SERIE
DE CONFERENCIAS

Check for
updates

ORIGINAL

Evolution of Legal Frameworks for Human Rights Protection: From Early Foundations to Contemporary Norms

Evolución de los marcos jurídicos de protección de los derechos humanos: De los primeros fundamentos a las normas contemporáneas

Mykhailo Baimuratov[1] ✉, Boris Kofman[1] ✉, Ruslan Chornolutsky[2] ✉, Denys Bobrovnyk[3] ✉, Ruslan Hvan[4] ✉

[1]South Ukrainian National Pedagogical University named after K. D. Ushynsky, Department of Political Sciences and Law. Odesa, Ukraine.
[2]Kyiv University of Law of the National Academy of Sciences of Ukraine, Department of International Law and Branch Legal Disciplines. Kyiv, Ukraine.
[3]National Aviation University; "Baimuratov and Partners" Lawyer Alliance. Kyiv, Ukraine.
[4]National Tax Service of Ukraine in the Odesa Region. Odesa, Ukraine.

ABSTRACT

Introduction: a historical analysis reveals the changing views on freedom and dignity and helps to understand the sources of international norms and their adaptation to the realities of different countries. Analysing the past helps avoid mistakes and improve the legal system to address contemporary challenges.
Objective: this research aims to review the historical and contemporary processes of human rights formation and determine ways to improve their normative support.
Method: various methods were used for the analysis: the historical method – for studying the development of human rights; the comparative method – for comparing national legal systems; the empirical method – for analysing practices of rights protection; the documentary method – for studying international and national legal acts; the systematic method – for reviewing rights as a complex system; and generalisation – for making proposals regarding the improvement of the normative framework in the future.
Results: it was established that the evolution of the formation of normative support for human rights is divided into two historical periods: origin and development. It was outlined that the evolution of human rights illustrates their transition from privileges of specific groups to universal rights, and normative support, particularly international standards, is critical to their protection on a global level. The peculiarities of adapting national systems to international human rights standards in specific regions and countries were highlighted. The main aspects of human rights' role in forming a just society were determined.
Conclusions: the research results outlined critical directions for forming human rights in modern globalisation processes to improve normative support.

Keywords: Evolutionary Development; Human Rights; Regulatory Support; International Standards; International Institutions; Just Society.

RESUMEN

Introducción: un análisis histórico revela la evolución de los puntos de vista sobre la libertad y la dignidad y ayuda a comprender las fuentes de las normas internacionales y su adaptación a las realidades de los distintos países. Analizar el pasado ayuda a evitar errores y a mejorar el sistema jurídico para hacer frente a los retos contemporáneos.

Objetivo: esta investigación pretende revisar los procesos históricos y contemporáneos de formación de los derechos humanos y determinar formas de mejorar su soporte normativo.

Método: para el análisis se utilizaron varios métodos: el método histórico - para estudiar el desarrollo de los derechos humanos; el método comparativo - para comparar los sistemas jurídicos nacionales; el método empírico - para analizar las prácticas de protección de los derechos; el método documental - para estudiar los actos jurídicos internacionales y nacionales; el método sistemático - para revisar los derechos como un sistema complejo; y la generalización - para hacer propuestas relativas a la mejora del marco normativo en el futuro.

Resultados: se estableció que la evolución de la formación del soporte normativo de los derechos humanos se divide en dos períodos históricos: origen y desarrollo. Se esbozó que la evolución de los derechos humanos ilustra su transición de privilegios de grupos específicos a derechos universales, y el apoyo normativo, en particular las normas internacionales, es fundamental para su protección a escala mundial. Se caracterizaron las disposiciones clave de las modernas normas internacionales de derechos humanos y las instituciones internacionales que las controlan. Se destacaron las peculiaridades de la adaptación de los sistemas nacionales a las normas internacionales de derechos humanos en regiones y países concretos. Se identificaron las principales direcciones de la influencia del derecho internacional de los derechos humanos en los sistemas normativos nacionales. Se determinaron los principales aspectos del papel de los derechos humanos en la formación de una sociedad justa.

Conclusiones: los resultados de la investigación esbozaron direcciones críticas para la formación de los derechos humanos en los procesos modernos de globalización con el fin de mejorar el apoyo normativo.

Palabras clave: Desarrollo Evolutivo; Derechos Humanos; Apoyo Normativo; Normas Internacionales; Instituciones Internacionales; Sociedad Justa.

