Democratic Backsliding and the Resurgence of Coup D'etat in Sub-Saharan Africa: A Critical Analysis

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Abstract

This paper examines the interplay between democracy, insecurity, and resurgence of coup in sub-Saharan Africa, a region with mixed outcomes of democratic transition since 1990. It asks why some countries experience democratic fragility and instability, while others achieve democratic consolidation and stability. Using Democratic deficit theory as the analytical framework, the paper conducts a comparative analysis of four cases: Mali, Guinea, Chad, and Niger selected based on the frequency and outcome of coup attempts. The paper draws on secondary data from various sources, such as reports, surveys, and indices. Findings of the

paper revealed that the main causes of democratic backsliding, fragility and instability are weak institutions, corruption, poverty, inequality, and external interference. These factors erode the constitutional order and democratic norms, undermine the legitimacy and accountability of political leaders, and create uncertainty and instability for the citizens and the international community in terms of peace and security. The paper argues that to enhance democracy in sub-Saharan Africa, there is a need to strengthen the social contract between the state and the citizens, by promoting inclusive and participatory governance, addressing socio-economic grievances, ensuring respect for human rights and the rule of law, and enhancing the legitimacy and accountability of political leaders. The paper contributes to the literature on democratic transition and consolidation, and offers policy recommendations for improving the democratic performance and security of the region.

Keywords: Democratic transition, democratic deficit, socio-economic grievances, democratic fragility,

Introduction

For several decades, the concept of democracy has been increasingly embraced throughout the global South, a phenomenon often described as the "democracy revolution" or the "third wave" of democratization **(Huntington 1991, Shin in 1994)**. With no option but democracy, many of Africa's countries joined the bandwagon, jettisoned one party system and military dictatorial regime, to embraced multiparty and representative democracy **(Obi, 2008**, **Yusfu, 2023)**. These transitions to democracy in Africa were necessitated by the collapse of the socialist economy and the eastern bloc **(Soviet Union)** spearheaded by the Russia, which also signal the end of the cold war er**a,** and the bi-polar system in the late 1980s **()**. The triumph and emergence of the United States and its capitalist allies as dominant global powers, makes the western version of democracy a beautiful bride, the most sought after and the "only game in town" **(Przeworski, 1991)**. This was coupled with the push for economic reforms by the donor agencies from the West, the rise of opposition politics clamouring for socio-political change, and the lack of steady development and economic stagnation experienced in Africa during the period (**Obi, 2008, Adejumobi, 2015).**

The turn around to democracy was evidenced in the continent of Africa, for instance in the 1975, about 41 countries are non-democracies, and are in one form of dictatorship or the other, while 3 countries can be regarded or classified as democracies **().** By 2018, the number of countries that have embraced democracies increased significantly to 20 nations **(IDEA, 2019).** Regarding this shift to democracy many were of the view that coup d'etat will be things of the past **(Aslan, 2018)** Despite the transition to democracy, vestiges of dictatorial tendencies have remained in Sub Saharan Africa (SSA), as the prevailing political, social, and economic situation of old persists. Complicated with human rights abuses, corruption, insecurity, and the sit-tight syndrome of dictatorship government. Many countries have failed to enhance the integrity of their electoral processes, periodic elections are flawed resulting in electoral violence and civil wars, the situation leading inadequate representation and decline political participation of the citizens. In essence, Africa experienced a remarkable expansion in the so-called democratic project, particularly since the early 1990s when many countries in the region introduced multiparty elections as indicators of democracy (Adejumobi, 2015). To affirm this point, in 1975, 41 countries were non- democracies while only 3 countries were classified as democracies. By 2018, the share of democracies had increased fivefold to 20 countries, making democracy the most common regime type in the region (41 per cent) (IDEA, 2019). Following this development in Africa, coups were termed "things of the past" (Aslan, 2018). Despite seeming gains in the past decades, the conduct of elections in several African countries remains flawed (Adejumobi, 2015; Obi, 2008). While the region has witnessed a rise in the number of transitions from ruling to opposition parties, many countries have failed to enhance the integrity of electoral processes. Contested elections are a common feature of electoral processes in the region, sometimes leading to the outbreak of election-related violence. The expectation that the return to the path of the democratic rule will lead to a conducive environment for human security and development soon became dashed hopes. Another set of challenges to democratic consolidation seen in many parts of Africa today relates to high levels of insecurity, conflict, and civil war. In several countries, earlier gains have been reversed due to violence, failure to transform the political process, and the return to military rule.

