

Exploring the Mechanisms Linking Self-Recognition, Cultural Identity, and External Respect: A Theoretical Inquiry

Kendini Tanıma, Kültürel Kimlik ve Dış Saygıyı Birbirine Bağlayan Mekanizmaların Araştırılması: Teorik Bir Araştırma

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Abstract: The way we identify ourselves culturally, coupled with how we recognize ourselves personally, greatly influences the level of respect we receive from society and the world at large. The researcher argues that an individual can only receive respect, recognition or honor when they have embraced their identity as self-acceptance and affirmation are instrumental in paving the way for acknowledgement from others. Grounded in recognition theory and informed by the works of esteemed scholars like Axel Honneth, Nancy Fraser, and Charles Taylor; this research aims to construct a conceptual structure that explains the intricate interplay between self-recognition, cultural identity, and external respect gained by individuals. The findings of this study reveal the significance of acknowledging and appreciating unique personal identities, promoting cultural diversity, and confronting institutional disparities. This study emphasizes the utmost importance of cherishing diverse identities within our communities.

Keywords: Self-Recognition, Respect, Cultural Identity, Self-Perception, External Respect

Öz: Kendimizi kültürel olarak tanımlama şeklimiz ve kişisel olarak kendimizi nasıl tanıdığımız, toplumdaki ve genel olarak dünyadan aldığımız saygının düzeyini büyük ölçüde etkiler. Araştırmacı, bir bireyin ancak kimliğini benimsediğinde saygı, tanınma veya onur alabileceğini, çünkü kendini kabul etmenin ve onaylamanın başkalarından onaylanmanın yolunu açmada etkili olduğunu savunuyor. Tanınma teorisine dayanan ve Axel Honneth, Nancy Fraser ve Charles Taylor gibi saygın bilim adamlarının çalışmalarından beslenen; Bu araştırma, bireylerin kendini tanıması, kültürel kimlik ve kazandığı dış saygı arasındaki karmaşık etkileşimi açıklayan kavramsal bir yapı oluşturmayı amaçlamaktadır. Araştırma, bu mekanizmaları inceleyerek kişinin kişisel algısının ve kültürünün küresel toplumdaki sosyal konumunu nasıl etkilediğine dair anlayışımızı zenginleştiriyor. Bu çalışmanın bulguları, benzersiz kişisel kimliklerin kabul edilmesi ve takdir edilmesinin, kültürel çeşitliliğin teşvik edilmesinin ve kurumsal eşitsizliklerle yüzleşmenin önemini

ortaya koymaktadır. Bu çalışma, toplumlarımızdaki farklı kimliklere değer vermenin son derece önemli olduğunu vurgulamaktadır.

Anahtar kelimeler: *Kendini Tanıma, Saygı, Kültürel Kimlik, Benlik Algısı, Dışa Saygı*

1. Introduction

Recognition forms an integral part of our everyday interactions with others since it plays such a momentous role in helping us establish our own sense of self worth as well as our place within society and the world. Within social theory circles this notion has been heavily discussed since researchers are keen to comprehend just how respect and honor operate across numerous cultural contexts. Amongst those who have contributed significantly to this subject matter is Axel Honneth, whose work emphasizes just how vital acknowledgement is when it comes to shaping individual identities alongside their social interactions (Honneth 1995). Nonetheless, while there has been significant progress made by recognition theory regarding its understanding about the multifaceted nature of respect. There is still a need to probe deeper into how self recognition and cultural identity contribute towards the external level of recognition that individuals receive.

To fully grasp the relationship between self–recognition, cultural identity, and external respect; investigating theoretical frameworks that construct these concepts is paramount. Based on Honneth's theory of recognition, interpersonal acknowledgment plays an integral role in determining personal growth alongside forming one's unique identity (Honneth, 2003). In his theory framework; there exist three differentiated spheres where recognition operates: love signifies closeness in relationships alongside receiving emotional validation from others; rights include moral plus legal tenets whereby society recognizes individual freedoms as well as entitlements; solidarity emphasizes how individuals within social settings forge cooperation while seeking collective identification.

Nancy Fraser advances Honneth's framework by pointing out that social justice and redistributive measures are pivotal aspects of recognizing individuals' worth (Fraser, 1995). While personal interactions matter greatly in this domain, we must recognize systemic issues too. Notably, addressing social inequalities is vital if every individual is to receive equal acknowledgment or respect.

