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**Introduction:**

This essay discusses monitoring and evaluation concepts and its methodologies. This essay is divided to 4 main parts including: 1) Theory and self-opinion on human rights ; 2) The relevant Human Rights Framework and factor cause human rights violation**;** and 3) How the knowledge will support and apply in professional work after graduate .

In the first discussion, presented the definition from several from the expert includes Adnan Buyung Nasution, Desire Fans Scheltens and Jack Donnelly. Apart from that, the writer also present un opinion on human rights itself from her perspective. The second discussion will be outline relevant framework on human rights, factor cause the violation of human rights and the importance of Human rights for the people. The third discussion will be focus on how it will be applying in professional work after graduate from university.

Specifically, this essay is written as an assessment to measure knowledge on topics including 1. understanding of human rights ; 2. Human rights framework and cause of human rights violation ; 3. Commitment to advocate for the violation of human rights in community and country.

**Body of Assignment**

**In your opinion what is Human Rights and theory of Human Rights ?**

Human rights (HAM) are rights that are owned by every human being throughout the world, regardless of ethnicity, nation, race, religion, and social status. Human rights are related to human rights from birth. One of the characteristics of human rights is that they are inalienable and indivisible. Everyone has the right to rights such as civil, political, economic, and socio-cultural rights. Human rights also cannot be handed over to other people.

Two key values ​​form the basis of the concept of human rights. The first is “human dignity” and the second is “equality”. Human rights are actually a definition of the basic standards necessary for a dignified life. Their universality stems from the belief that people should be treated equally. These two key values ​​are hardly controversial. That is why human rights are supported by almost all cultures and religions in the world. People generally agree that the power of a state or a particular group of individuals should not be unlimited or arbitrary. The goal should be a jurisdiction that upholds the human dignity of all individuals in a country.

Human rights have several special characteristics:

• Human rights apply equally to everyone.

• Human rights are universal: they are the same for all people around the world.

The definition of human rights according to the Preamble of the Universal Declaration of Human Rights in 1948, explains that everyone has the same right to freedom, justice and world peace.

Understanding Human Rights According to Experts Quoting from the book Human Rights: Philosophy, Theory, and Basic Instruments following the definition of human rights according to experts:

1. Adnan Buyung Nasution: Human rights are rights that cannot be removed from humans. This right is a right inherent in human beings. Human rights have been acquired and brought along with birth in the world.
2. Desire Fans Scheltens: Human rights are rights that are obtained by a person and are universal in nature. The rights that are obtained by a person because he is a citizen of a country are called basic rights.
3. Jack Donnelly: Human rights are equal, inalienable and universal rights of every person.

The theory and concept above provide the basic idea to conclude that human rights are essential rights that everyone has from birth without discrimination and mutual respect in the fulfillment of these rights. The fulfillment of these rights must be the responsibility of all people living in the community from various levels and the government in facilitating and fulfilling these rights.

Some of the Human Rights Characteristics include:

* Human rights cannot be bought, inherited, and given to other people.
* Human rights apply to everyone regardless of ethnicity, gender, race, religion, social and political differences.
* No one has the right to violate the rights of others and limit human rights, because the state makes laws to protect human rights.

**Described some of Human Rights Framework**

Throughout history, societies have developed systems of justice, such as the Magna Carta (1215) or the French Declaration of Human Rights. However, none of the precursors of these human rights instruments reflect the fundamental concept that everyone is entitled to certain rights only for the sake of their humanity. In the nineteenth century, the Geneva Conventions laid the foundation for international humanitarian law and the International Labor Organization created conventions to protect workers.

After the colonial period and World War II, voices emerged around the world about human rights standards to strengthen international peace and protect civilians from abuse by governments. These voices played an important role in the founding of the United Nations in 1945.

Rights for all members of the human family were first established in the Universal Declaration of Human Rights (UDHR), one of the first initiatives of the newly formed United Nations. These thirty articles together form a comprehensive statement, with regard to economic, social, cultural, political and civil rights. This Declaration is universal (applies to people all over the world) and indivisible (all rights are equally important for the full realization of one's humanity).

The UDHR is a statement. It is true that today the status of customary international law. But because it is a statement, it simply implies a set of principles to which the member states of the United Nations are committed in their endeavor to provide a life of dignity for all. In order for the rights specified in the declaration to be fully enforced legally, they must be written down in a document called a treaty. For political and procedural reasons, rights are divided into two separate treaties, each addressing a different category of rights.

The International Covenant on Civil and Political Rights (ICCPR) stipulates specific freedom-oriented rights that states may not take away from their citizens, such as freedom of expression and freedom of movement.

