

THE FOUNDATIONS OF DEMOCRACY: A LITERATURE-BASED EXAMINATION OF QUALITIES AND EVOLUTION

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Abstract

This article explores the multifaceted concept of democracy, tracing its historical evolution, , and the factors that influence its quality. Through a comprehensive literature review, the study examines democracy's origins, focusing on its transition from direct to representative models. It delves into the democratic systems, such as participation, equality, and accountability, while also highlighting the distinctions between direct and representative democracy. Additionally, the article evaluates the quality of democracy, emphasizing criteria such as inclusiveness, transparency, and the protection of civil liberties. By synthesizing insights from diverse sources, this research provides a nuanced understanding of democracy as both an ideal and a practical governance system. The study concludes with a discussion of contemporary challenges and the evolving nature of democratic practices in a globalized world, offering a critical framework for assessing and strengthening democratic governance. This exploration underscores the enduring relevance of democracy in fostering just, equitable, and participatory societies.

Keyword: Democracy, History of Democracy, characteristics of Democracy

Introduction and Background

Democracy is a system of governance which is explicitly based on the popular will of the people. It strongly negates the idea of aristocracy and oligarchy under which the selected people rule over the majority. This practice is strongly prohibited under the democratic system. The democratic governance system grants the equal rights and standing to all segments of the society including the marginalized communities i.e., women and minorities (Bashir, 2015).

Democracy is a political system which is considered the most suitable governing system in the contemporary era. The majority of the countries of the current era follow the same political practice (Plumper et al, 2003). There are also some nations that oppose the idea of democracy but the fact is that democracy is based on the all those social and political traits desired by the majority of the communities to be practiced (Cook, & Westheimer, 2006). In the present regime, most of the developed and developing nations strive for the establishment of democratic values. The prime notion is that all of the global forums like World Bank, International Monetary Fund and United Nations are working to foster the democratic developments (Przeworski et al, 2000).

Conceptualizing Democracy

Democracy is defined by different ways. It is considered a government of the people by the people and for the people. On the other hand, at the practical level, "democracy is defined as the set of the representative institutions that strive to uphold the liberal values". The core of democracy is associated with the solution of all political, civic and economic problems (Wantchekon, 2004). It is directly linked with the grass root level as the actual practice of

democracy starts from the micro level and covers the wide areas at the macro level. The local, provincial/state and federal are primarily three levels of the international political set up. All of these three levels work for social and economic development at their respective stages under democracy (Keefer, 2005).

The democratic system is based on the popular vote which is determined through the free and fair elections. This electoral system enhances the equal opportunities of all people as they are free to take part in the governance system. The majority of the world is enjoying the benefits of the democracy in present time on one side but on the other hand, there is plenty of the developing and poor countries are not enjoying the fruits of the same governing system. Officially they declare themselves as democratic countries but practically they are not having the same practices which are considered the heart of the democracy (Cook & Westheimer, 2006). The third world countries like Pakistan are still far away from the professional practices of the democracy. They are lacking in the free and fair elections, equality, transparency, impartiality and good governance. Unfortunately, Pakistan is also among these countries where democratic practices are at vulnerable conditions which involve numerous factors. Out of all these factors, the political leaders themselves are playing the main role leading to undemocratic practices (Hashmi, 2018). Since, the inception of the country, the ideal form of democracy remained just in documents as in actual practices even the democratic governments played an authoritative and dominant role which destabilized democracy in the country (Hashmi, 2018).

According to Webster New Encyclopedic Dictionary (1995) "Democracy is a form of government where the supreme power is invested in the people and exercised by them directly and indirectly through their representation".

This definition defines two forms of democratic government system i.e., direct and indirect. The direct democratic system is almost absent in contemporary period because perhaps there is not a single country which practices the direct form of government fully. This is the ideal type of democracy because it requires the whole society educated and have analytical awareness about the politics and political system. By the same way, the direct democratic system also lacks implications due the lack of interest of the people in the political matters. In such way, only indirect form of democracy is applicable in the society where the people choose their representatives through their votes and send them in the assemblies and legislatures regarding the political system. This the widely practiced form of democratic government of the political system.

