant databases such as *Scopus* and *Google Scholar*.

### 3. RESULTS AND DISCUSSION

The results of the literature review indicate that social exclusion can be understood in different dimensions. Economic exclusion refers to the deprivation of resources materials and job opportunities. The exclusion policy concerns the lack of participation and representation in political decisions. Cultural exclusion involves the marginalization of cultural practices and values. And social exclusion refers to the difficulty in establishing bonds social and belonging to certain groups. These dimensions are interconnected and they affect the good

The results revealed that the lack of access to basic resources such as education and health care, is a significant factor contributing to social vulnerability. According to Sen's theory (1999), the deprivation of essential resources and opportunities is a central characteristic of social vulnerability. Therefore, these results corroborate the importance of the capabilities approach to understanding and combating social vulnerability.

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In summary, the discussion of the results demonstrated the complexity of vulnerability social and how it is shaped by a variety of interconnected factors. The theoretical framework

was fundamental to interpret the results and offer insights into the motivation of the findings for understanding social vulnerability. This in-depth analysis provides a basis solid foundation for developing effective strategies and policies to combat vulnerability social.

The results found corroborate previous studies that highlight the importance to address social exclusion in a multidimensional way. The interconnection between the different dimensions of social exclusion demand integrated actions and policies aimed at overcoming of these inequalities. Furthermore, the discussion of the results in light of the theoretical framework allows a more comprehensive understanding of the psychologies of social exclusion and suggests the need for interventions that consider its multiple dimensions.

## FINAL CONSIDERATIONS

This study employed a systematic literature review and contributes to the understanding social exclusion as a multidimensional phenomenon and its mechanics for society. The different dimensions of social exclusion are interconnected and achieve well-being and quality of life of individuals. Overcoming social exclusion requires actions and integrated policies that address its various dimensions. However, it is important to recognize as restricted to this study, such as the reliance on secondary data and the need for future research that explores each dimension of social exclusion in more depth.

For future work, we suggest the possibilities of contributions to advances in questions involving the types of projects developed by the system, its main concepts and approaches with the focus aimed at the complex and very important topic discussed in this article.

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