Since the years of independence, Africa has experienced more than 200 military coups, counting both successful and failed coup attempts. The political and economic conditions prevailing in different African countries and the foreign influences at work during different periods (post-independence, Cold War, and post-Cold War eras) have all played a part in fueling conflicts and coups in the region. The destabilizing internal factors have been many and varied, depending on the national context. They include but are not limited to warring factions seeking to gain power in the aftermath of independence; poor quality of governance and corruption by state officials; autocratic regimes repressing any form of opposition; uprisings by mostly youth supported the social media and demands for change and political transformation (Adejumobi, 2000; Babatunde, 2015).

Although coup d'états have happened in the African continent since the 1960s, the paper argues that unconstitutional means of regime change in Chad, Mali, Guinea, Sudan, and recently Burkina Faso highlight a disturbing trend in African politics capable of reversing democratic consolidation and stability achieved in Africa. These events, each with unique causes and outcomes, underscore the vulnerability of democratic institutions and the public's discontent with the existing political order. While some coups have garnered popular support, others have been met with resistance and international condemnation. Organizations such as the UN, the African Union, and ECOWAS have implemented a zero-tolerance stance on coups, yet their efforts to reestablish constitutional governance and foster dialogue are hindered by lack of legitimacy and accountability, where many incumbent presidents tend to cling to political power, by not only manipulation election and voting outcome, but tinkering the constitution to perpetually stay in office. it is doubtful if the wave of democracy that began in the 1990s can be sustained **(Campbell, 2020)**.

Statement of Problem

Despite the widespread acceptance of democracy as a desirable form of government, many African countries have experienced military coups that have disrupted or reversed their democratic transitions. These military coups pose a serious threat to the representation, participation, and accountability of the people, as well as their freedoms and rights **(Bloh, 2023, Campbell, 2021).** Sub-Saharan

Africa (SSA) is a region with diverse political regimes, ranging from full-fledged democracies to authoritarian dictatorships witnessed a wave of democratic transitions, since the end of the Cold War. Many countries abandoned one-party or military rule and adopted multi-party elections. However, the quality and stability of democracy in SSA remains low and uneven, as many countries face various challenges and threats to their democratic consolidation such as corruption, insecurity, human abuses, and tenure extension by manipulation of the constitution. According to the **Democracy Index (2021)** only four countries in SSA are classified as full or flawless democracies (Mauritius, Cape Verde, Botswana, and South Africa), while the majority are either hybrid regimes or authoritarian regimes. One of the main indicators of democratic fragility and instability in SSA is the recurrence of coups d'état, which are violent or non-violent overthrow of the constitutional order by the military or other armed groups.

Though coup is not a new phenomenon in SSA, according to the Center for Systemic Peace, SSA has experienced 114 coup attempts since 1950, of which 66 were successful and 48 were failed. The region has also witnessed a spate of coups since 2020, including in Mali, Guinea, Burkina Faso, Chad, Sudan, Niger, and most recently, Gabon **(Mbaegu, 2023)**. These coups have various causes and consequences, but they generally reflect the dissatisfaction and frustration of the citizens and the security forces with the political and economic situation, the lack of legitimacy and accountability of the political leaders, and the interference of external actors. Something is fundamentally wrong with the prevailing socio-political structures in Africa. The liberal peace architecture has recorded failures on the continent. Consequently, addressing these challenges is essential for the ongoing development of democracy in Africa

Therefore, the main objective of this study is to examine the reasons for the resurgence of military coups in some parts of Africa? While it tries to answer the following questions:

- What are the factors responsible for the resurgence of military coups in Africa?
- Why does it seem to be receiving the support of the people?
- Should period elections be a reasonable justification for democracy and good governance?

