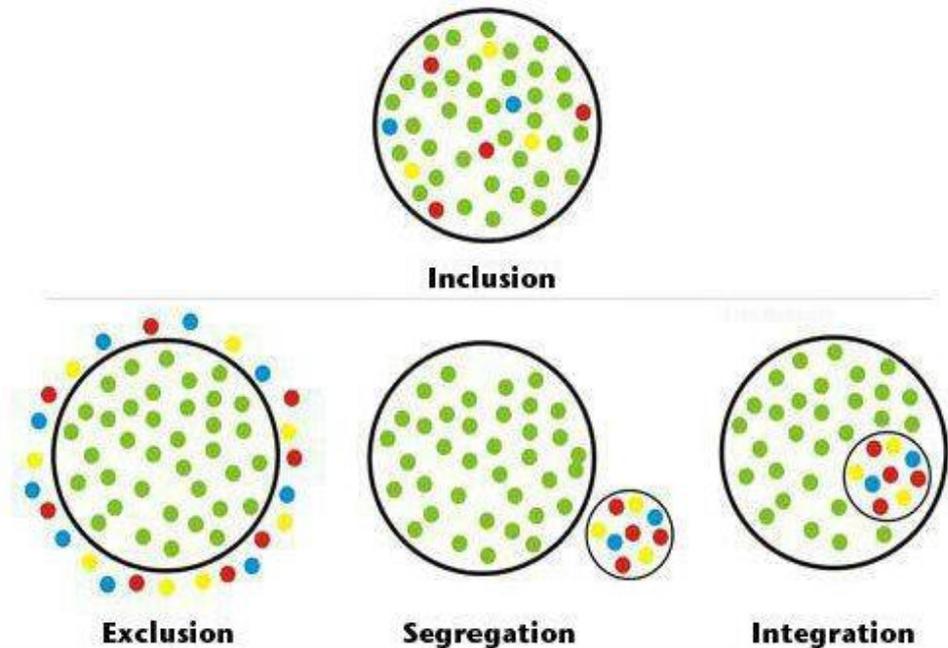




# Social inclusion & Social exclusion

- What?
- Scope?
- Literature?
- Reasons?
- Results?



*“Inclusion is not a place or a practice, it is a way of thinking”*

Thus, social inclusion is both a process and a goal.



# Content of the Presentation:

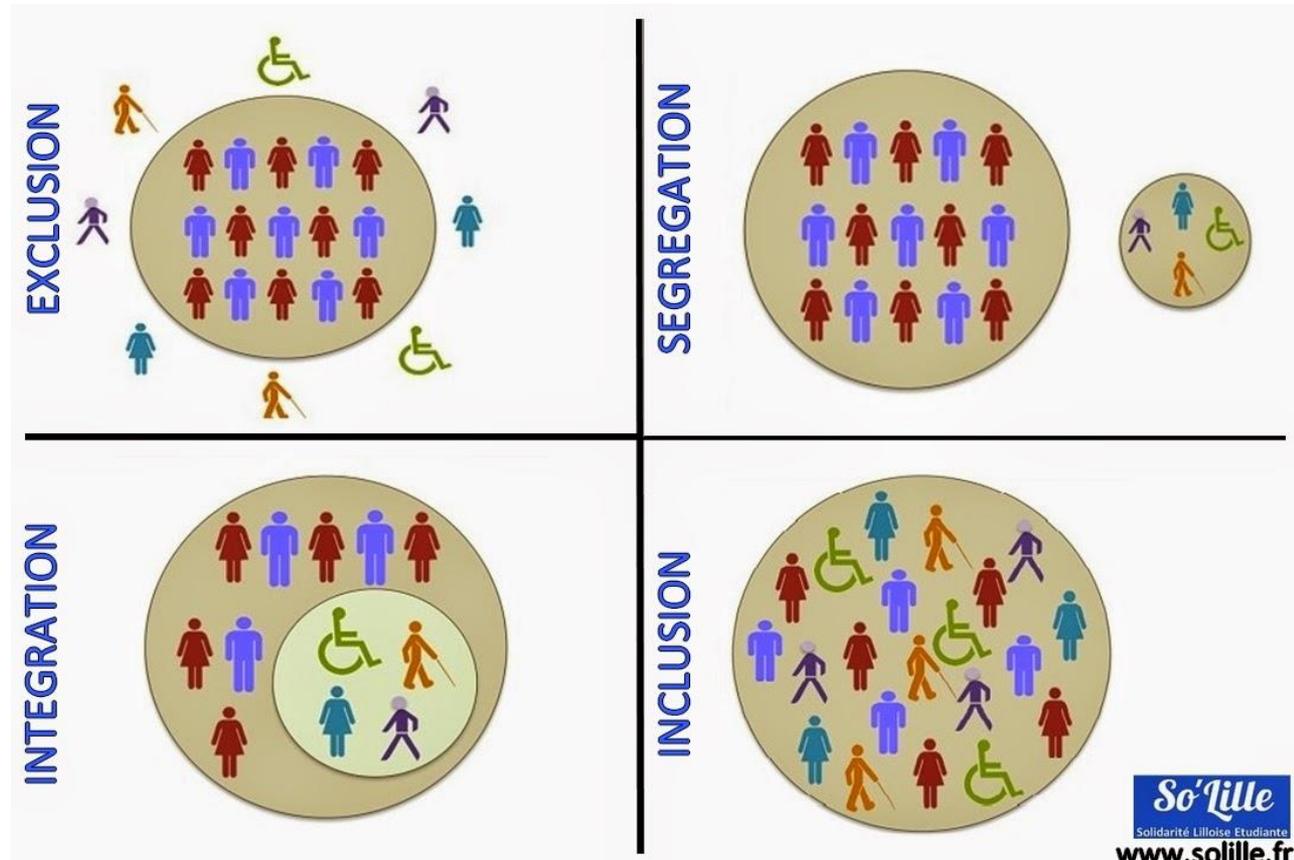
- Social inclusion and its opposite, social exclusion, will be discussed as part of social psychological theory in this presentation.