INTRODUCTION

Human rights have advanced from ancient concepts to modern international standards. Historical analysis allows us to understand how perceptions of freedom, responsibilities, and human dignity have changed across different eras and under the influence of cultural, social, and political conditions. Such evolution shows how modern human rights standards have become a response to the social challenges of past eras.

The study of evolutionary processes contributes to identifying the sources of these standards, their influence on the legal systems of different countries, and their adaptation to specific nations' cultural and political realities. By analysing the past, one can understand how modern legal principles were formed and what factors led to their global spread. Digital technologies raise issues of privacy and the protection of internet freedom; climate change threatens the right to health due to the ecological crisis; and the migration crisis raises questions. Moreover, threats to freedom of expression persist, especially in countries with authoritarian regimes, while in many regions, pressure on minority rights is increasing. Historical analysis can help better understand how the human rights framework has adapted to new circumstances and predict future changes. This will enable the formulation of recommendations for developing flexible legal instruments capable of adequately responding to modern challenges.

Studying human rights development is also crucial for understanding past mistakes, such as colonialism, discrimination, racism, and totalitarianism. Analysing these phenomena helps avoid repeating similar violations in contemporary society and supports constructing an inclusive legal framework. Understanding the historical context for human rights defenders and lawyers allows for more effective work on improving theoretical foundation for substantiating legislative initiatives and reforms.

Studying human rights development is also essential for understanding past mistakes such as colonialism, discrimination, racism, and totalitarianism. Analysing these phenomena helps prevent the recurrence of such violations in modern society and aids in building inclusive legal frameworks. Understanding the historical context for human rights defenders and lawyers enables more effective work on improving legal mechanisms for human rights protection. It also provides a theoretical foundation for supporting legislative initiatives and reforms. Modern human rights standards are based on numerous international treaties and regional agreements. Historical research helps to understand how different legal systems integrate to create a global legal architecture.

Thus, the study of the historical development of the normative protection of human rights is relevant for understanding past processes and addressing the contemporary challenges.

The modern legal protection of human rights results from millennia of struggle for justice and well-being. Visionaries, guided by religious beliefs, compassion, or responsibility, inspired and directed this process.[1] Scholars hold different positions on human rights. According to a professor from the University of Pretoria, the

term 'human rights' can be perceived as moral claims of all people or as their manifestation in positive law, for example, in constitutional guarantees of government accountability through the courts. The first understanding refers to "human rights", while the second refers to "human rights law".[2] The difference between human rights in international and national law and rights from a moral or philosophical perspective lies in their legal recognition, as noted by an Oxford scholar.[3] Various factors have influenced the development of human rights norms, according to American scholar Bertrand G. Ramcharan. The Universal Declaration considered concepts from the English, French, and American declarations. Recognising the interconnection between civil, political, and socio-economic rights was essential. Western countries insisted that the former limits governments, while the latter are programmatic goals with progressive realisation.[4]

Every day, people face injustice and conflicts, and the issue of gender equality is becoming particularly relevant today. A sociological study by Ukrainian scientists has shown Ukrainians' attitudes toward gender equality and the impact of European support on the formation of gender policy. It was established that legislative changes alone are insufficient; the population must understand and support gender changes.[5] Ukrainian scholars examine gender equality, emphasising the need for the actual implementation of women's rights, not just their declaration. The key factors influencing gender inequality were identified: health, education, economic and labour participation, and political power. An approach to women's rights protection was proposed, covering both theoretical and practical aspects.[6]

The process of implementing international human rights standards is critical to effectively realising international norms. Implementing international human rights standards is a narrow and specific legal field with its regulatory framework and executors, while the principles regulate legal relations related to implementation and serve as the legal "foundation" of state influence.[7]

The analysis indicates that international agreements are fundamental to the global legal system. Scholars believe that further research should focus on adapting international treaties to national legal systems, developing flexible implementation mechanisms to effectively fulfil obligations without undermining sovereignty, and the impact of technological progress on these processes.[8]

The article by Petryshyn and Petryshyn[9] explores the process of implementing international norms in the local governance system in Ukraine. Modern international acts regulating local governance organisations in Europe were examined, and deficiencies in implementing these standards into Ukrainian legislation were identified. Fundamental approaches for further state policy were proposed, and constitutional reform was needed to build effective local governance and a system of power-society relations.[9] Since the mid-1980s, cities in developing countries have become vital spaces for implementing global development ideals. Luis Eslava, through ethnographic research of Bogotá's experience, analyses the contradictions associated with the international orientation on local levels, offering a new vision of the impact of international law on urban spaces and life on the periphery.[10]