- Are recent military interventions a direct response to citizens' complaints of bad governance and deteriorating citizens' living conditions including high levels of insecurity?

The paper adopts a comparative and interdisciplinary approach, based on secondary data and content analysis drawing on various sources of data such as academic literature, media reports, official documents, and experts' interviews culled from various media outlets. The paper will also propose some policy recommendations for enhancing the prospects of democracy and development in the region.

Conceptual Clarification and Theoretical Perspective

A coup d'état, is literally a sudden, illegal, and usually violent seizure of power from a government or ruling authority (Luttwak, 2016:1). Coups can occur in any type of government, including democracies, autocracies, and monarchies (Connor, et al, 2005). The concept of a coup d'état in Africa refers to the sudden and illegal overthrow of a government, typically executed by a small group within the state establishment—often the military—to replace the existing government with another, either civil or military. Ironically, most literature and scholars tend to limit the perpetrators of coups to 'the armed forces. It is important to note that non-military elites, civilian groups, and even mercenaries tend to be involved as coup perpetrators. In other words, a variety of individuals, from military commanders to political figures and groups within the power structure, can instigate coups. These actions may stem from a multitude of motivations, including dissatisfaction with the current political, economic, or social conditions, individual aspirations, or international influences (Bratton et al, 1997). The repercussions of such coups are profound, often resulting in political turmoil, conflict, and violations of human rights, which affect the nation and its people. Furthermore, coups can influence stability on a broader scale, altering diplomatic ties and shifting the balance of power.

The primary objective of a coup is to overthrow the existing government and replace it with a new regime. The African continent has experienced numerous coups, with significant occurrences in: Ghana (1966, 1979, 1981, 1988), Nigeria (1966, 1975, 1983, 1985, 1993), Uganda (1971, 1980, 1985, 1992), Ethiopia (1960,

1991), Sudan (1958, 1969, 1985, 1989), and Madagascar (1975, 1991). A variety of individuals, including military officers, political figures, or groups within the existing leadership, can instigate such coups (Steinhauser, 2021, Yusuf, 2023).

Democratic backsliding, also known as democratic erosion or deconsolidation, is a gradual decline in the quality of democracy and the opposite of democratization and democratic consolidation. Accordingly, one definition of democratic backsliding that follows from this concept of democracy is that democratic backsliding is any change of a political community's formal or informal rules which reduces that community's ability to guarantee the freedom of choice, freedom from tyranny, or equality in freedom. It is characterized by the state-led weakening of political institutions that sustain the democratic system. These practices can include the erosion of free and fair elections, limitations on the freedoms of speech and assembly, undermining the rule of law, and weakening the civil society.

Democratic instability, on the other hand, refers to the lack of stability in democratic governance, often characterized by frequent changes in government, policy uncertainty, and political unrest. This instability can be caused by various factors, including weak democratic institutions, political corruption, and external interference. Insecurity in a democratic context can refer to a range of issues, from economic instability to social unrest and violence[5]. In public discourse, democracy and disorder often become linked, as new governments confront the inefficiencies of democracy, rising crime rates, banditry and criminal gangs, and uncontrolled elements of the security forces that engage in activities ranging from petty corruption to mutiny.

The term 'democratic fragility' denotes the weakness of a democracy to various shocks, both from within and outside, that have the potential to destabilize it.[1]. This concept provides an alternative means of approaching the history of democracy, which has often been seen as the inevitable consequence of social and political modernization ().