The International Covenant on Economic, Social and Cultural Rights (ICESCR) stipulates articles of the UDHR which define the right of individuals to self-determination and the right to basic needs, such as food, shelter and health care, which should be provided by the state as far as possible. The United Nations General Assembly adopted both conventions in 1966.

Since its adoption in 1948, the Universal Declaration has been the basis for twenty major human rights treaties. Together these form the United Nations human rights framework.

The main human rights treaties of the United Nations are:

* Convention on the Prevention and Punishment of Genocide, 1948
* International Convention on the Status of Refugees, 1951
* Slavery Convention, 1926, supplemented by the Protocol, 1953
* International Convention on the Elimination of All Forms of Racial Discrimination, 1965
* International Covenant on Civil and Political Rights, 1966
* Convention on the Impermissibility of Legal Restrictions on War Crimes and Crimes Against Humanity, 1968
* Convention on the Elimination of All Forms of Discrimination against Women, 1979
* Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment, 1984
* Convention on the Rights of the Child, 1989
* International Convention for the Protection of the Rights of All Migrant Workers and Their Families, 1990
* Convention on the Rights of Persons with Disabilities, 2006

**What the reason behind the Human Rights Violation?**

The causes of human rights violations can arise from the condition of the perpetrator to committing a human rights violation, the state and situation of the state, and the condition and situation of the surrounding environment in general.

Human rights violations are every act of a person or group of people, including state apparatus, whether intentional or unintentional or negligence, limiting, and or revoking the human rights of a person or group of people guaranteed by this law, and not getting, or fearing that they will not obtain a fair and correct legal settlement, based on the applicable legal mechanism.

There are several factors that trigger the occurrence of human rights violations in society, including:

Internal Factors Cause Human Rights Violations

The causes of human rights violations based on the condition of the perpetrators and then committing human rights violations are also called internal factors that cause human rights violations. Internal factors that cause human rights violations are as follows:

1. Selfish attitude

The selfish attitude of human rights violators has the potential to cause cases of human rights violations. The selfish attitude of perpetrators of human rights violations makes him feel that his interests are the main, so he violates the human rights of others to fulfill his interests.

1. Low level of human rights awareness

Many people do not pay much attention to the protection of human rights and consider human rights violations to be normal as long as their interests are achieved. This behavior encourages human rights violations.

1. Psychological condition of human rights violators

Internal factors that cause human rights violations are closely related to the psychological condition of the perpetrators of human rights violators. Unstable psychological conditions and certain other psychological conditions can be the cause of human rights violations.

1. High intolerance behavior

Causes of human rights violations such as intolerance can threaten national stability. Intolerance towards a certain race, ethnicity, and religion risks causing human rights violations such as discrimination to gross human rights violations.

1. The desire for revenge

The desire for revenge is the cause of human rights violations and various criminal acts. Revenge makes a person willing to commit crimes such as torture and murder, which are examples of human rights violations.

1. Lack of empathy

One of the causes of human rights violations is the lack of empathy for the perpetrators. Human rights values ​​are closely related to humanity. When a person lacks empathy and humanity, he or she risks committing human rights violations.

External Factors Causing Human Rights Violations

The causes of human rights violations based on the conditions and situation of the country and the surrounding environment are generally referred to as external factors that cause human rights violations. External factors causing human rights violations are as follows:

1. Abuse of power

The abuse of power on the part of the government or authorities has a great risk of being the cause of human rights violations. Examples of cases of human rights violations caused by abuse of power or abuse of power include corruption, genocide, and disappearance of people by the government.

1. A legal system that doesn't work

External factors causing human rights violations also include a weak and ineffective legal system. The lack of strict law enforcement against human rights violators is the cause of more and more human rights violations. This is because there is no quick and proper handling of human rights violations.

1. Political and social structures

The next cause of human rights violations is the existence of political and social gaps in a country. An example of political and social inequality in a country is bad governance and seems to be indifferent to everything that happens in society.

1. Economic problems

Economic problems are the source of all sources of causes of criminal acts, including human rights violations. High economic inequality risks causing perpetrators to commit human rights violations such as robbery, looting, theft, and murder.

1. Lack of socialization of human rights

Socialization about the importance of upholding and protecting human rights is very important to prevent human rights violations. Lack of understanding of human rights risks making minor to serious human rights violations more and more common.

1. Abuse of technology

Massive computerization gave birth to negative impacts such as misuse of technology in the form of crimes such as e-wallet burglary, personal and public data breaches, and bullying.

Based on the type, human rights are divided into two types, namely serious and minor violations.

Serious Human Rights Violations

This gross violation of human rights has an impact on the loss of a person or group's life. Examples of gross human rights violations are genocide and human crimes.