**Social Inclusion**  
~~Exclusion~~



# Aim:

- The logic behind the study is to figure out social inclusion and social exclusion including different social psychological processes and discussions using explanations and definitions structured in various forms together with its dynamics.

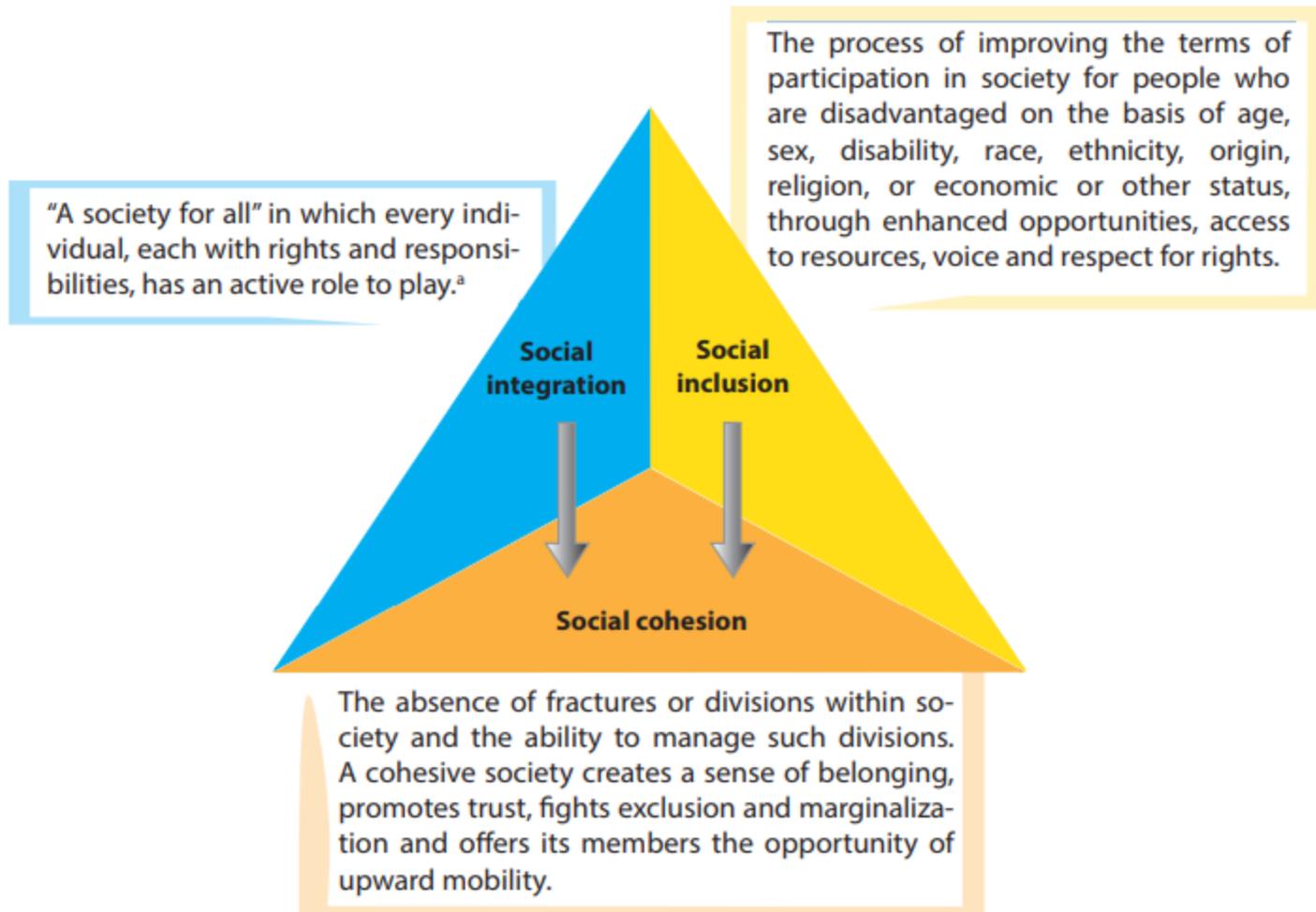


- When the literature concerning social inclusion is reviewed, among the discussions are ...
  - Lack of clear definition,
  - Division into two as «they and me»
  - Focusing on the state more than the process and
  - Scope of social inclusion.