Empirical Review of Previous

The paper titled "Resurgence of Coups and Democratic Stability in Africa: An Appraisal" by Yusuf Abubakar Mamud (2023) explore the recent increase in military coups in Africa and their impact on democratic stability. It examines the historical and political context of coups on the continent, analyzing contributing factors such as weak democratic institutions, political instability, corruption, and external interference. The paper discusses the implications of recent coups, including the erosion of democratic gains and human rights violations. To address these issues, the author proposes solutions like strengthening democratic institutions, promoting good governance, combating corruption, and enhancing regional and international cooperation. The role of the African Union in preventing coups and supporting democratic governance is also analyzed.

The paper concludes that preventing coups and ensuring democratic stability in Africa requires a sustained and coordinated approach involving national, regional, and international actors.

Bratton, & van de Walle (1997). In their study titled Democratic experiments in Africa: Regime transitions in comparative perspective" provides a comprehensive analysis of the patterns and dynamics of democratic transitions in SSA, and argues that the quality and stability of democracy depend on the nature of the previous regime and the mode of transition. The authors identify four types of regimes (pre-transitional, liberalized, transitional, and consolidated) and four modes of transition (transplacement, replacement, transformation, and founding). They show that weak institutions, corruption, poverty, inequality, and external interference are among the factors that hinder democratic consolidation and create opportunities for authoritarian resurgence

Gyimah-Boadi, (2015). In an article titled Africa's waning democratic commitment., examines the trends and challenges of democracy in SSA, using data from the Afrobarometer surveys. The author argues that while democracy has made significant progress in the region since the 1990s, it faces serious threats from democratic backsliding, authoritarian resilience, and popular discontent. The author attributes these threats to the poor performance and legitimacy of

democratic institutions, the persistence of corruption, poverty, inequality, and insecurity, and the lack of external support and pressure for democracy.

Cheeseman (2018). In a study tiled "How to rig an election" exposes the strategies and tactics of electoral manipulation and fraud in SSA and beyond. The author argues that authoritarian regimes have become adept at using a façade of legality and legitimacy to undermine democracy and perpetuate their power. The author identifies five main techniques of rigging: gerrymandering, voter suppression, ballot box stuffing, vote buying, and intimidation. The author also discusses the role of external actors, such as donors, observers, and media, in facilitating or challenging electoral malpractice

Kew & Lewis (2018). Democracy and security in Africa. In D. Francis (Ed.). This paper explores the linkages between democracy and security in SSA, and argues that democratic fragility and instability have negative implications for peace and stability in the region and beyond. The authors examine the sources and consequences of democratic fragility and instability, such as weak institutions, corruption, poverty, inequality, and external interference, and how they affect the prospects of conflict, violence, terrorism, and migration. The authors also discuss the role of regional and international actors, such as the African Union, the United Nations, and the European Union, in supporting democracy and security in SSA.
The paper titled "Democratic Consolidation in Sub-Saharan Africa" by Maneshi (2013), explores the impact of colonial powers on democratization processes in the region. The paper posits that the variation in democratic consolidation in Sub-Saharan African countries may be linked to levels of corruption during the early stages of democratization. It employs multivariate logistic regression to support this argument, suggesting a strong correlation between corruption degrees and democratic consolidation. However, the paper also advises caution in interpreting the data due to potential limitations in observations and significant relationships.

Theoretical Perspective

The Democratic deficit theory is a concept that describes the gap between the expectations and the performance of democracy, which leads to democratic fragility and instability. According to this theory, democracy is not only about holding free and fair elections, but also about ensuring effective representation,

participation, deliberation, and accountability of the political institutions and actors. When these aspects of democracy are weak or absent, citizens lose trust and confidence in the democratic system and become dissatisfied and alienated. This creates opportunities for anti-democratic forces, such as the military, to intervene and overthrow the constitutional order, often with popular support or acquiescence.

The Democratic deficit theory can be applied to the cases of Mali, Guinea, Chad, and Niger, which have experienced frequent and recent coup attempts. These countries have been struggling to consolidate their democratic transitions since the 1990s, and have faced various challenges and threats to their democratic stability.