Anthony J. Langlois highlighted the differences between negative and positive rights, group rights, and the history of human rights. The study emphasises that the human rights agenda is political because it promotes certain normative obligations that advocate seeking to make the foundation of the international system.[11] The state's actions in access to information are assessed for their consistency with the Constitution of Ukraine and international standards based on the European Court of Human Rights (ECHR) rulings. The study aims to support democratic values in the context of armed aggression.[12]

Ensuring human rights in the face of modern challenges is a complex but essential task for all countries. Only through joint efforts can progress be made in this field, and the dignity and freedom of every individual are ensured.

The study aims to provide an empirical overview of the contemporary processes of human rights formation and to identify ways to improve the regulatory framework.

METHOD

This research falls into the category of descriptive studies and includes case studies and analysis of secondary data. Based on an understanding of global trends and practices, the research compares the specifics of legal regulation in Ukraine with European standards, taking into account the contextual features of Ukraine's national legal framework.

Data collection. The primary sources of data include legislation, policy documents, and institutional reports from national and international bodies. Secondary data from legal and human rights literature supplement these sources. Examples from the EU and other jurisdictions are provided to explore broader global trends.

Sampling methodology. The research procedure involved two main stages: data collection and data analysis. At the first stage, primary data sources were used. These were obtained through an analysis of sector-specific regulations, statistical information, and publications. Publications indexed in leading scientific databases such as Scopus and Web of Science were utilised. The inclusion and exclusion criteria for publications were based on spatial-temporal indicators and the level of data reliability. Methods for assessing bias risk in included studies

included brainstorming techniques. The research focused on informative data from recent years as well as indicators from various countries worldwide regarding the legal protection of human rights.

Research methods. The historical method was used to analyse the development of human rights from antiquity to the present day, focusing on critical stages in the evolution of legal standards and fundamental international documents. The comparative method was employed to compare different national legal systems to identify similarities and differences in the normative protection of human rights in various regions and countries, particularly by analysing international agreements and their implementation in national legislation. Empirical analysis was conducted to examine real practices in protecting human rights based on reports from international organisations (UN, ECHR, Amnesty International) and court rulings on human rights. The documentary method was used to analyse international conventions, covenants, treaties, and national legislative acts that regulate human rights to understand the foundations of their legal protection and the challenges that arise. The systematic approach was applied to review human rights as a complex system, where different aspects (civil, political, socio-economic, and environmental rights) are considered in interrelation. The generalisation method was employed to formulate proposals for improving the human rights regulatory framework in the future, taking into account new challenges such as digitalisation, climate change, migration crises, and others.

Data analysis. Data analysis was conducted using the method of qualitative statistical analysis. The results obtained were used to draw conclusions and propose recommendations aimed at strengthening institutional and regulatory support for the protection of human rights. Qualitative research focuses on detailed data that can provide insights into experiences of advancing global principles for ensuring fundamental rights.

Ethical parameters. The review of articles and specialised publications must be accurate and objective, with the author's perspective clearly stated and distinguished.

RESULTS

Table 1. Normative Protection of Human Rights in the Period of Origin	
Normative act / era (country)	**Key points**
1. Ancient civilisations: the first legal codes	
The Code of Hammurabi (XVIII century BC, Babylon)	Established basic rules of coexistence, but rights depended on social status (enslaved people, free citizens, aristocrats).
Ancient Egypt, India and China	There were legal systems focused on justice and order, but they did not recognise the equality of all before the law.
2. Ancient Greece and Rome: the first elements of civil rights	
Ancient Greece	In Athens, the first form of democracy was born, where citizens were given the right to participate in government. However, enslaved people, women and foreigners were denied these rights.
Roman law	The Roman Empire introduced a more developed legal system, where laws became binding on all Roman citizens. Roman law developed basic concepts of property rights and protection from illegal actions, but slavery remained part of the legal system.
3. The Middle Ages: religious influence and restriction of rights	
Feudalism	In medieval Europe, the feudal system was based on peasants' dependence on feudal lords, and human rights were largely limited to the privileges of the nobility and clergy.
Magna Carta (1215)	This document became an important milestone in England when King John the Landless agreed to limit his power and recognised some of the aristocracy's rights. This was the first step towards limiting absolute monarchy.
Religious ethics	Christianity and Islam actively influenced the concepts of human dignity, equality before God and the importance of charity, although social hierarchies still dominated.
4. The Renaissance and the Enlightenment: the birth of the idea of natural rights	
Declaration of Independence of the United States (1776)	Became the first recognition of equal rights for all people (at least for male citizens). These documents became the prototype of modern legal systems.
Declaration of the Rights of Man and the Citizen of France (1789)	
Source: compiled by the authors based on[13,14]	