- Social inclusion and social exclusion are social psychological realities.



## Social inclusion, integration and cohesion

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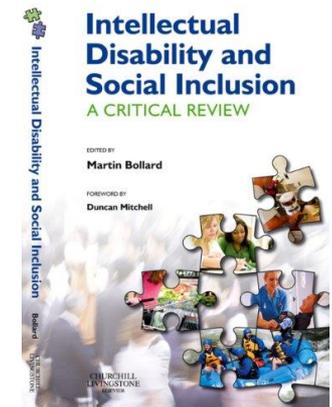
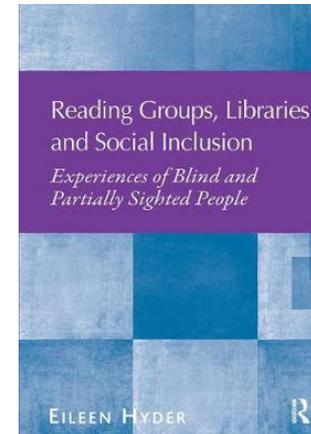
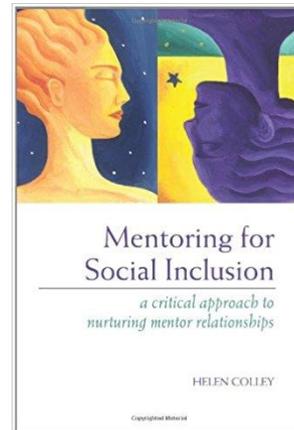
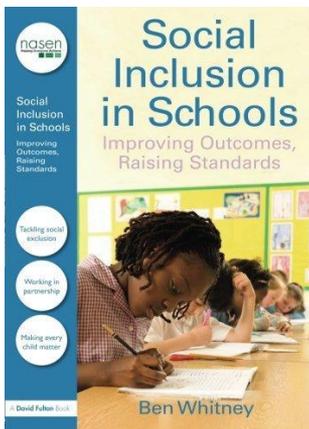
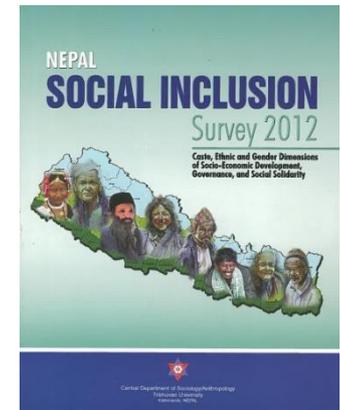
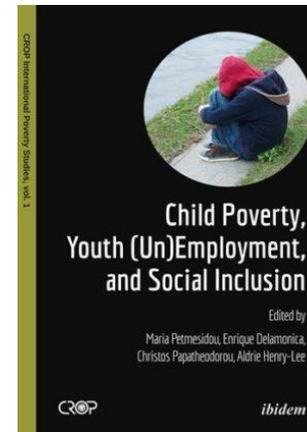
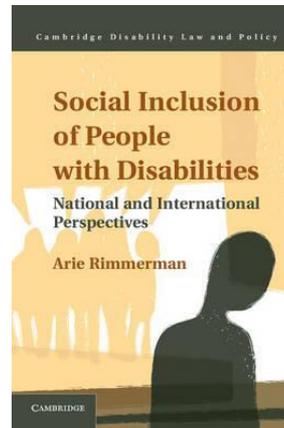
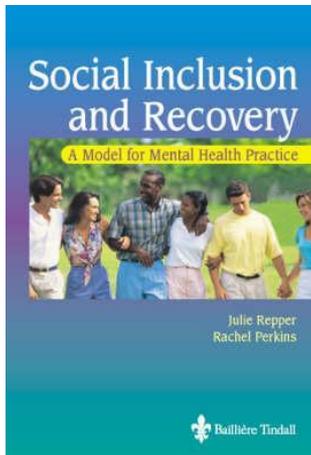
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*Source:* Based on Easterly (2006), Hulse and Stone (2007), OECD (2011a), United Nations (2010).