Elements Influencing Democratic Shortfalls and Coup D'état:

Weak institutions: The democratic institutions in these countries are often weak, ineffective, and fail to deliver public goods and services to the citizens. The judiciary, the legislature, the media, and the civil society are often co-opted, manipulated, or repressed by the executive branch, which undermines the checks and balances and the rule of law. The electoral systems are often flawed, and the electoral commissions are often biased or incompetent, which compromises the credibility and legitimacy of the elections. Constitution is frequently manipulated by the executive in alliance with the legislatures for tenure elongation. The statement about weak institutions is indeed relevant to the recent coups in Mali, Guinea, Chad, Burkina Faso, and Niger. These countries have experienced military takeovers, often attributed to factors like insecurity, poor governance, and public dissatisfaction with the government's inability to provide basic services and uphold the rule of law, and frustrated youths with a brink future.

For instance, Mali witnessed two coups within nine months, driven by public anger over a stolen parliamentary election and the government's failure to protect its citizens from violent extremists. Similarly, in Chad, the military took over power after the president was killed on the battlefield, this is after he has won an election to remain in office for another five years bypassing the constitutional process.

In Guinea, a high-ranking officer overthrew a president who had attempted to extend his power beyond the constitutional limit (). Burkina Faso's coup was also a response to the government's failure to address security concerns and public grievances. Citizens are increasingly disillusioned with their governments due to a variety of issues, including significant security challenges, ongoing humanitarian crises, and a lack of opportunities for the youth. Abdul Zanya Salifu, an academic at the University of Calgary with expertise in the Sahel region, notes that governments are failing significantly in their duties. This perceived incompetence has led some military factions to consider seizing power as a viable alternative.

In the Sahel, particularly in Mali, Burkina Faso, and Chad, there have been coups amid growing Islamist insurgencies. These insurgent groups exploit local disputes and dissatisfaction with the ruling class to expand their influence. For instance, the coup in Mali was partially triggered by the government's inability to control extremist factions affiliated with Al Qaeda and the Islamic State. Similarly, a deadly attack on military police in Burkina Faso precipitated a coup there. The region is facing a severe humanitarian crisis, with millions displaced and thousands killed. The general perception is that the political elite are detached from these realities, indulging in luxury while the populace suffers. This stark disparity between the rulers and the ruled has created a volatile situation, ripe for political upheaval.

Corruption:
Corruption is a pervasive and endemic problem in these countries, and affects all levels and sectors of the society. Corruption erodes the trust and confidence of the citizens in the democratic system and the political leaders, and reduces their willingness to pay taxes and comply with the law. Corruption also diverts the scarce resources from the public to the private interests, and exacerbates the poverty and inequality in the society.

Corruption is deeply entrenched in many Sub-Saharan African countries and has far-reaching consequences. It undermines the legitimacy of governments and erodes public trust, leading to a diminished faith in democratic processes and institutions[1]. When citizens perceive their leaders as corrupt, they are less likely to

engage in civic duties such as tax compliance and adherence to laws. This, in turn, weakens the state's ability to function effectively.

The diversion of public funds for private gain not only deprives the society of much-needed resources but also aggravates poverty and inequality. Such systemic corruption can fuel public discontent and create conditions that are conducive to coups. In cases where the military perceives the government as failing to address corruption and its detrimental effects, it may rationalize a takeover as a corrective measure.

Recent coups in Mali, Burkina Faso, and Chad can be partially attributed to the pervasive corruption that has contributed to the failure of these governments to adequately address various crises, including security threats from Islamist insurgencies[3]. The coups reflect a breakdown in governance and a crisis of confidence among the populace, who feel neglected and exploited by corrupt political elites. This sentiment is exacerbated when the public sees the ruling class living in opulence while the majority struggle with the consequences of corruption, such as poverty and lack of basic services.