The process of development of the system of regulatory protection of human rights is characterised by evolutionary stages. The first concepts appeared in antiquity when Aristotle and Cicero discussed natural rights. In the Middle Ages, human rights were defined by religion. During the Enlightenment, some thinkers (Rousseau,

Locke) proposed the ideas of natural rights and the social contract. These ideas later became the basis for the Declaration of the Rights of Man and the Citizen (1789). In 1948, the Universal Declaration of Human Rights (1948) was adopted.[13] An analysis of the evolution of the normative protection of human rights demonstrates how legal and institutional mechanisms gradually developed to realisation of human rights. This evolution went through several key stages, which can be conditionally divided into historical periods: origin and development. In turn, the period of origin includes several stages (table 1).

In ancient states, the normative protection of human rights was primitive and based on social hierarchies. During the Renaissance, new philosophical ideas concerning natural human rights began to emerge, which belong to every individual regardless of social status or origin. John Locke promoted the concept of natural rights, such as liberty, life, which formed the foundation of the modern understanding of human rights.

Numerous political revolutions occurred in the 19th century, leading to the expansion of civil rights. Movements for the abolition of slavery (abolitionism) ended this institution in many countries. During this period, the first movements for women's rights, voting rights, and social security for workers also began to take shape.

The formation of international standards marks the 20th century. After the First World War, the League of Nations emerged as the first international institution for regulating interstate relations and protecting peoples' rights. In 1948, the Universal Declaration of Human Rights was adopted (1948). In the second half of the 20th century, essential documents such as the International Covenant on Civil and Political Rights (1966) and the International Covenant on Economic, Social, and Cultural Rights (1966) were adopted, forming the basis for ensuring rights on a global level.[15]

In the 21st century, human rights have become the foundation for global politics and human rights advocacy. International organisations, such as the UN, the Council of Europe, and the European Court of Human Rights, monitor the observance of rights and freedoms.[16] However, new challenges arise related to digital technologies, privacy protection, issues of environmental justice, and rights.

The evolution of the normative protection of human rights demonstrates how rights gradually expanded and became universalised, from the initial privileges of specific groups to the modern system, where human rights are recognised as universal and inalienable for every individual. This process constantly evolves, reflecting new challenges and trends. The normative protection of human rights, particularly international standards, is critical to protecting human rights and freedoms globally. It includes international treaties, declarations, conventions, and other legal instruments that establish universally recognised principles for protecting human rights (table 2).

Table 2. Basic International Human Rights Standards	
Name and year of adoption of the normative document	**Key points**
UN Charter (1945)	It outlines the principles of international cooperation to promote peace, security, development of all people.
Universal Declaration of Human Rights (1948)	Adopted by the UN General Assembly, it declares fundamental human rights: life, liberty, equality, fair trial, protection from torture and discrimination.
International Covenant on Civil and Political Rights (1966)	It imposes obligations on the state to guarantee civil and political rights and protection against arbitrary arrest.
International Covenant on Economic, Social and Cultural Rights (1966)	It guarantees the right to education, work, healthcare, cultural life and equal access to resources, obliging the state to ensure social justice.
European Convention for the Protection of Human Rights and Fundamental Freedoms (1950)	Adopted within the framework of the Council of Europe, the Convention enshrines the rights to life, liberty, fair trial, prohibition of torture, slavery, and discrimination. It also established the European Court of Human Rights.
Convention on the Elimination of All Forms of Discrimination against Women (1979)	Aimed at eliminating discrimination based on sex and ensuring equal rights for women in all spheres of public life
UN Convention on the Rights of the Child (1989)	It defines states' obligations to ensure children's rights, including the right to protection from exploitation, education, health, and family life.
UN Convention on the Rights of Persons with Disabilities (2006)	Obliges states to protect the rights of persons with disabilities.
Source: compiled by the authors based on[17,18,19,20,21,22,23,24]	

International human rights standards are aimed at creating a universal legal framework that protects human dignity and freedom and promotes peace, stability and development in the global context (figure 1).