As it has been mentioned above that the origins of democracy can be traced back to the Greeks and Athens so the term "Democracy" is also linked with the Greek language as well. Democracy is originated from the Greek word "Demokratia" which literally means the rule of the people. The word of Demokratia consists of two words i.e., "Demos" and "Kratos". The word Demos means people while Kratos is associated with the meanings of power. Hence, collectively Demokratia means the power or rule of the people. The origination of this term is also traced back to 5th century BC.

One important thing is to note here that the early democratic setups included only the elite class because the common people were excluded from the such political setups. The political elite got another chance to legitimize their rules in the wake of the democratic movements initiated by the common people. This was again only the elite class which was chosen by the ordinary people through their votes. Such elite class did not allow the ordinary people to be incorporated in the political affairs till the modern world. The rights of the vote were also restricted to limited classes as the slaves, negroes, women and other marginalized segments of the society were not allowed to cast their votes because they were considered second and

even the third-class citizens. It also took hundreds of the years to introduce the modern political system.

The critical observation of the modern political system has also the same practices. Today, the developed countries like US, UK and Canada are having the democratic political system which does not mean that all of the citizens of the same countries have the same political inclination. Unfortunately, the ordinary people also do not have the same access to the political participation because they lack of the social and economic resources to participate in the political matters. But one thing is to note here that such people have been given their human rights to live with dignity. The democracy is the most suitable political system in the current era to give maximum social, political, economic and civil liberties than authoritarian rule. Although, the countries like China and Russia do not support the democratic system and have reservations regarding democracy, this political system is widely acceptable across the world.

There is also difference among the practices of the democracy as well. The democracy of the US, UK and Canada cannot be practiced in the backward countries of Africa. There are huge differences among the priorities and level of civil and political liberties granted to common people. Hence, in most of the cases the developed countries have higher level of democratic practices than the developing and under-developed. Again, there are numerous factors responsible for the same like the level education, awareness, social inclination and opportunities available to them. This is the reason that the democratic system could not flourish in the developing countries like Pakistan but at the same time the countries like New Zealand, Switzerland and Ireland are very successful in the democratic setup.

Core attributes or Qualities of Democracy

The application of democracy is now dream of the majority of the states across the seven continents but there are only a few states that have applied the democracy with its core values. It is harsh reality that most of the democratic countries are of just name as they have just labeled the word of democratic with their names but in practice, they are not having the democratic values. There is absence of rule of law, human rights, absence of freedom of speech and equality. This raises the questions regarding the validity and quality of democracy (Baker, 1999).

The quality of democracy is not same in all of the democratic countries. It depicts the underlying meaning of the states who have aligned themselves with this political system because the nations' attitudes develop the variation of the practices. If the nations have more positive attributes, they would like to have better quality of democracy (Morlino, 2011). For example, equality and rule of law are two primary parameters of democracy. It depends on the ruling hands and the people to adopt the sense of the same parameters. If the ruling authorities and common citizens both wish to develop a pure democratic system, they would prefer to practice these parameters in accordance to its actual meanings. All of the members of the society i.e., higher authorities, politicians and the commoners will be dealt on equal basis. This will lead to a pure democratic state. But if when it comes to the rule of law and equality, the those who have high social positions will take a covert path and adopt the secret ways to get rid of law, the democracy will die (Diamond & Morlino, 2005).

Unfortunately, it is bitter reality of the current democracy that there are only a few countries having the same quality of democracy. In most of the countries there are huge differences between the ordinary citizens and the those who have prestigious social statuses. The rule of law also does not apply on the same footings to deal with these two variant social segments of the societies. Here again comes the example of the developed and under-developed countries. The developed countries have somehow adopted the democratic ways where the

commoners have also social rights and can raise questions before their leaders and authorities (Beetham, 2004). For instance, a common citizen Australia can stop to hold public meeting or speech of the prime minister in front of his house as it disturbs his privacy. But in the developing and under-developed countries, the picture is totally different.

