Democracy and Human Rights as Pillars of National Resilience: A Theoretical and Empirical Review

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ABSTRACT

National resilience is a strategic concept that reflects the ability of a country to maintain its survival in the face of various threats, both domestic and foreign. Among the various pillars that underpin national resilience, democracy and human rights (HAM) play an important role. This study aims to determine and analyze the relationship between democracy, human rights, and national resilience from the point of view of theory and empirical evidence. This research uses a qualitative method with a literature study approach as a data collection technique. After the data is collected, the analysis process is carried out by sorting out relevant information, then presenting the data systematically to draw conclusions. The results show that democracy has a major role in providing legitimacy to the government, by creating a system where people can participate in decision-making. On the other hand, human rights become the main foundation of democracy, ensuring the protection of people's basic rights, which in turn creates conditions conducive to social growth and development. Some of the theories underlying the relationship between democracy, human rights and national security include social contract theory, liberal democracy theory and social justice theory. Empirically, several studies have shown a positive relationship between the implementation of democracy and human rights and national resilience. This research concludes that democracy and human rights contribute to national resilience by strengthening government legitimacy and creating an enabling environment for social and political stability.

Keywords: Democracy, Human Rights, Pillars of National Resilience.

INTRODUCTION

Entering an increasingly dynamic era of globalization, national resilience has become a central issue for every country. Globalization is defined as a phase of change that affects societies around the world, where countries, regions, and communities are interconnected in various fields of life. The hallmark of globalization is the blurring of geographical boundaries, which has led to a wider and faster exchange of information (Gunawijaya & Untara, 2023). However, behind

the benefits of this global connectivity, the ease of information dissemination also opens up opportunities for conflict that can impact a country's national resilience.

A country that does not have strong national resilience will be at risk of facing various threats and challenges, both from within and outside the country. In fact, in the worst-case scenario, the inability to maintain national resilience can cause a country to collapse. National resilience itself is defined as a condition in which a nation has the ability to face various threats, challenges, obstacles, and disturbances that can disrupt its national stability (Handayani et al., 2023). More than just the military aspect, national resilience includes various other aspects such as politics, economy, social, culture, and defense and security.

The importance of maintaining national resilience is something that needs to be prioritized for the sustainability of a country (Zulkarnain & Runturambi, 2022). Among the various pillars that support national resilience, democracy and human rights (HAM) have a role in efforts to realize the stability and welfare of the nation. Democracy, as a system of government that gives power to the people, either directly or through their representatives, is seen as one of the most effective systems in creating political stability and prosperity for the country. This system encourages active participation of citizens in the decision-making process, thus strengthening the legitimacy of the government and creating social stability (Al, 2020).

In addition to democracy, human rights also have a role in maintaining national resilience. Human rights are a set of rights inherent in every individual from birth, and their existence is very important to create a dignified and just life. The enforcement of human rights provides certainty that basic human rights are respected and protected, thus creating the foundation for a just and harmonious society. When human rights are guaranteed, every citizen can live with dignity, consequently strengthening social cohesion and national resilience (Pesurnay & Pesurnay, 2021).

Previous research by (Hamdani & Fauzia, 2021) highlighted the concepts of democracy and human rights as universal ideas that developed from the history of human civilization. Democracy and human rights, in their historical development, are closely related to the concept of the rule of law. In this case, Indonesia, as a state of law, places law in a hierarchy culminating in the constitution. This constitution clearly states the importance of human rights protection, as stated in Article 28I paragraph (4) of the 1945 Constitution, which stipulates that human rights must be protected by the state.

Meanwhile, research by (Alfian, 2017) focuses on the role of the state in implementing the principles of democracy and human rights in Indonesia. The results show that the protection of human rights requires the involvement of the state to guarantee and protect the basic rights of the people. The state must not only passively protect human rights, but also play an active role in ensuring that these rights are fulfilled. Human rights violations are not only committed by the state, but also by non-state actors, including individuals and companies. Therefore, the state's responsibility to preserve and protect human rights becomes very important, especially in the

face of issues such as crimes against humanity, genocide, war crimes, poverty, and underdevelopment.