<sup>a</sup> Report of the World Summit for Social Development, Copenhagen, 6-12 March 1995, para. 66.

- It is striking that there is an emphasis on the social exclusion concept in the publications about social inclusion when the literature is gone through..

**Here some books about social inclusion:**





# General Information:

- Human beings are basically social beings. They need social connections to satisfy both their physical and psychological requirements. Desire to make positive connections in one's life is one of the most basic and universal needs.



- Thus, our starting point should be the assumption that social life emerges within the framework of a relationship seeking inclusion and **BELONG**ing in order to understand social inclusion better.



<https://www.psychologytoday.com/blog/prescriptions-life/201310/stop-trying-fit-in-aim-belong-instead>



<http://saint-peters.org.uk/church-life/belonging/>

- Both abstaining from belonging and exclusion anxiety/rejection are part of human nature.
- Our relationships necessarily include people. However, those present in a relationship for a while may end after some time by definition of the limits of relationships



- For instance;

- families have or lose new members through birth, death, marriage and divorce;
- Schools have or graduate students in accordance with time and age;
- teenagers' peer groups may change;
- Sports teams' players may differ according to their talents and performance.



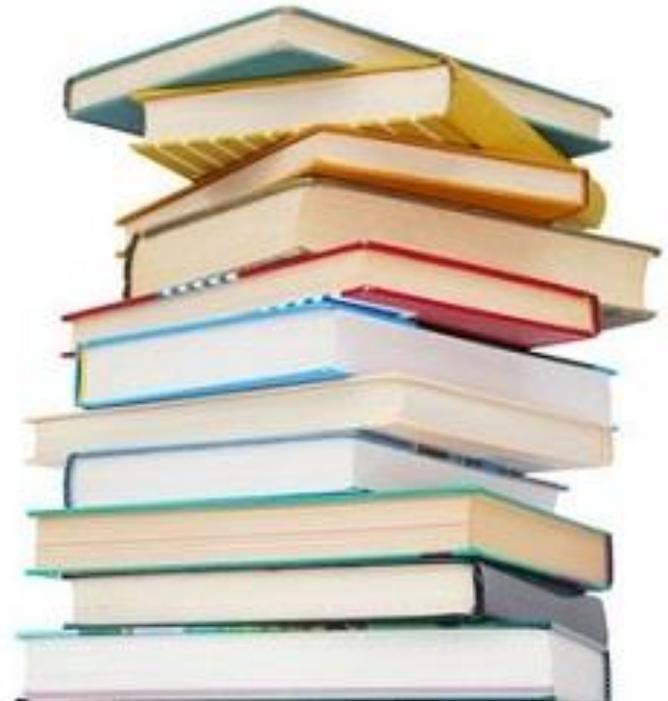
<http://theconversation.com/au/topics/adolescent-health-2053>