UN	**Council of Europe**	**International Criminal Court**
Human rights committees (e.g. UN Human Rights Committee, Committee against Torture)	European Court of Human Rights	It deals with cases of serious international crimes, such as war crimes, genocide, etc.

Source: compiled by the authors based on[25]
Figure 1. International Organisations Monitoring and Controlling Compliance with International Standards

Table 3. Analysing the Regulatory Framework for Human Rights in Different Countries	
Region of the world	**Countries**
Europe	France and Germany have highly institutionalised human rights protection systems. In Germany, fundamental rights are enshrined in the Basic Law, while in France, they are enshrined in the Constitution. Both countries actively cooperate with the European Court of Human Rights (ECHR). Sweden is known for its high respect for human rights, particularly in gender equality, minority rights, and freedom of speech. Its model of human rights protection combines a strong judiciary with an independent ombudsperson to monitor the observance of citizens' rights.
Countries of Eastern Europe	Ukraine and Georgia are actively reforming their legal systems to bring them closer to European standards. Ukraine is reforming its judiciary and law enforcement agencies to ensure human rights protection is on par with Europe's. Uzbekistan has also been reforming its legal system since 1991, but political rights and freedom of speech remain problematic, although positive changes have been observed since 2016.
North America	The United States has a unique legal system where the Constitution and the Bill of Rights guarantee basic civil rights. It has not ratified several international conventions, including the Convention on the Rights of the Child. It has been criticised for the death penalty and racial inequality in the legal system. The Charter of Rights and Freedoms (1982) protects human rights in Canada, guaranteeing freedom of expression, equality and protection from discrimination.
Asia	Japan's constitution (1947) enshrines human rights, but the public criticises and questions women's, labour, and equality rights. China has ratified international human rights instruments but frequently violates them, including by restricting freedom of speech, political activity and religious freedoms.
Africa	South Africa's progressive 1996 Constitution protects economic, social, and cultural rights, but the country faces poverty, unemployment, and inequality challenges. In Nigeria, despite formal compliance with international standards, human rights violations remain acute, especially in the areas of women's rights, ethnic minorities, and the fight against terrorism (in particular, the activities of the Boko Haram group).
Middle East	In Saudi Arabia, sharia-based laws restrict freedom of speech and women's rights and provide for harsh punishments, including executions. In Israel, human rights are protected, but the country has been criticised for violating the rights of Palestinians in the context of the conflict.
Latin America	Human rights are enshrined in Brazil's 1988 Constitution, but poverty, violence, corruption, and police brutality make it challenging to implement them. In Cuba, despite constitutional guarantees, freedom of expression, assembly and political activity are restricted due to the one-party system and government control.
Source: compiled by the authors based on[26,27,28,29,30,31,32,33,34]	

International human rights institutions are essential in monitoring, judicial protection, developing standards, and providing technical assistance to states.[25] They operate on global, regional, and national levels, contributing to advancing human rights, combating violations, and ensuring justice for victims of human rights abuses. While international standards, such as the Universal Declaration of Human Rights and other international treaties, are

foundational, states have the freedom to implement them, which leads to significant differences in approaches to human rights protection.

A comparative analysis of the normative protection of human rights in different countries allows us to see how various national systems adapt international human rights standards to their legal frameworks, cultural characteristics, and political contexts (table 3).

