

Democratic Backsliding

Political Science

How democracies erode without a coup.

The documented pattern.

Typical steps

Capture of courts through appointments

Pressure on independent media ownership

Changing electoral rules to favour incumbents

Weakening oversight bodies

Delegitimising opposition as illegitimate

Why it works

Each step is individually lawful

No single moment triggers alarm

Courts capture removes the remedy

Supporters see it as correcting bias

Educational reference. Modern erosion is usually executed through legal processes rather than by suspending the constitution.