<http://arma.inpesindeyiz.blogspot.com.tr/2011/10/>

# DEFINITION OF SOCIAL INCLUSION

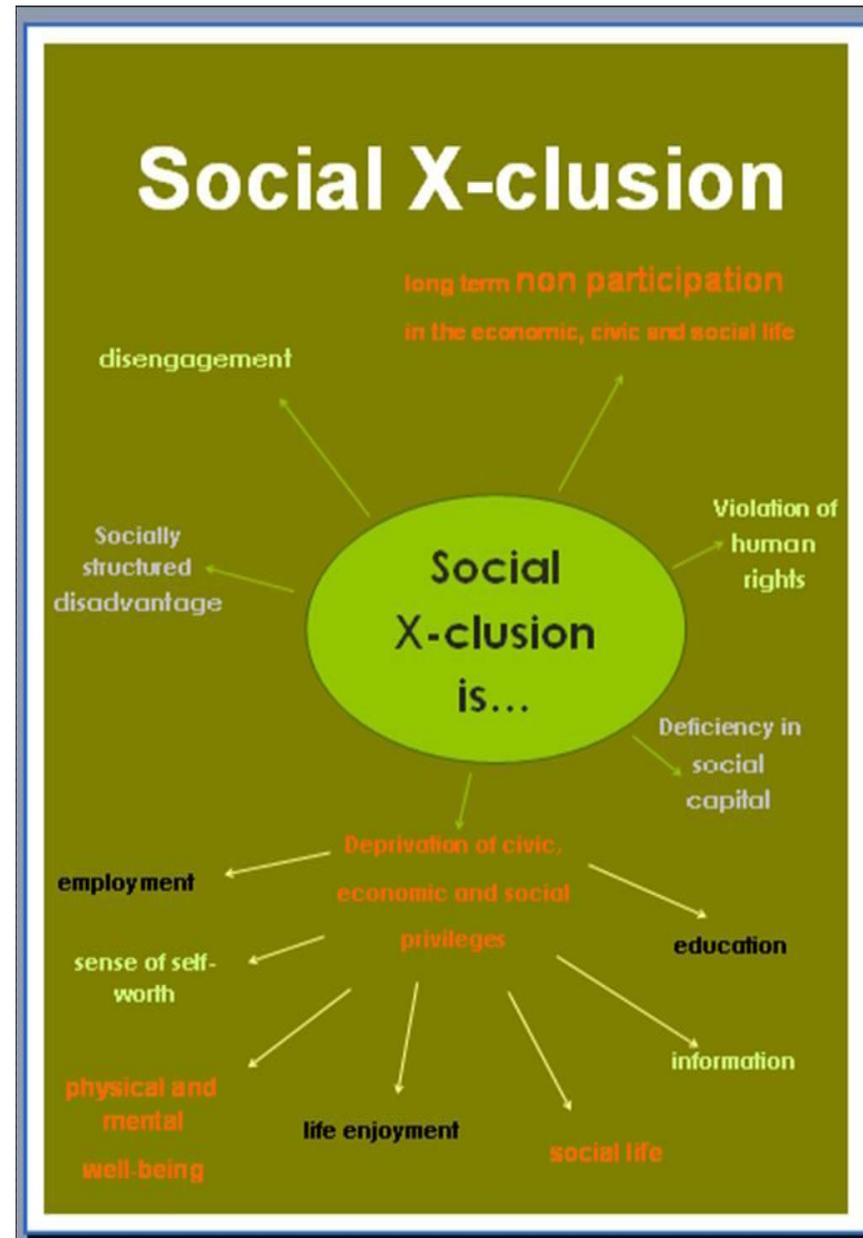
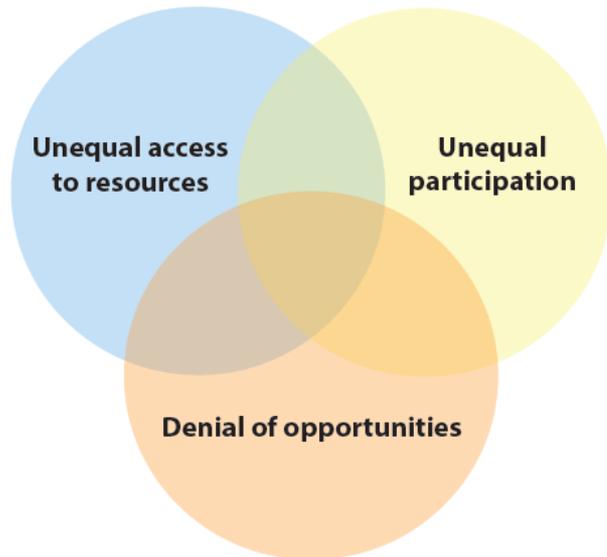
- According to the related literature; there is not any consensus in the definitions of either social inclusion or exclusion (Room, 1995; Sen, 2000; Atkinson, 2000; Church et al., 2000; Levitas et al., 2007; Kenyon, 2011)