Diamond & Morlino (2005) defined the quality of democracy as: “we consider a quality democracy to be one that provides its citizens a high degree of freedom, political equality, and popular control over public policies and policy makers through the legitimate and lawful functioning of stable institutions”.

When it is discussed about the quality of democracy, the focus must be on democracy and democrats who strive for the application of the actual democratic values. In the current age, US is considered to be the main exporter of democracy whose primary focus is to foster the democratic developments in the world. But apart from just exporting democracy, the focus must be on the quality of democracy because the democracy of just name is not helpful. It just changes the name of ruling system if there is absence of quality of democracy. The quality of democracy also fluctuates among the lower, middle and high levels (Beetham et al, 2008). The supplier of democracy will have to focus on the high quality of democracy because this is the only way to gain maximum outputs otherwise the socialism under China and communism under Russia also grant the same parameters. But in order to differentiate the democratic system, one must focus on the quality and high quality of democracy. The high quality of democracy can only be achieved when all of the organs of the ruling system work according to their prescribed ways and grant the maximum outputs in accordance to the demands of the system and the masses at large (Beetham et al, 2008).

There are many parameters and elements of the democracy. The different authors have adopted the variant forms of democratic basis. Likewise, the quality of democracy is also based on some of a few cornerstones including competition, participation, equality and rule of law. All of these cornerstones collectively determine the quality of democracy (Nwogu, 2015).

Firstly, competition is the foremost indicator of the quality of democracy because under the democratic system the power is shared among the different groups which creates a streak of competition among themselves. This competition forces them to perform in the better way in order to win over the other groups. This is the beauty of democracy which involves all social segments under the different power sharing groups. The oligarchy and authoritarian rules do not have such competition so a group of same cast and creed rules over the country for centuries.

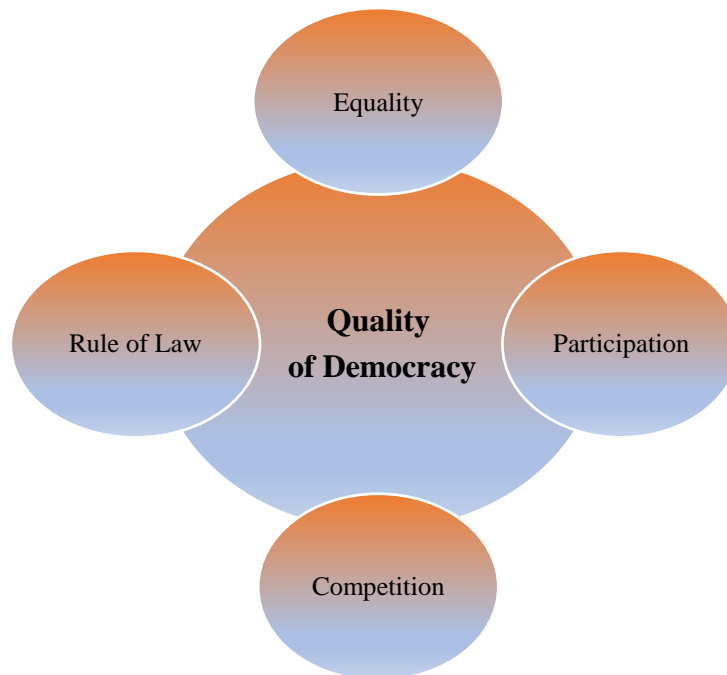


Figure No: 02 *Quality of Democracy*

Source: Prepared by the Authors

Secondly, participation also determines the quality of democracy. Democracy provides the chance to the civil community to participate in the political and management affairs of the country through the power of their votes. This participation is helpful in determining the future leadership of the country because the masses only vote those who perform better during their rule. Hence, the quality of democracy has close connection with the participation of the civil community as well.

Thirdly, equality is the core of democracy and the quality of democracy. If there is not equality, there will not be democracy anymore. So, according to the democracy all of the citizens are equal before rule of law. There is no inferiority or superiority before law under the democracy. Now it depends on the quality of democracy and the ruling hands that how they provide the same right to the masses. High quality of democracy can only be achieved through when the equal rights are granted to all citizens including those in high social positions and the common people.