Poverty and inequality

These countries are among the poorest and most unequal in the world, and face various socio-economic challenges, such as low literacy, high unemployment, poor health, and food insecurity. Poverty and inequality undermine the social contract between the state and the citizens, and create grievances and frustrations among the marginalized and excluded groups. Poverty and inequality also limit the opportunities and capacities of the citizens to participate and engage in the democratic process, and make them vulnerable to manipulation and coercion by the political elites or the external actors. The relationship between poverty, inequality, and the occurrence of coups in Sub-Saharan Africa (SSA) is complex and multifaceted. The socio-economic challenges faced by these countries, such as low literacy rates, high unemployment, poor health outcomes, and food insecurity, contribute to a sense of marginalization and exclusion among certain groups. This can erode the social contract, which is the implicit agreement between the state and its citizens that the state will provide certain services and protections in exchange for citizens' support and compliance.

When poverty and inequality are pervasive, they can limit the ability of citizens to participate fully in the democratic process. This is not only due to a lack of resources but also because these conditions can make individuals more susceptible to manipulation and coercion by political elites or external actors who may promise immediate relief or exploit these vulnerabilities for their own gain. In SSA, where many countries rank among the poorest and most unequal in the world, these conditions have been linked to the frequency of coups. Research suggests that large income and wealth disparities, particularly when combined with ethnic homogeneity within groups, increase the salience of ethnic identity and solidify group preferences. This dynamic can make the prospect of a coup more appealing and feasible, as coup plotters are able to mobilize support from their co-ethnics. For example, in Mali, the coup was partly driven by dissatisfaction with the government's handling of the economy and security, which are both exacerbated by poverty and inequality. In Burkina Faso, the coup followed a devastating attack on military police, which highlighted the government's failure to provide security—a failure that is felt most acutely by the poorest and most vulnerable citizens. In Niger and Chad, similar patterns of dissatisfaction with the government's performance in addressing basic needs and security concerns contributed to the coups.

These coups reflect a broader pattern in which poverty and inequality not only contribute to the conditions that make coups more likely but also undermine the legitimacy of the governments that are overthrown. The result is a cycle of instability that hinders long-term development and the establishment of stable, democratic institutions[1]. To break this cycle, it is essential for governments in SSA to address the root causes of poverty and inequality, thereby strengthening the social contract and reducing the likelihood of future coups.

External interference: These countries are often subject to external interference and influence from various actors, such as the former colonial powers, the regional organizations, the neighboring countries, the international donors, and the non-state actors. External interference can have positive or negative effects on the democratic stability, depending on the motives and interests of the actors involved. External interference can support or undermine the democratic institutions and actors, and can also create dependency and vulnerability for the

domestic actors. External interference can also trigger or escalate the conflicts and violence in the country, and undermine the sovereignty and autonomy of the state. These factors, individually or collectively, create a democratic deficit in these countries, and make them susceptible to democratic fragility and instability. When the citizens are dissatisfied and disillusioned with the democratic system and the political leaders, they may lose faith in the peaceful and democratic means of resolving their problems, and may resort to violence or support the violent actors, such as the military, to overthrow the government. This explains why some of the coups in these countries have been popular or tolerated by the citizens, who hoped for a better alternative to the existing democratic system. However, the coups often fail to deliver the promised change, and instead worsen the situation by creating more instability, insecurity, and human rights violations. Therefore, the Democratic deficit theory suggests that to enhance democracy and stability in these countries, there is a need to address the root causes of the democratic deficit, and to strengthen the democratic institutions and norms, as well as the social contract between the state and the citizens.

