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What effect does race – racism, racialization have on wellbeing?

- "We can't breathe": Franz Fanon, Black Lives
 Matter and a recent cry during student protests
- 2. How has racism impacted on processes of human development?
- The danger of either claiming too much for racism or too little
- 4. What role does agency play?





SASAS data (14 yrs) on effects of racial discrimination

Statistically significant, modest negative associations between <u>feelings</u> of racial discrimination and:

- (i) Standard of living
- (ii) Health
- (iii) Personal achievement
- (iv) Personal relationships
- (v) Personal safety
- (vi) Feeling part of a community
- (vii) Future (financial) security





South African Stress and Health Study (SASHS) data

- 1. Found undoubted links between
 - Race and mastery
 - Race and self-esteem
- 2. Also found race effect diminished by:
 - Socio-economic status
 - Education
 - Material resources
- 3. Is it race or class? Or are we asking the incorrect questions?





Adapted but not preferred

- 1. Internal capabilities allow individuals to take advantage of opportunities
- 2. Capabilities shaped by oppressive environments; results in internal constraints
- When individuals accept their oppression as normal -> Adapted preferences
- 4. Fanon, Freire and Biko explain
- 5. People living in oppressive environments are <u>angry</u> at the treatment but feel powerless to fight back
- 6. Leads to apathy, self-destructive, anti-social behaviour
- 7. What responses are needed to change this?





Racism in wellbeing: Insights from a pilot SASAS module

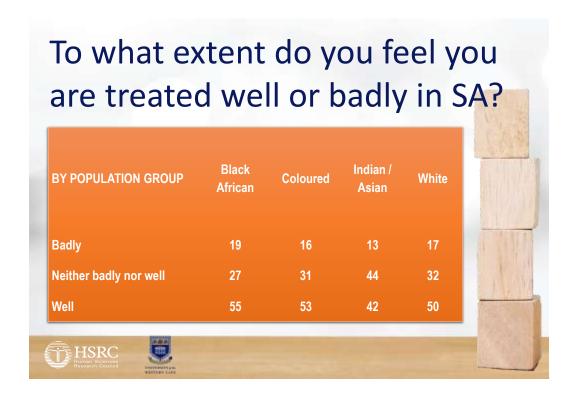
 A 12 question module in SASAS 2017 asked the following questions:

Who is feeling respectfully or disrespectfully treated in various domains; how do they feel about this treatment; to what do they attribute this treatment; how empowered do they feel to be able to change how they are treated; and who should act to change this state of affairs?





To what eare treate		•			
BY SECTOR	In general	In public	At home	Services	1
Very badly	3.2	2.6	1.2	9.1	
Somewhat badly	15.0	10.3	3.9	17.9	
Neither badly nor well	26.0	24.5	9.6	26.4	and the second
Somewhat well	33.1	35.3	19.2	20.6	
Very well	21.0	25.5	65.5	21.0	E ELAV
(Do not know/Not sure)	1.8	1.8	0.6	5.1	
HSRC Human Sciences Research Council					



To what do you main	<u>ly</u> attribu	te
this treatment?		
	%	
The colour of my skin (race)	20	
Don't know/Not sure	18	The state of
Whether I am a man or a woman (gender)	10	
How much money I have (wealth/class)	10	
Because of my age	9	
Because of where I'm from (national/regional)	8	1111
What work I do/whether I work	7	
How much education I have	6	
What language I speak	5	
Other (Specify)	4	
Sexual orientation	1	
Disability	1	130

To what of this treat			ain	ly att	tribu	ite
	Very badly	Somewhat badly	Neutral	Somewhat well	Very well	
The colour of my skin (race)	40.3	32.6	26.6	14.7	9.4	
Whether I am a man or a woman (gender)	7.4	7.4	8.0	11.6	14.6	
How much money I have (wealth/class)	5.2	16.8	13.9	9.3	3.6	
What work I do/whether I work	19.9	4.9	6.2	8.2	4.7	
Because of my age	3.3	2.6	5.7	12.9	14.5	
Because of where I'm from (national/regional)	7.6	10.6	5.8	8.3	7.2	

Who should ensure people are treated well and with respect?