# DEFINITION OF SOCIAL INCLUSION

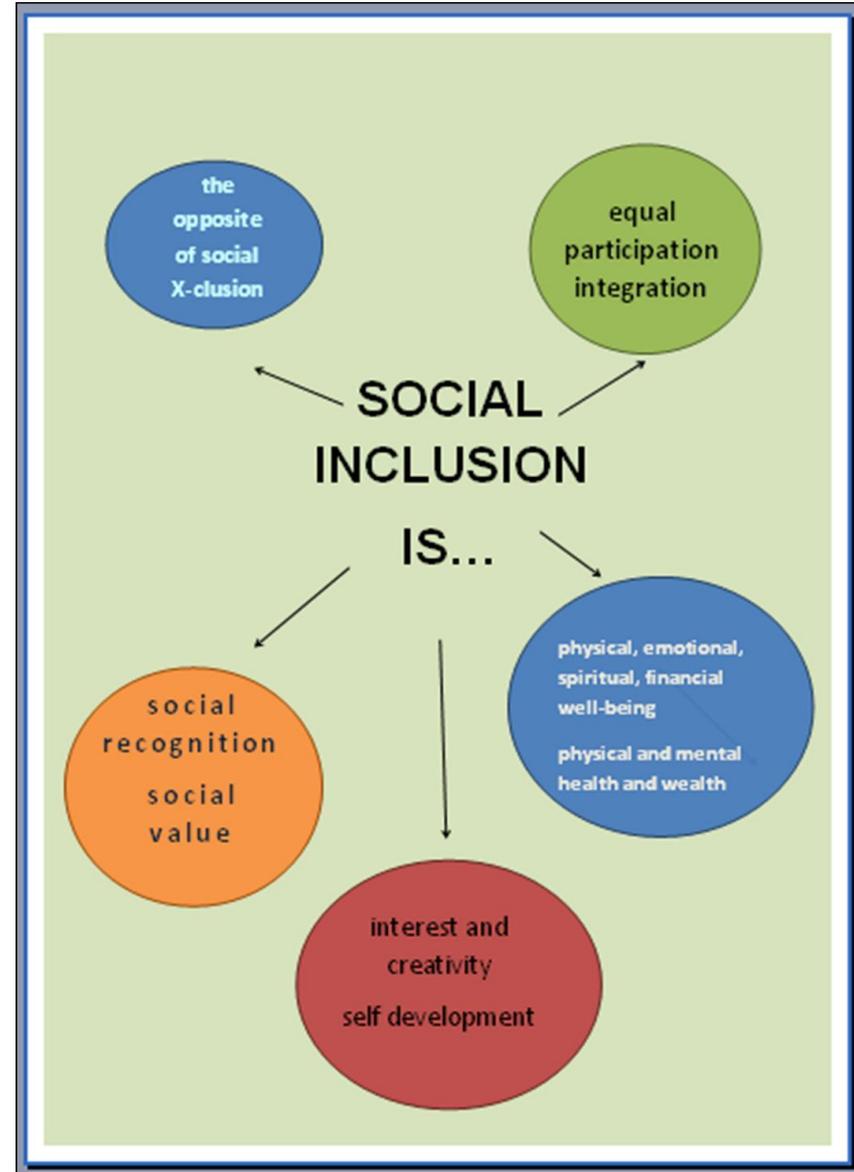
- **Social exclusion** is generally defined as individual(s)/group(s)' exposure to isolation by the other(s) because of their disadvantaged characteristics.