Lastly, once again the rule of law is closely associated with the quality of democracy. Rule of law prevails only when equal opportunities are given to all citizens in all fields. When there is no difference on the basis of cast, creed, social and economic position. Consequently, the quality of democracy lies in the application of the democratic values in its original form. The absence of the same values will lead to hamper the democracy.

Roots of Democracy in Modern World

The history of democracy revealed that it took centuries to introduce democracy as the alternate political system of the oligarchy and kingship. Democracy grew slowly but gradually as the democratic efforts started before Christ period but the authoritarian rule of the kings and queens was not ready to adopt such a political and administrative system which would diminish their reign. The thousands of the people have to sacrifice their lives to introduce democracy or a system equal to democracy.

The democratic setup adopted the fast track in the modern period especially the post-WWII era. The victory of the allied forces resulted downfall of the world empires like Nazi Empire in Europe, Japanese empire in Pacific. Earlier, after the end of WWI, the Ottoman Empire

was also dismantled which created more than forty countries on the globe. It does not mean that wars created the democratic system but it is important to note here that the winners imposed their ideologies on the victorious lands. This was the reason that after the end of the WWII, the democracy started to flourish in the different parts of the globe because US rose as the big power of the world. A tug of war started between USSR and US to flourish their ideologies i.e., capitalism and socialism (Friedman, 2005).

The end of WWII also ended the different traditional empires especially in Africa and Asia. The British, US and French empires were the prominent ones that disintegrated and many newborn countries appeared on the globe. A plenty of their colonies were also diminished for example India in South Asia which later divided into India and Pakistan. The pre-WW period generated the empires and colonies and the post-WW era disintegrated those empires and developed the modern political system mainly the democracy.

The post-WWII era did not assure the democracy as the world was going to face another authoritarian rule in the form of dictatorship. The countries liberated from the empires and colonies were occupied by the powerful means especially the military dictators. Under the wave of competition between Socialism and Capitalism, the military dictators got chance to gain political powers as well because the period between 1945-1990 witnessed a bitter cold war between the major global powers. These global powers just focused on the fostering their ideologies and did not pay attention that either there is military or civilian rule (Friedman, 2005). Hence, the countries like Pakistan, Bangladesh and others experienced the long military rules.

Democracy started to flourish on rapid from after Soviet Union collapsed in 1991. So, in the post-1990 period, US rose as the single super power of the world and it run the campaigns to promote democracy with the assistance of the international organizations i.e., IMF, World Bank and United Nations. The end of Soviet Union once again resulted the liberation of many countries like Central Asian states, Czech Republic, Poland and Hungary etc. Although these states remained under the influence of former Soviet Union later, they too opted the possible democratic means. US helped such nations to build democratic values and also provided military and economic aid during different periods.

The critiques of the democracy also blamed the US of promoting its ideologies under the pressures of military and monetary benefits. For example, the military invasions in the Middle East and Afghanistan are noted primarily. According to them, the democracy is imposed not chosen by the majority of the third world countries because they needed the military and fiscal help and in return, they had to adopt the democracy and US's ideologies. In the post-colonial period, the global powers did not directly occupy the countries but they trapped these countries under the socio-cultural and economic plans of IMF and World Bank which assisted to promote democracy and it flourished in the post-colonial period. Pakistan is also one of those countries which was also trapped in the wake of US military and economic assistance since its inception. Once a country is trapped, it will hardly get liberation from their jaws.

The practice of democracy cannot be perfect as there is no country which can claim to be fully democratic. The absolute democracy can only be the ideal form of democracy because it is impossible to embrace the footsteps of democracy fully. There may be flaws in democracy (Hay, 2006). The rule of law may not be prevailed across the whole country. The freedom of speech might be snubbed. The right of knowledge and information may be kept apart from the citizens. So, all of the core values of democracy cannot be enforced in a single nation which suggests that democracy cannot be perfect. Yes, the countries might be close enough in

the terms of the practice of these values and satisfy their citizens through the services provided to them.