The novelty of this research lies in the analysis conducted to explore the relationship between democracy and human rights in national resilience, both from a theoretical and empirical perspective. The findings of this research can provide valuable advice to the government and stakeholders in formulating relevant policies related to democracy, human rights, and national resilience. In addition, this research also aims to raise public awareness regarding the significance of democracy and human rights as important pillars for national resilience. Through focusing on the relationship between these three elements, this research seeks to provide a deeper understanding of how democracy and human rights support each other in strengthening national resilience. Therefore, this research has the main objective of reviewing the relationship between democracy, human rights, and national resilience based on theoretical and empirical reviews.

RESEARCH METHOD

This research uses a qualitative approach as a research method. Qualitative method is an approach that is carried out in a certain setting that exists in real life (natural) with the aim of investigating and understanding the phenomena that occur. The main purpose of qualitative research is to gain a deep understanding of the condition of a problem by describing a portrait of the situation in detail and in detail. Qualitative research focuses on describing what happens in the field naturally and without manipulation, according to what it is (Fadli, 2021). The data collection technique in this study was carried out through literature studies, namely by collecting information from previous studies and relevant sources that are already available. The data collected can be in the form of research results, documents, scientific articles, and other information that can support the analysis in this study. After the data is collected, it is analyzed in several stages. The first stage is data reduction, which is the process of sorting and filtering information that is relevant to the research objectives. Furthermore, the data that has been filtered is presented systematically to make it easier to understand the relationship between variables or phenomena being studied. The final step is to draw conclusions based on the results of the analysis and the data that has been presented, which then provides the final picture of this research.

RESULT AND DISCUSSION

National resilience is a synergistic condition that reflects the ability of a nation to face internal and external challenges that have the potential to disrupt national stability and identity. (Mardhani et al., 2020) describe national resilience as a concept that becomes a strategic foundation in dealing with various national issues through the approach of aspects of national

life. This concept continues to be fostered by developing national strength to achieve state goals. In addition, the concept of national resilience is often understood as a dynamic condition of a nation, which reflects its ability to deal with various forms of threats that can come from within and outside the country. These threats can be in the form of disturbances to national identity, territorial integrity, and the survival of the nation itself (Handayani et al., 2023). this definition, it can be seen that national resilience is very important for a country because it shows that the nation is able to maintain its existence and continue to develop in the midst of increasingly complicated global challenges.

National resilience has a very important role in achieving national goals and ideals and realizing the success of a country's development. This resilience is a fundamental prerequisite for the survival and progress of a nation. Traditionally, national resilience reflects the dynamic strength of a country, which includes the ability, determination, and strength of the country to face various threats, challenges, obstacles, and problems. These threats can come from within and outside the country, either directly or indirectly, which can threaten the integrity, identity, and welfare of the nation and state (Mahmudah & Jaya, 2024).

In the midst of an increasingly transformed world, threats to national resilience are not only limited to military attacks or physical threats, but also include broader issues such as cyber security, terrorism, climate change, and the global economic crisis. All of these factors require national readiness and strength that can respond quickly and effectively, to protect the integrity of the nation and ensure stability and prosperity for all citizens.

In Indonesia, there is currently a tendency for a distorted understanding of pluralism that is not in line with the nation's identity. This has led to conflicts and tensions in a plural society. These conflicts arise due to differences in views between communities, as well as between communities and the state, especially regarding democracy. In addition, the tendency for disintegration is triggered by complex factors such as injustice in the economic, political, social, religious, cultural and legal fields. Long-standing primordial tensions without resolution, government autocracy, and the decline of exemplary political, religious, and community leaders have all contributed to exacerbating conflicts that occur in society (Hebatullah, 2021).