In addition to this perspective comes Charles Taylor's contribution on culture (Taylor, 1992). He reminds us that acknowledging people's unique identities goes beyond mere

tolerance but requires appreciation for their traditions as well as nurturing their sense of belonging.

This study seeks answers regarding how self-recognition and cultural identity affect an individuals' ability for gaining respect and honor from others. More precisely, what are the underlying factors that contribute towards receiving recognition and respect in a society and the world at large? In light of these questions, this research aims at elucidating different pathways that link personal identities with recognition – highlighting importance for ones' own sense of self in achieving widespread acknowledgement. Ultimately, the researcher's goal is to encourage people everywhere embrace their culture as vital part of one's being; paving way for greater respect and acknowledgment from others.

While recognizing important contributions made by Honneth, Fraser, and Taylor to recognition theory concerns might arise as their significant work leans towards theoretical aspects of recognition. Thus, this research article endeavors towards gaining further understanding regarding how self-recognition and cultural identity help shape the perception other people have about one's existence leading them to respect external factors related to selves. Through an in-depth evaluation of these mechanisms, I hope to create a bridge between empirical findings and theoretical frameworks. The researcher's intention is also to highlight the intricate dynamics that inform relationships between self-perception, cultural identification processes intrinsic nature within social norms' constructs rules how they influence respect individuals receive.

2. Theoretical Framework

Understanding the complex ways that respect, self-perception, and cultural identity intersect can be aided by recognition theory. Scholars who have made notable contributions in this field include Axel Honneth, Nancy Fraser, and Charles Taylor. To provide a meaningful framework for examining how these various components are connected, this section aims to harmonize their ideas.

This theoretical framework regards Axel Honneth's recognition theory as fundamental. In Honneth's (1995) view, meaningful existence depends on being recognized by others. He distinguishes three spheres in which recognition operates: love, rights, and solidarity. Love denotes intimate relationships where emotional validation fosters self-worth. Rights encompass moral, legal entitlements in society promoting individual freedom; solidarity refers to acting collectively for mutual benefit. Recognizing these dimensions' impact on identity allows us to foster respect for individuals. Moreover, the research

article benefits from integrating ideas sourced from "The I in We: Studies in the Theory of Recognition." Honneth's perspective facilitates a stronger theoretical foundation for the piece. Recognition is deemed a fundamental part of human interaction and identity formation by Honneth, and this notion helps contextualize how self-recognition and cultural identity impact an individual's external respect.

Nancy Fraser expands upon Honneth's framework, In Fraser's view (1995), recognizing individuals extends beyond individual interactions; it must consider systemic factors within society. To guarantee true equity, we must strive to tackle power imbalances and social inequalities that create barriers for certain groups from achieving equal recognition or respect. Fraser's viewpoint enhances the theoretical framework by emphasizing the necessity of incorporating concerns of social justice and allocation within the context of recognition. Fraser's interview article delves into the link between recognition and redistribution. Emphasizing the significance of recognizing both aspects for comprehending equality and social justice (Dahl et al., 2004). The study aligns with this view as it recognizes that respect and recognition are related to wider societal and economic frameworks.

Allen (1998) examines the concept of decency in relation to struggles for recognition in his article titled 'Decency and the Struggle for Recognition.' According to him merely being acknowledged or respected does not constitute true recognition; a person must also be viewed as morally decent. Allen argues that attaining genuine recognition is not an individualistic pursuit devoid of societal or ethical factors; they are integral parts of it too. Allen's work presents a nuanced analysis of the multifaceted aspect of recognition. Highlighting how moral and ethical considerations play critical roles in gaining respect.

While discussing political recognition issues Charles Taylor puts forward his ideas on respecting cultures (Taylor, 1992). According to him one can only understand oneself if they have an extensive knowledge about their own cultural background or affiliation. Taylor stresses on identifying and deeming valuable all individual facets such as tradition or perspective from various cultures groups. Acknowledging differences leads to self esteem with inclusion important in getting recognized by others.