The above stated history revealed that democracy has passed through centuries and generations to generations to set its route in the current era. The democratic effort did not remain same for all of the nations because the different countries adopted different routes to reach up to the present democratic set up. Every country and nation have its own distinctive history and efforts they did to embrace democracy. Some of them took short but the other had to take long routes for the same purpose. But one thing is clear that all of them made efforts to legalize equality and rule of law in the society. Their primary motive was to include all of the major and minor social segments in the main political stream of the country. They wished to replace the tyranny rule of kingship with the democratic system based on the popular will (Knopff, 1998).

Out of the whole effort of generations, the modern period proved decisive to support democracy. The modern period is important regarding the industrial developments, technology, education and awareness (Macey, 1993). All of these factors proved helpful to develop democratic set up in the contemporary world. During the industrial revolutions, the laborers had to work long days and nights consecutively due to absence of their prescribed rules and regulations. This pushed the labors to organize and demand for their legal rights. furthermore, the educational system also created awareness among the masses to stand against the brutal system and led to a system based on equality of human beings.

This was also not sudden social change that world embraced democracy at once rather during the industrial revolution the laborers had to fight for the rights for a long period. Hundreds of the laborers were killed for this cause (Ober, 2008). Even by the end of 1900 there were a few democracies in the world. Even the most remarkable democratic countries like US and Switzerland had not given the rights of vote to the women by the end of 1900. So, the next century witnessed two World Wars which proved helpful in the promotion of democracy.

Post-Colonial Period

After the end of the World War I, Japan and Germany established their gradual influence over the different countries and regions. Germany under the leadership of Hitler continued to increase its military powers and deterred the whole Europe. At the same time, Japan also stepped forward in the east and enlarged its influence over the countries of pacific region. The initial months and even the years of WWII were very supportive for both of them as they tightened their grip over the respective areas. But later the victory of allied forces changed the whole scenario and tightened the grip over Germany and Japan. The whole conquered countries were liberated from their control. The whole world faced another shift of powers as the Britain and French also had to give up their colonies especially in Asia and Africa.

Not only Britain and France ended their colonial rule in the post-colonial period but there were many other powerful countries that also had to give up their colonial influence. For example, Indonesia was the colony of the Dutch and the Dutch had to give up its control of Indonesia too. By the same token, Portuguese were also in the same line during the colonial period who had to give up Mozambique and Angola. These colonies were liberated from their master countries and some of them adopted democracy while the others did not.

Apart from the European countries, Soviet Union was also one of the powerful that had influence over the eastern Europe and the present Central Asia states. Soviet Union maintained its influence over these countries even after the end of the WWII. But later when Soviet Union itself disintegrated, most of the countries got the chance and became independent. The countries of Baltic Sea that got independence from Soviet Union preferred democracy as well.

These countries took a long period to evolve the democratic practice but now they are known the democratic countries. Now the democracy is in the full and smooth track that seems irresistible. Likewise, the Western Europe also adopted the democracy as the authoritarian governments of Spain, Greece, Portugal have been replaced with democracy. Hence, those countries that established colonies converted to democracy after the end of colonialism.

Democracy in the Third World Countries

As the democracy passed the different phases of its developments, the world also passed through different regimes which differentiated them into different categories. These categories are popularly known as first world, second world and third world countries. The Americans firstly struggled against the tyranny rule and slavery so they developed the first organized democratic system known as the first world countries. The first world countries included the US, the European countries (mostly western European) and other allies. This bloc fostered democracy among their supporter countries.

The second world countries are those who supported the communism. In the start of the 20th century, a new ideology gained prominence in the Soviet Union known as communism which inspired many countries across the globe. Although, the supporters of communism were fewer than capitalism, it gained much prominence in the 20th century. All of the supporter countries of communism were known as second world countries. The notable second world countries are Soviet Union, China, Cuba and its other allies. This block rejected the democratic system.