To strengthen national resilience, an approach through democracy and human rights (HAM) can be a strong foundation. Democracy is a system of government in which supreme power rests with the people, giving people the right to participate in decision-making through elections. Democracy also guarantees freedom of expression, organization and religion (Trisno et al., 2024). On the other hand, human rights include the basic rights inherent in every individual from birth, regardless of race, color, sex, language, religion, political opinion, social origin, or other status (Siregar et al., 2023). These two principles, if implemented properly, can be the foundation for the creation of harmony and justice in the midst of national diversity.

According to Rosana (2016), the issue of democracy is always closely related to human rights because the struggle to uphold democracy is actually an effort to guarantee and protect

the basic rights of every individual. Democracy as a political system prioritizes respect for these rights, including not only civil and political rights, but also economic, social and cultural rights. Along with its development, democracy is increasingly recognized as an instrument to help every citizen have fair access to economic welfare, education, and other social opportunities. A democratic state will be better able to guarantee the full implementation of human rights. Conversely, democracy will not work well if the basic rights of the people are not guaranteed. This connection shows that human rights and democracy are mutually reinforcing and serve as the main pillars in creating a just and equitable society.

Democracy and human rights play an important role as pillars of national security, providing the foundation for political, social and legal stability in a country. One of the main roles of democracy is to provide legitimacy to the government. Through free and fair elections, democracy facilitates people to directly elect leaders, thereby strengthening the relationship between the government and society. This reduces the potential for political conflict and increases stability, as the government has a legitimate mandate from the people (Trisno et al., 2024). In addition, democracy encourages people's active participation in the country's development. Being directly involved in the decision-making process, people feel responsible for the sustainability of the country, thus strengthening their sense of belonging to the nation. This participation also builds stronger national solidarity.

On the other hand, human rights are a key cornerstone of democracy, where upholding human rights creates a conducive environment for the growth and development of society. According to (Ishak & Komnas, 2016), if law enforcement, especially in terms of human rights, is done unfairly or inconsistently, then this can cause disappointment and blur social solidarity. Injustice in law enforcement, especially when it comes to gross human rights violations that are not resolved decisively, has the potential to divide society and create different collective memories among social groups. Conversely, when human rights are well-enforced, this will form a positive collective memory that can strengthen social integration and national unity, which in turn makes national resilience stronger.

Furthermore, another role of democracy and human rights is to prevent conflict. By providing safe and open channels for people to express their aspirations and resolve problems peacefully, the system is able to manage potential conflicts before they become a serious threat to national stability (Budijanto & Rahmanto, 2021).

Countries that are democratic and respect human rights tend to have higher welfare levels because their governments are more responsive to the needs of the people. Democracy helps people to actively participate in the decision-making process, so that every policy and legislation implemented reflects the interests and sense of justice of the community. The principle of popular sovereignty is at the core of democracy, where every regulation made does not only serve the interests of a handful of rulers, but must ensure justice for all people (Faza et al., 2023). Based on this, laws and regulations are not applied unilaterally or used for the benefit of certain

parties, but to create balance and equal justice for everyone. It can be seen that a country that upholds democracy and human rights will create a more inclusive and equitable system, consequently contributing to the improvement of the overall welfare of society.

Based on these significant roles, democracy and human rights serve as key pillars in maintaining national resilience, which can be viewed from both theoretical and empirical perspectives. Some of the theories that can underlie this relationship are, such as:

1. Social contract theory

   Social contract theory explains that the state is formed on the basis of an agreement between individuals who give up some of their freedom in order to get protection from the state. This theory asserts that the state is obliged to maintain a balance between state power and individual freedom, and ensure the protection of human rights as part of the social contract between the state and its citizens (Loewe et al., 2021). In this case, democracy and human rights are the basic elements that regulate the relationship between individuals and the state. Democracy facilitates people to elect leaders and determine the direction of state policy, while human rights protect the freedom and rights of individuals in society.