This theoretical framework is made comprehensive incorporating Honneth's vision for recognition, Fraser's objection concerning recognition, and finally, Taylor's reflection on respecting cultures. This lens reveals how self-recognition, cultural identity, and external

respect are connected. The multifaceted nature through interpersonal, Systematic, and Cultural dimensions is highlighted along side its acknowledgment concerning power dynamics, social justice, cultural validation.

3. Mechanisms Linking Self-recognition, Cultural Identity, and External Respect

1. **Self Recognition and Esteem:** One powerful means by which cultural identity and self recognition factor into earning external respect is through influencing an individual's level of self esteem. Individuals who have developed an authentic understanding of themselves exhibit traits such as confidence, assertiveness and positivity often garnering esteem from others (Harter 1999). People who value their own identity including the culture that helped shape it, demonstrate considerable pride which contributes to this heightened sense of assurance when interacting with other individuals (Harter 1999). By showcasing this sense of pride confidently within oneself. Individuals then naturally command respect not only among friends but also among colleagues and people across different communities. However, individuals who ignore or try to copy the traditions and way of life of other cultures might not earn the same amount of appreciation as those who cherish their own. Instead of valuing their own heritage as well as personal identity, people might communicate unconsciously a sense of insincerity or indifference towards what makes them special. Such behavior can hinder the valuable relations with others and be fully recognized for their true selves.
2. **Cultural identity and belongingness:** Cultural identity plays a crucial role in shaping individuals' experiences of respect and recognition. Acknowledging and honoring one's cultural heritage can nurture a feeling of connection and offering individuals a structure for comprehending their role within society (Phinney, 2003). A person who has a profound attachment to their cultural roots often strives for acknowledgment and reverence towards the significant influences, customs, and principles that have stemmed from their lineage. This can lead to a greater appreciation and respect from others who recognize the importance of cultural diversity and the richness it brings to society.
3. **Social norms and cultural validation:** External acknowledgment of a person's identity along with their culture hinges much upon the mechanisms behind social norms as well as cultural validation within society. How diverse identities are perceived depends on our shared attitudes alongside our value system (Fraser: 1995). Suppose we were residing among communities celebrating varied

heritages with warm-hearted enthusiasm; chances would be high that embracing your family's traditions will lead to getting the respect you deserve. Although, when faced with communities that stigmatize some cultures leading to social marginalization could lead those in such cultures to struggle for recognition.

4. Interpersonal dynamics: Interpersonal interactions are a crucial factor in the recognition that individuals receive from others. Honneth (1995) emphasizes the importance of accepting one's individual identity alongside personal cultural roots as this influences relations with others greatly. One good example of this is openness through conscientiousness when conversing about personal culture perspectives where distinct experiences are shared freely between parties of diverse cultures helps bring enlightenment and fostering a culture of respect between people due to better comprehension of diverse backgrounds which increases empathy levels amongst all participants.
5. Power dynamics and structural recognition: The extent of external respect an individual receives greatly hinges on power dynamics and structural recognition. As per Fraser's (1995) observation, societal structures and institutions can either promote or hamper the recognition of different identities. When there is an emphasis on embracing cultural diversity while providing equal opportunities and promoting inclusion through policies by powers-that-be and establishments; those who hold onto their cultural identity are likely to gain more external appreciation and acknowledgement; whereas when the system promotes systemic imbalances resulting in unfair treatment; especially for those with distinct characteristics, people would be obstructed from obtaining due commendation.

The attention we give to our inner selves, as well as our cultural backgrounds, jointly influence how others treat us with respect or otherwise. Several external factors like societal expectations, power dynamics among people. Interpersonal interactions among other things also determine this aspect of human interaction. The importance of embracing ones own cultural heritage cannot be overstated here because it goes hand in hand with public approval by way of recognition. Understanding better how these multiple mechanisms function in cooperation can enhance our perception of just how much significance people place on owning aspects of their identity in social settings.