Strategies to Prevent the re-emergence of Coups in Africa

There are several strategies that African leaders can employ to prevent the re-emergence of coups in Africa. These include:

Establishing robust institutions for democracy:

It is important for African nations to cultivate strong democratic institutions as a safeguard against the threat of military coups. It suggests that when leaders and citizens are held accountable, and when elections are transparent and just, it reinforces public trust in the political system. An independent judiciary ensures legal equality, while an active civil society and informed citizenry through education can monitor and participate in governance. These elements work together to foster a stable political landscape where democratic principles are upheld, and the power is transferred peacefully, thus reducing the potential for coups. This approach requires a sustained commitment to nurturing a culture of democracy and legal integrity. These strategies are part of a broader effort to create a stable political environment where power is transferred peacefully and the risk of coups is minimized. It's a long-term process that requires commitment from

both the leaders and the citizens to build a culture of democracy and respect for the rule of law.

b**. Confronting the fundamental reasons for coups**:
The statement highlights the importance of addressing the root causes that lead to coups in Africa, emphasizing the need for African leaders to take proactive steps in resolving the political and socio-economic challenges that often precipitate such events. Historically, coups in Africa have been attributed to a variety of factors, including governance deficits, non-fulfillment of citizenship entitlements, mass frustration, and growing insecurity. These factors are often exacerbated by corruption, poverty, and inequality, which create a fertile ground for coups. For instance, West Africa has experienced a high number of coups, with governance issues and the non-fulfillment of citizenship entitlements being significant contributors[1]. The region's political history shows that while there have been gains in democracy, it remains largely superficial, and the conditions that cause coups persist.

Moreover, greed, selfishness, mismanagement of diversity, marginalization, human rights violations, and corruption are major contributors to unconstitutional changes of governments and popular uprisings. These issues highlight the complex interplay of domestic conditions and historical influences that affect the stability of nations.

To avert the occurrence of coups, it's essential for leaders in Africa to adopt thorough strategies that address the root problems. Initiatives to combat corruption, alleviate poverty, and advance equality are vital in reducing the factors that precipitate coups. By fortifying institutions, upholding the rule of law, and encouraging inclusive growth, African countries can aim for a more secure and resistant political environment against coups. Organizations at the regional level, such as the African Union and ECOWAS, must collaborate to tackle the challenge of coups on the continent. This could include the exchange of effective strategies and joint actions to avert coups. It's imperative for African leaders to diminish the military's influence in political affairs and confirm that civilian bodies hold the ultimate decision-making power. This might entail enacting policies that curtail the military's involvement in politics and bolster civilian governance structures.

Conclusion and Recommendations

The history of coups in Africa is extensive and has posed significant obstacles to the continent's political equilibrium, economic advancement, and the progress of democracy. The resurgence of coups has recently been noted, raising security alarms. To maintain democracy in the region, it is critical to prevent the return of coups in Africa. This necessitates a united effort from African nations, regional entities, and the global community. The initial step in this direction is to launch mechanisms that solidify democratic institutions, endorse responsible governance, and confront the myriad socio-economic issues facing the continent. Enhancing both regional and international collaboration is also essential, as is curbing the military's role in governance. To ultimately forestall the recurrence of coups, the recommendations are as follows:

Bolster Democratic Institutions: It is advised that African nations reinforce their democratic structures, such as electoral bodies, the judiciary, and legislative assemblies, to guarantee elections that are transparent, legitimate, and equitable. This can be realized by forming autonomous electoral commissions, passing legislation to deter electoral fraud, and advocating for a free and autonomous press.

Advocate for Good Governance and Adherence to the Rule of Law: African nations should champion responsible governance, adherence to the rule of law, and human rights protection. This can be accomplished by combating corruption, fostering accountability, and ensuring equitable opportunities for all individuals.

Tackle Socio-Economic Issues: African countries ought to address the fundamental causes of socio-economic challenges, including poverty, disparity, and joblessness. This can be done by generating employment opportunities, encouraging entrepreneurial ventures, and investing in educational and health services.

Enhance Regional and International Collaboration: To avert coups, African countries should amplify regional and international cooperation. This can be achieved by fostering regional integration, exchanging successful strategies, and aiding in democratic transitions in other nations.Avoid Military Involvement in

Politics: African nations should eschew military participation in politics and affirm civilian supremacy over the military. This can be accomplished by enacting legislation that bars military meddling in political matters and defining explicit chains of command.

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