## Symptoms of exclusion



# DEFINITION OF SOCIAL INCLUSION

- **Social inclusion** is directed at minimizing the impacts of exclusion in question and so overcoming or minimizing the obstacles arising from the disadvantageous cases of disadvantageous individuals.



- Inclusion is based on the proposition that all people are valued due to their distinctive abilities and included as significant individuals of a society.



- **Disadvantageous groups should be defined to understand social inclusion better.**
- The disadvantageous groups mentioned most in the field of social inclusion are
  - **women** in male-dominant societies,
  - **the handicapped** in the world organized for ordinary people and
  - **migrants** coming from different cultures.



- On the other hand, it should not be forgotten that, at present, women, the handicapped or migrants identified as disadvantageous groups feel uneasy even when they are identified as disadvantageous.



- “Social inclusion” is defined as the policies or practices aiming at enhancing access of the disadvantageous groups to services such as employment or social aid.
- In fact, social inclusion activities can be seen **as the effort to bring down the risks the disadvantageous individuals/groups may face to the level of social norms.**



- The activities to be carried out to minimize or overcome the disadvantages in the scope of social inclusion are directed at ensuring equality in opportunity.
- These can be in political, legal, social, individual or economic dimensions.



Briefly,

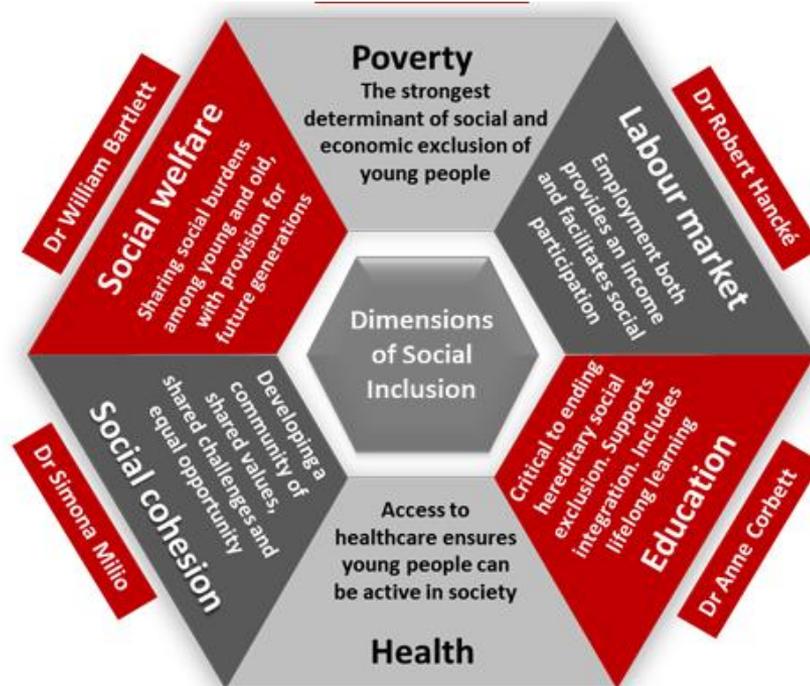
social inclusion covers the activities to ensure the protection of individuals' or groups' rights and equality in opportunity within the framework of law.

- In the context of social inclusion, the significance of social support mechanisms provided by the inner circle of the disadvantaged individuals or groups is undeniable.
- Yet, in order for the activities directed at social inclusion to achieve their goals, it is obligatory that active social policies oriented towards equality in opportunity in employment opportunities, economic policies and, notably, public arena be put into practice.

# The six selected dimensions of social inclusion...

- Having a proper living setting
- Employment
- Having satisfactory formal or informal support

- Being regarded or known as an individual rather than a handicapped person.
- Having a family, friends and close personal-social relationship
- Being involved in social activities in a recreational setting and in free time with others. ....



# Strategies promoting social inclusion ...

- Social strategies: a state's social protection and social capital policies.
- National disability rights : Precautions, strategies and agreements at a social level .
- Having equal rights in access to advantages and services
- Developing capacity for hard times that could be experienced at an individual or social level.