4. Implications of the Study

Exploring how self-recognition, cultural identity, and external respect are intertwined can be useful in both academic and practical spheres. The findings related to this research have several noteworthy implications explained below:

1. Theoretical implications: Inquiring into the mechanisms behind self-recognition and cultural identity's impact on external respect contributes to recognition theory's enrichment. This research achieves that by incorporating self-perception and cultural affiliation dynamics into previously proposed recognition frameworks by Honneth, Fraser, and Taylor. This progression allows for a more comprehensive understanding of recognition's operations in diverse social contexts while highlighting the challenging interplay between personal identity, belonging to a culture or community and the attainment of external esteem.
2. Practical implications: The findings of this research have significant practical implications on building a more equitable society where individuals' unique characteristics are respected. For generating amicable environments with an embrace of cultural diversity along with honoring individual expressions regards self-identity is vital so policymakers, educators, or social institutions need to keep it as a priority. Intercultural dialogue can foster mutual understanding while providing opportunities for people from different backgrounds to exchange ideas culturally. Inclusion policy enables people regardless unique characteristics to feel valued part similarly leading towards greater sensitivity and appreciation towards diverse identities ultimately culminating into harmony.
3. Enhancing social well-being: Having an understanding of the mechanisms that connect self-recognition, cultural identity, and external respect can have significant implications for the welfare of individuals. Acknowledging individuality whilst celebrating the diverse cultures that make us unique nurtures healthy self-esteem whilst benefiting overall psychological wellness. Acknowledging one's own identity forms part of celebrating rich heritage that creates an inclusive environment where everyone feels valued which increases social equality leading to better mental health outcomes through healthier relationships.
4. Addressing societal inequalities: By acknowledging the influence of power imbalances on recognition processes in society this research points out the need for systemic change in order to promote fair treatment for everyone regardless of cultural background. We must take action against discriminatory practices by critically examining them since its imperative that we transcend any obstacles or impediments in our path toward equality. Developing policies which incorporate diversity is fundamental in our efforts towards creating an inclusive environment where everyone can feel valued with respect given equally among all members of society irrespective of their cultural identity.

To summarize, this study emphasizes the necessity of recognizing self-identity along with cultural heritage to generate external respect among people while developing an inclusive society. This research holds theoretical significance by contributing towards recognition theory alongside practical implications that provide directions for policy interventions intended to promote people's value among their cultures or identities. To ensure a more respectful future within society while maintaining diversity intact, it is crucial that through acknowledging individual expressions of identity, addressing power dynamics alongside embracing inclusion simultaneously.

5. Conclusion

To sum up this study has delved into how self-recognition and cultural identity play a role in the respect others give to people. The researcher has utilized Honneth, Fraser and Taylors' recognition theories to learn about the intricate dynamics that tie together ones' self-concept, cultural association, and getting respected externally.

The research findings carry a vital message regarding both theoretical knowledge advancement and practical utility. By incorporating self-recognition and cultural identity dynamics within recognition theory analysis, we enrich our comprehension of how social contexts affect the act of acknowledgment across different communities. On a more serving level, this emphasizes promoting an inclusive society where the value of spectrum and status quo is embraced while reducing systemic inequities through recognizing individual rights with respect to their unique identities so that equal attention can be given without discrimination or bias towards any community or group present in society at large.

In addition, this research stresses the importance of acknowledging oneself and one's cultural roots in enhancing individual prosperity. Celebrating one's identity and traditions leads to enhancing self-worth, cultivating a feeling of belongingness, and having superior psychological soundness, which helps create positive social interactions. Recognizing the significance of power imbalances alongside structural elements highlights the pressing need to tackle unequal relationships within society. To advance equal recognition and legitimacy for all individuals despite their cultural ancestry requires implementing broad-minded approaches that address not only discriminatory practices but also barriers through comprehensive policy reform.

While this research is valuable. It does come with certain limitations. Nonetheless. Future studies can build on these findings by examining different contexts and carrying out empirical investigations.

In summary, recognizing the mechanics behind how self-awareness and cultural background influence an individual's level of external recognition can guide our path towards greater inclusivity in society. Appreciating each person's unique identity, valuing diverse cultures while also addressing discriminatory systems are essential building blocks towards creating an ambiance that respects all its members. By continuing to explore this issue through ongoing cooperation among all individuals within our community we aspire towards a future where each person is honored, respected, and valued for their unique individuality rather than being judged solely by what the global society what them to be. By embracing inclusivity, diversity, and celebrating personal identities as part of our vision for human worthiness. It is clear that such value cannot be solely dependent on external or uniform measures. We must recognize every individuals' inherent uniqueness to truly show honor; in doing so we acknowledge the multi-faceted nature of humanity. It follows from this recognition that genuine respect emerges from a deeper understanding and acceptance thereof.

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