1. Genocide: Genocide is a crime committed by a person or group to destroy or destroy a group, ethnicity, race, or state. Examples of genocide are clashes between tribes and terrorist incidents.
2. Crimes against humanity: These crimes against humanity were directed against the civilian population. An example of a crime against humanity is the colonization of a country.

Minor Human Rights Violations

Minor human rights violations do not result in the loss of the life of a person or group. Examples of these minor human rights violations are persecution and defamation.

Types of Human Rights John Locke explains about human rights dividing the types of human rights, namely the right to life, property rights, and the right to freedom. Quoting from the Citizenship Education book, according to Article 30 of the Universal Declaration of Human Rights in 1948, it describes various kinds of human rights, including:

1. The right to freedom and equality in dignity. The right without distinction of any kind and the right to life, liberty and personal security.
2. Rights should not be shackled by civilization in all its forms.
3. The right not to be mistreated.
4. Legal rights, such as equality in the legal field, legal protection, compensation and the right not to arrest, fair and open trial, and the right to privacy.
5. The right to leave the country and return to the country.
6. The right to obtain asylum in another country.
7. The right to citizenship.
8. The right to property.
9. The right to freedom of religious belief.
10. The right to freedom of opinion and expression.
11. Right of association and assembly.
12. The right to participate in government.
13. The right to get a job.
14. The right to education.
15. The right to the field of culture.
16. The right to social and international order.
17. The obligation to exercise human rights.
18. Restrictions not to impair the rights and freedoms in the declaration.

**Why the human rights is important?**

Human rights are important for two primary reasons: they protect us; and they allow us to build societies that are safe, prosperous and generally desirable to live in. Human rights give us the power to speak up and share our opinions with everyone else, especially those in power. They protect us from harm or undue burden, and they give us the power to participate, whether through protest or association or voting, to shape the world we live in.

They also give us individual freedom to do the things we want – to practice the religion of our choosing, to be a part of the groups we want to associate with, the freedom to receive an education. And, taken together, all of these things also mean that human rights allow us to hold governments to account. Not just in elections, but when a government commits atrocities against its own or foreign people, human rights laws provide the legal basis to hold them accountable

**What you can do to advance the Human Right in your community after your graduation from AIU?**

A good first step to start implementing Human Rights is to introduce a different way of thinking. Instead of just thinking about how we complain when our rights are not being exercised, we need to mainstream it into decision-making. How do we get civil servants and politicians to think about implementing human rights? Most of it is common sense, actually. For the most part, they want to make laws that work well for everyone, and end up implementing human rights standards almost by accident. If politicians want to make decisions that are good for everyone, then they have a long way to go when it comes to implementing human rights. The government goes a step further by developing a human rights implementation plan and translating human rights standards into basic guidelines for making decisions – for example, don't forget to consult with the people affected by your policy, or don't forget to provide information to the people. who cannot read or see.

With the explanation above, I will continue to work with national human rights institutions and non-government organizations to continue to advocate for issues of human rights violations, especially gender-based violence and the fulfillment of the rights of war victims in my country Timor-Leste as an activist. In addition, for my current role working in a government organization, I will continue to ensure that all policies, laws and midterm plans of government are continue to consider people are the center of Development.

**Conclusion:**

There are several definisi tentang Human rights yang diberikan oleh beberapa expert termasuk:

1. Adnan Buyung Nasution: Human rights are rights that cannot be removed from humans, and its acquired and brought along with birth in the world.
2. Desire Fans Scheltens: Human rights are rights that are obtained by a person and are universal in nature. The rights that are obtained by a person because he is a citizen of a country are called basic rights.
3. Jack Donnelly: Human rights are equal, inalienable and universal rights of every personneed to be considered in macroeconomics, such as Consumer demand theory, Production theory, Cost-of-production theory of value, Opportunity cost, Price Theory.

Violence against human rights often occurs because of the lack of awareness of the perpetrator to commit a human rights violation. These causes include Selfish attitude, Low level of human rights awareness, Psychological condition of human rights violators, High intolerance behavior, The desire for revenge and Lack of empathy. In addition, there are also external factors that are the cause of violence against human rights, where the conditions and situation of the country and the surrounding environment are generally referred to as external factors that cause human rights violations. There are several external factors that cause it, including Abuse of power, legal system that doesn't work, Political and social structures, Economic problems, Lack of socialization of human rights and Abuse from technology.

To prevent violence against human rights, there are various international Human rights frameworks, human rights treaties and human rights bodies that have been enacted to ensure that everyone is aware of the importance of respecting the basic rights of fellow human beings without discriminating against race, culture and ethnic group. In addition, there are also various mechanisms that have been established in each United Nation member country to integrate the aspects of human rights in all agendas of country development.

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