# Which social skills can improve social inclusion?

- Learning how to interact with their peers.
- Taking or waiting for one's turn.
- Coping with anger
- Following guidelines / obeying guidelines
- Listening, Empathy
- In general terms, acting in line with social norms
- Cooperation (if appropriate)

## Cooperation

You have been assigned to a group for a science project and you don't like two of the group members.

## Trust

A friend of yours no longer trusts you because you lied to her. Now you want the friendship back and want to regain trust and faith.

## Inclusion

You notice that a child with special needs is sitting alone on the playground. This child always seems to be left out.

## Caring

Your friend didn't make the team and you did. Your friend is very upset.

## Courage

You just saw a good friend sneak into another student's lunch and take their treat.

## Empathetic

You and your friend auditioned for the lead role in the play, you got it and your friend is upset and jealous.

# Where do the problems about social inclusion occur?

According to the literature;

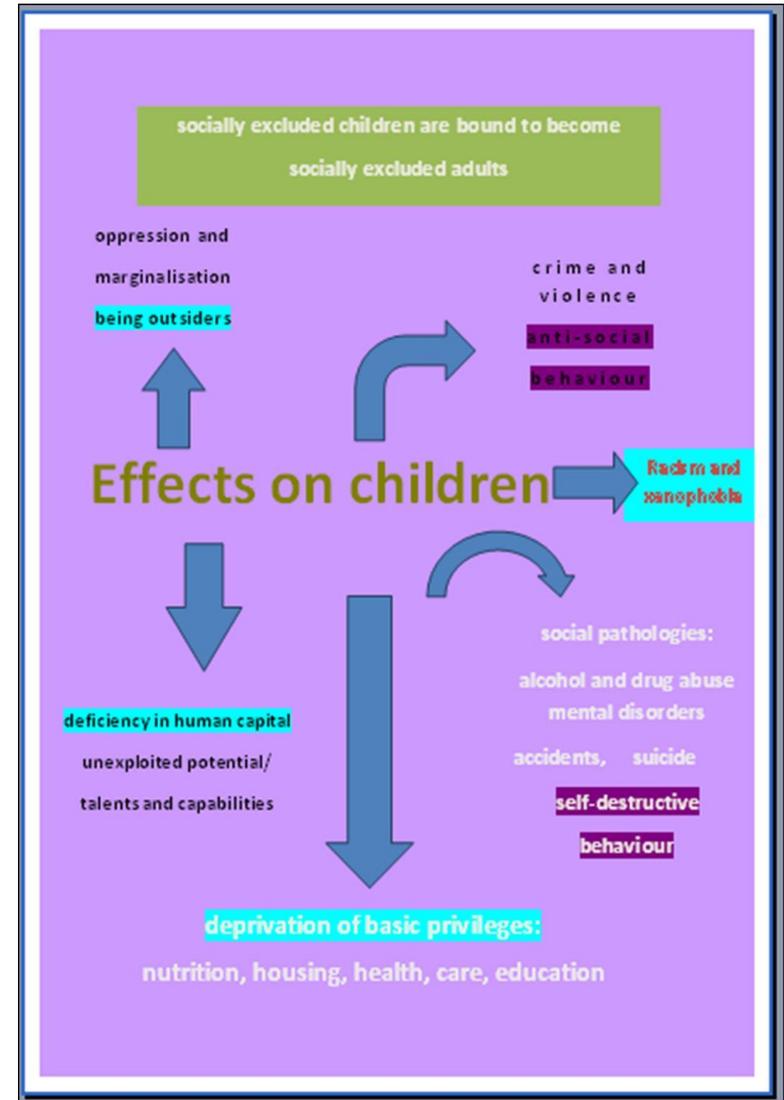
- While working with colleagues / in the workplaces
- At school
- While using mass transportation
- While traveling
- In social activities

**These rates are higher in those having social isolation and lack of confidence.**



# Effect of Social Exclusion on Psychology

- Just as there could be loss in vital parts of self-esteem as a result of exclusion in a general sense, loss could be seen in behaviors in more specific dimensions like negative feelings and defense reactions.
- **Straining oneself, perception of threat, anger, disappointment, low self-respect, cognitive disorders and denial.**



**Thanks for paying  
attention...**