

Coping The Psychological Dynamics Of Racism: Part II

By Dr. Charles W. Faulkner

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In my last column, I presented the remarks of Jim, a young, white government administrator. The remarks, which were obtained during an interview, indicated the subconscious, conditioned nature of racism.

Jim's interview revealed the following points: (1) He did not consider himself to be prejudiced because he never actually compares himself to blacks in a conscious manner. (2) He was not able to provide a logical argument in favor of white "superiority" and black "inferiority." (3) The presence of black people served as a means of helping him to recapture self-esteem lost during an argument with his boss or his wife. (4) When his life becomes depressing, he can become immediately uplifted by treating blacks as if they are less competent than he. And (5) He does not know how he would maintain his emotional stability if blacks did not exist.

If Jim's comments are, as he felt, representative of the typical attitude of whites toward blacks, several significant inferences may be made: (1) Racist or discriminatory behavior of whites is conditioned and learned early in their childhood. (2) Whites respond with negative behavior toward blacks in an almost peremptory manner without realizing that they are doing so. (3) Rude behavior of many whites provides them with an easily accessible means of releasing their pentup

emotions and frustrations: (4) The treatment of blacks by white provides whites with a much-needed feeling of "superiority."

(5) Blacks provide a psychological crutch for whites in the sense that whites actually "need" blacks emotionally in order to eliminate their stress and retain their own emotional stability. (6) If blacks did not exist, whites would find it necessary to exploit, mistreat, abuse or relegate someone else to an inferior position. (7) Blacks are the recipients of racial abuse for the singular reason that their dark complexions make them stand out as the "easy to find" traditional whipping boy.

(8) Blacks have developed a strong need to be accepted by whites and this factor makes discriminatory rejection even more psychologically devastating for blacks. And, (9) The constant rejection of blacks has developed a deep-seated self-hatred within blacks.

In my next column, I will analyze the effect of discrimination on black people.

Your suggestions are welcomed. Suggestions for future articles will be appreciated. Cassette tapes of this and other articles are available for individual use, discussion groups and classroom use. All letters and inquiries should be sent to: Dr. Charles W. Faulkner, P.O. Box 50016, Washington, D.C. 20004.

NCCU Dean Urges Attention To Information Needs Of Black People

SAN FRANCISCO — Library collections of materials by and about black people are inadequate or inaccessible, and the United States does not train enough black librarians, according to Dr. Annette L. Phinazee, Dean of the North Carolina Central University School of Library Science.

In testimony presented Monday, June 29, to the Task Force of Cultural Minorities of the National Commission on Libraries and Information Science, Dr. Phinazee said, "African-American materials are still lacking in certain areas and unavailable in others." She said that there is as yet no bibliographic resource which will identify the locations across the nation of important collections about black people.

"She said grants from the National Endowment for the Humanities from the Ford Foundation have brought progress in the collections of African-American materials. "Progress has been toward recording and preserving works in the major black collections such as those at Schomburg Center; at Howard, Fisk, and Atlanta Universities; and at Tuskegee Institute. Other institutions such as Yale University and the University of Massachusetts have ac-

quired major holdings and/or made them available in recent years."

Dr. Phinazee said black Americans are particularly in need of library access through children's services and outreach programs, programs which bring library services to people despite inadequate education.

"As a library educator, I continue to be concerned about the very small number of minority persons who are librarians," Dr. Phinazee said. She said that the percentage of librarians who are black has declined since 1975.

Budget

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He blamed the Reagan Administration, with its military budget and tough talk, for intensifying the military buildup and warned that America could not win the arms race.

"Please bear in mind that the Soviet Union will never permit anybody to achieve a military superiority," said Dr. Geevsky. "We consider that it is very important for international peace and equality to keep military parity. Our policy is to achieve military superiority to defend ourselves and to strengthen peace."

Happiness Through Health

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HDL levels," Dr. Haskell said. His study of 4,600 men and women showed that exercise itself raised lipoprotein levels after taking into account differences between active and inactive individuals in smoking and drinking habits and amount of body fat. He reported that exercise increases a type of lipoprotein that is naturally higher in women than in men and is believed to be one factor explaining the relative immunity of women to heart attacks.

In addition, a study of 17,000 Harvard alumni shows that those who are highly active have significantly fewer heart attacks, regardless of whether they smoke cigarettes or have high blood pressure. The study suggests that inactivity may be as important a factor in heart disease as cigarette smoking.

Dr. Ralph Paffenbarger of Stanford University, who studied the Harvard men, said that regular, vigorous activity reduces an individual's risk of heart attack by as much as 35 per cent, whereas stopping smoking lowers the risk by thirty per cent. Among those with high blood pressure, treatment that brings blood pressure to within normal range can lower their heart attack risk by sixty per cent, he found.

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