In accordance of the above stated description, it is normally perceived that third world countries include those countries that neither supported capitalism nor the communism. They remained neutral during the entire period of long cold war between US and USSR. Commonly it was perceived that they are neutral but they have to adopt a system either democracy or communism or amalgamation of the both. Such countries belonged to all regions including Asia, Africa and Latin America etc. Both the US and USSR tried to impose their ideologies on such countries but soon after the disintegration of the Soviet Union, there was only option for them and that was US. Currently, the term third world countries is associated with the developing and the under-developed countries that have limited resources. They have to rely on the regional and global powers for their survival.

So, after the Soviet Union's disintegration, the third world was mainly associated with the US means the adoption of democracy. This is perhaps the main reason that third world countries mainly adopted the democracy. Some of the prominent third world countries include India, Bolivia, Bangladesh, Pakistan, Guinea and Ethiopia etc. The larger numbers of the third world countries belong to African regions.

The most of the third world countries gained independence from the empires so after the end of the colonialism they gained independence and set the political developments. The competitive elections and civil liberties were witnessed in the third world countries which helped them to put on the track of democracy. For example, the countries like India, Gambia, Botswana and a few islands in the West Indies experienced the same liberties. Some of the third world countries did not opt democracy formally but they practiced the same administrative and political characteristics that resemble democracy. The notable third world democratic countries are South Korea, Bangladesh, Nepal, Thailand, Indonesia and Philippines (Pinkney, 2004).

The majority of the third world countries experienced the long authoritarian rule either in the form of military or kingship system. The same was the case with the above mentioned third world countries as well but they survived to end this authoritarian rule and have chosen democracy. At the same time, many of the African developing and poor countries are facing

the same authoritarian rule. At Present Sudan is facing the same issue where two powerful groups are fighting each other to gain the control. Contrary to that, democracy provides way for popular will to decide the future leadership of the country (Pinkney, 2004).

Democracy has changed the fate of many developing and third world countries. This is the reason that since 1990 majority of the sub-Saharan African countries held the elections where political parties took part under a tough competition. This all assisted the countries putting them on the track of democracy. Yet, there are much authoritarian tendencies exist in African region which will take time to democratize themselves. Apart from Africa, there are many countries of Asia still experiencing the authoritarian tendencies like Pakistan, Myanmar and the Middle East region. This transition came in just half of the last century which is remarkable and explain the importance democracy (Pinkney, 2004).

The majority of the third world countries are suffering from different issues most importantly is poverty. Poverty does not just mean the lack of economic resources rather it is linked with many other related issues like illiteracy, low life expectancy, unsafe drinking water, absence of the basic necessities and the high infant mortality rate. All of these issues are born due to poverty and they together form complex situation for the third world countries. One the other side, the developed nations do not confront the similar issues which resultantly put more pressure on the third world nations.

It depends on the third world nations how they deal with such situation. There are many third world countries coped with such problems properly and upgraded their living standards. Such countries are mainly aligned with the democracy where they provided the equal footings to all citizens in economic and political domains. They prospered the cores of democracy from the grass root level. India is the notable example of third world countries which is now known as the largest democracy. India got independence from the British empire after the end of WWII and now stands among the top 20 economies of the world. This is because India adopted the democratic way since its inception which flourished with the passage of time. It does not mean that India has overcome all of the above stated issues but it managed them in suitable ways.

Waves of Democracy

Democracy passed through different regimes. It took a long journey to reach up till the modern period. Throughout all of this journey, democracy took three major curves known as waves. During every wave, many countries joined the democracy club. Like the first, second and third world countries, the first, second and third waves were witnessed during the different eras. The first wave is concerned with those countries who adopted the democracy first and so on the second and third waves were related with second and third world countries (Huntington, 1991).

First wave

Presently, the democracy is passing through the third wave. The third world countries are becoming the participants of the democracy club. The first wave of democratization was started in 1820s from the North American continent especially the US. This was the first and the largest wave of democracy. The idea of democracy was relatively new to be adopted as political system formally because the prior practice was mainly linked with kingship and oligarchy rule. The exporters of democracy worked so hard to introduce the democratic ideas. This wave lasted till the 1926 and only 29 countries could be brought under the umbrella of democracy.