2. Theory of liberal democracy

   Liberal democracy, also known as constitutional democracy, is a political system that protects the rights of individuals from government power through constitutional protections. A key feature of liberal democracies is the frequent change of cabinets, which is due to the large number of political parties in a country, although none has an absolute majority. Liberal democracy emphasizes the importance of individual freedom and the right to participate in government. Many modern countries adopt the liberal democracy model because this system guarantees political freedom and human rights, with a constitution that provides protection against potentially oppressive government power (Arta, 2020).

3. Social justice theory

   Social justice theory highlights the importance of fairness in the distribution of resources and opportunities in society. In a democracy, social justice is an important goal that must be achieved through fair and equitable policies. Democracy and human rights are the main instruments to realize social justice, where the state must ensure that every individual has equal access to economic, social and cultural rights. In addition, this theory covers human relationships with themselves, with fellow humans, with the state, and with God. The implementation of democracy and human rights aims to maintain a balance in these four aspects, in order to create a just and prosperous society (Aditya, 2024).

Empirically, several studies have shown a positive correlation between democracy, human rights and national resilience (Budijanto & Rahmanto, 2021; Landman, 2018; Ristovska & Pelivanova, 2018). Countries that are democratic and uphold human rights tend to be more stable, prosperous, and have lower levels of conflict. This is also supported by research conducted by Bagchi and Paul (2021) in India, who found that a decline in human rights standards can lead

to an increase in violence and minimize the chances of conflict de-escalation, an effect that proved statistically significant.

However, while democracy and human rights are recognized as important pillars for national resilience, their implementation in many countries still faces a number of challenges. Corruption, radicalism, and economic and social inequality are significant obstacles (Akbar et al., 2023). Corruption is not only an act of abuse of power, but also has the potential to undermine the foundations of state development. When corrupt practices are widespread, this will have an impact on reducing public trust in the government as well as weakening the legitimacy of the government itself. People who lose trust will find it difficult to participate in the democratic process, creating political instability. As public dissatisfaction with the government increases, the potential for protests and social unrest increases, which can undermine national resilience.

On the other hand, radicalism poses a real threat to national security. When extreme ideologies flourish in society, the potential for conflict and violence increases. Radicalism can disrupt security stability and also create social tensions between different groups in society. The result is mutual suspicion and hostility, undermining the social cohesion that is essential in maintaining national security.

In addition, persistent economic and social inequality is also a factor that triggers conflict. When a group of people feels marginalized or denied equal access to resources and opportunities, individuals may potentially feel the need to take extreme measures to fight for their rights. These injustices can cause friction between groups in society, worsening social conditions and adding to the country's vulnerability to conflict.

Based on the persistence of these challenges, the government needs to take effective measures to address them in an effort to ensure that the pillars of democracy and human rights can function properly in strengthening national resilience. These efforts must be done in an integrated manner, involving community participation and realizing that all individuals feel valued and get justice in the existing system. Only in this way can the state create an environment conducive to sustainable stability and peace

CONCLUSION

The conclusion of this study shows that democracy and human rights are important pillars in supporting national resilience. Democracy plays an important role in providing legitimacy to the government by encouraging public participation in the decision-making process, thus giving the government legitimate powers. At the same time, human rights are fundamental to democracy, as they protect the basic rights of citizens, creating conditions that promote social development and progress. Theories such as social contract theory, which emphasizes the agreement between the government and the people to form a legitimate government, liberal democracy theory, which emphasizes the importance of individual freedom, and social justice

theory, which underlines the importance of equitable distribution of resources, all highlight the interdependence between democracy, human rights and national security.

Empirical evidence from this study suggests a positive relationship between democratic practices, respect for human rights and national resilience. Both democracy and human rights significantly contribute to national resilience by enhancing government legitimacy, promoting social and political stability, and enabling states to effectively withstand various threats while maintaining societal continuity. In the future, this research can contribute to policy formulation by offering insights into strengthening democratic institutions and ensuring the protection of human rights as strategies to enhance national resilience. Future research could also explore how emerging global challenges, such as technological advancements and climate change, impact democratic processes and human rights, providing valuable guidance for future governance and resilience-building efforts.

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