			· · · · · · · · · · · · · · · · · · ·			
	Very badly	Somewhat badly	Neutral	Somewhat well	Very well	
Government institutions						
(such as the courts,	<u>41.7</u>	<u>46.8</u>	<u>34.7</u>	25.9	27.0	
policies, laws)						
The group of people the	5.7	6.4	6.5	4.8	5.2	
affected person belongs to	5.1	0.4	0.5	7.0	5.2	
Organisations concerned	15.7	10.0	6.4	6.2	7.4	
with people's dignity				·		
The person who is affected	15.5	11.9	7.6	17.5	16.9	
All control to the Property						
All people who believe	40.0	00.0	40.0	40.0	40.4	
respectful treatment is	13.6	22.9	<u>40.9</u>	<u>43.6</u>	<u>40.4</u>	
important						

Race in wellbeing: Insights from a pilot studies

1. Criteria:

- Gendered household composition
- Socio-economic class
- Race
- Security of tenure

2. Methods:

- Recruitment
- Family/household/event mapping
- Individual interviews over 18





Our sample

1. 3 households in Thornton

- Informal settlement
- White suburban family
- Coloured suburban family

2. 4 households in Vulindlela

- All African
- 3-owned, 1 rented all mud houses

3. Commonalities

- All female headed
- Multigenerational larger, smaller in Thornton





Methodological insights

- Recruitment strategies: social media, flyers, referrals, solicitation outside supermarket
- 2. Discomfort with involving entire household
- 3. Difficulties in including men
- 4. Intimate-partner violence, sexual abuse
- 5. Difficulties in recruiting lower middle class participants (qv. working class and precariat)
- 6. Need better relational entry to communities
- 7. Class and domestic space questions about where to conduct interviews (space and comfort)
- 8. Psychological support during fieldwork (for researchers and participants)



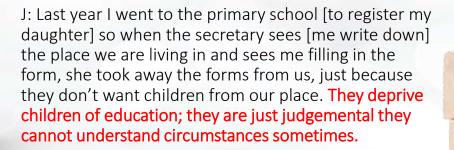


Researcher: The interview process was an emotional one, both the community mapping exercise and the individual interview. There were tears throughout the interview and this was triggered by some things that the family had gone through in the past. Although it was evident that the family was at a point in life where they seemed to be strong and moving on with their lives, having to re-tell their experience brought up a lot of emotions. This made me feel like we were opening old wounds for the family, and while I understand that this is an issue that they have been living with for many years now, I thought the one thing that made it difficult was having to share the story with strangers.

Thornton Issues raised KEY THEMES Housing 1. Innovation & Employment collective resources Safety from crime 2. Pivotal events Schools and education 3. Networks of relations Family Religious community Transportation Racism and sexism The presence of men

T: My mother is my rock I can always depend on her, my aunt is easy to talk to she is the neutral person and is able to mediate arguments between me and my mother. My cousin is also very easy to talk to and even when I need help getting picked up from wherever I can call her, it's that consistency that one needs.

I: Everybody seems to know everybody. The Muslim community in Thornton ...they do a lot for the area. A part of them are part of a neighbourhood watch, they always helping the homeless in the area, they take them off the street and put them safe and things like that. Always arranging like sports to get the kids off the street, they are involved in the community in that way.



J: Break-ins were a major concern for me, someone invading your space. Thornton is relatively safe but then recently someone was abducted and was found somewhere and that person lived close by. Sometime you have people following you or checking you out through their car windows.

Vulindlela

Issues raised

- Plagued by illness
- Grants
- Sanitation
- Church and prayer,
- Neighbours, stokvels
- Safety and policing
- Teen pregnancy
- Unskilled work
- Employment
- Education, colleges
- Recreation, libraries

KEY THEMES

- 1. Ubuntu eroded
- Families a source of emotional and financial struggle and support
- No experience of talking about pain, survival, trauma, therapeutic alternatives, emotional resources





"Government is helping, what would we be eating... without pension?... We would've been dead a long time ago without this pension" (F_67_Vulindlela).

"If there was no grant I was going to end up doing things I don't like" (F 21 Vulindlela).

"We can buy food, take children to school and buy them clothes. ... My Mother also uses her pension to buy food, pay for funeral policies and pay tithes and pledges at church" (F_43_Vulindlela).

"I used the Social support **grant to study** a Security course, if I could get a job my life would improve" (F_32_Vulindlela).



"Most of the time when you are a woman you are not trusted that there are things that you can do to develop a community. Here in this community counsellors are ... I have never seen a woman taking that position. Even in churches they do not allow a woman to be a leader because they believe that a woman's power cannot do something that can develops lives... A woman is not trusted" (F_59_Vulindlela).

"There is no home without a woman; everything is done by a woman" (F_49_Vulindlela).

"If I wasn't a black person I would be having a good life, but because of my skin now... I'm 59 years old... I've never experienced the joy that is experienced by the people of other colours. People of other colours had a good life from the beginning, had beautiful houses, and getting better salaries than us because they are better" (F_59_Vulindlela).

No the colour of my skin has nothing to do with anything, everything lies in education that's all, being black does not prevent a person from being a doctor, gone are those days where it was only white people who can do certain things, now everyone can do anything" (F_32_Vulindlela).

Where to from here? 1. An deep contextual study of wellbeing • Langa and Thornton

- Soweto and Mondeor
- Vulindlela and Edendale
- Rustenburg and Marikana
- 2. An index of wellbeing repeated biennially
 - Material, Subjective, Relational
 - Strategies individual and collective
 - · Agency, co-agency, helplessness