This long journey was not out of the troubles because the anti-democratic block put hurdles in establishing the democracy. The WWI was also a factor in halting the democratic process as some of the dictators like Mussolini and others motivated the already democratic countries

to reverse their political system. The post-WWI era once again witnessed the tyranny rule and the 29 already democratic states were reduced to just twelve states.

Second Wave

After the end of WWII, democracy once again rose to include many countries under its wings. So, the second wave of democracy started after the end of WWII as the allied won the war. The most of the allied countries and their close partners were associated with democracy and they started to set up the democratic system across the globe. This wave was much shorter than the first wave. It was more successful than the first wave as up to 1962 once again the democratic countries rose to 36.

Like the earlier wave, this wave too had to face reversion due to tough competition with communism and cold war. Although the majority of the developing world was not in the favor of communism, they could not support democracy openly. In such situation, they preferred to be neutral neither aligned with US-led democracy nor with communism. So, the pressure of cold war and expansionism of communism and socialism, the second wave of democracy have to reverse during 1960-1975. During this period, once again the number of democracies decreased to thirty. Hence the effort of democracy which was started in 1820 could establish on 30 democracies till 1975.

Third Wave

The exact date of third wave of democracy is not sure but it is obvious that it was started during the end of the cold war. In the late eighties and nineties, the influence of communism started to decline which helped the American and European-led democracy in the third world countries. There were many factors responsible for the third wave of democracy which collectively boomed up the democratization process even in the far-flung areas of Asian and Africa as well. According to Huntington (1991) there were primarily five major factors contributed to the occurrence of the third wave of democracy.

Firstly, the issues of legitimacy of the authoritarian rule aided to adopt the democracy in third world countries. As it already has been discussed that the third world was primarily under the control of the authoritarian rules. Such rule was based on a group of a few people who took decisions according to their will. The popular will was absent because the common people were not allowed to take part in the political and administrative affairs. The masses were fed up from their willful decisions which were mostly against the common perceptions. In such conditions, the authoritarian rule was unable to be legitimized because the earlier waves of democracy had provided an alternative to such ruling system. So, the social movements erupted in such countries that the dictatorships and authoritative rules were started to be replaced with democracy.

Secondly, the economic growth and the educational developments were other factors reported to be the major determinants of establishing democracy in the third world. The democratic countries performed in better way and opened the new gates of economic facilitation which motivated the third world to adopt the democracy. The military dictatorship is always temporary so such rule could not provide the futuristic policies and approaches. Contrary to that the democracy involved the middle class on one side and provided the long-term policies based on futuristic approach on the other. Furthermore, the education developed awareness among the masses which created a middle class that favored the participation of the civil society in administration. This middle class was encircled in the urban areas where they established organizations and motivated the common masses to stand in the favor of democracy.

Thirdly, the religious factor was another determinant of developing democracy during the third wave. The transformation of the national Catholic churches which converted from the

defenders of status quo to the opponents of the authoritarian rule. This helped in ending the authoritarian rule supported the democratic system based on rule of law, equality and freedom of expression. Such elements were strongly opposed in the authoritarian regimes.

Fourthly, the policies of the US and Europe changed over the period of time which also helped in establishing the democracy. In the earlier period, the US and Europe targeted on colonialism and created colonies notably in the Africana and Asian continents. But during the cold war, they changed their policies and provided the economic and military aid to the third world countries which also fostered the democracy in third world.

Lastly, the snowballing was another prominent factor to enhance the democracy during the third wave. A democratic country provided the ways for other countries to follow the same political patterns. The snowballing factor was largely based on the better performance and motivated the other non-democratic countries to engage with democracy.

Conclusion

Democracy, as a governance system, continues to evolve, shaped by historical precedents and contemporary challenges. This study highlights its foundational conceptualization and transitions, offering insights into its practical and theoretical dimensions. A robust democracy relies on active participation, accountability, and inclusiveness. Understanding its quality and adaptability is crucial for addressing modern governance complexities. By revisiting the core principles of democracy, societies can work toward strengthening democratic practices that uphold justice, equality, and freedom.

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