International human rights law has significantly impacted the development of national regulatory systems, encouraging countries to improve their legislative and enforcement mechanisms to better protect human rights. This influence is manifested through the implementation of international standards, the fulfilment of obligations under international treaties. International human rights law influences national regulatory systems in several key ways (figure 2).
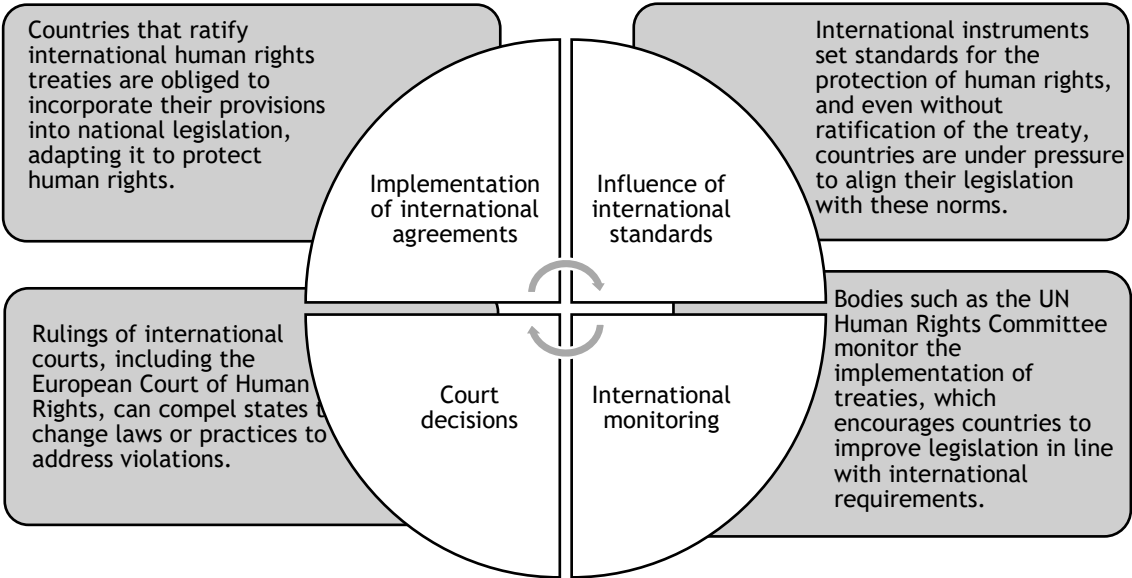

Figure 2. Main Directions of Influence of International Human Rights Law on National Normative Systems

International human rights treaties, such as the International Covenant on Civil and Political Rights[35] and the International Covenant on Economic, Social and Cultural Rights[36] have prompted many states to integrate international standards into their national legislation.

Governments must adapt national laws to the requirements of international agreements they have signed and ratified. The ratification of the Convention on the Elimination of All Forms of Discrimination against Women has become the basis for legal guarantees of gender equality. This demonstrates that international human rights law creates a legal framework and stimulates positive social changes. International norms also contribute to creating national institutions, such as ombudspersons and human rights commissions, which play a vital role in ensuring compliance with rights at the local level. As independent observers, the Ombudsmen have become a critical instrument of human rights protection in many countries, and international standards have driven mainly their establishment. For example, in Sweden, the ombudsman function emerged as a response to the need for independent monitoring of human rights violations, allowing citizens to seek help and protection of their rights.

Moreover, international courts and control mechanisms, such as the European Court of Human Rights[37] and the Inter-American Court of Human Rights,[38] play an essential role in shaping national jurisprudence. Their rulings often form the basis for legal enforcement at the national level, helping to adapt national laws to international norms and standards. Thus, international courts provide essential oversight of human rights compliance, promoting the development of the rule of law and strengthening democratic institutions.

ECHR rulings in cases involving violations of the right to a fair trial or freedom of expression exemplify this. Such decisions have compelled member countries of the Council of Europe to amend their national legislative acts. This process demonstrates how international judicial institutions can stimulate legal reforms that improve human rights protection practices in participating countries.

Monitoring mechanisms of the United Nations, such as the Human Rights Committee and the Committee Against Torture, play a crucial role in overseeing the implementation of international agreements.[39,40] These committees provide recommendations and monitor the human rights situation in different countries. Reporting to international bodies forces states to justify their actions and take steps to reform their national systems to improve human rights protection. These mechanisms ensure transparency and accountability, increasing

public trust in state institutions. Countries striving to maintain their reputation on the international stage are compelled to consider the recommendations and comments of these committees, leading to systemic changes at the national level. This may include legislative reforms, introducing new policies and programmes to protect human rights and ensuring better training for law enforcement agencies and judges.

Table 4. Critical Aspects of the Role of Human Rights in Building a Just Society		
Human rights and freedoms	**Principles**	**Role**
Ensuring equality and non-discrimination	Human rights are based on the principle of equality of all people regardless of origin, gender, race, religion or social status. This means that all people should have equal opportunities in society.	Equality before the law, access to education, healthcare and employment are the basic principles of a just society. States that respect human rights create mechanisms that guarantee equality of opportunity for everyone.
Protecting the dignity of every person	Human rights are based on respect for human dignity. Recognition of the inherent dignity of every person contributes to a society where people are not subjected to humiliation or exploitation.	Everyone has the right to be protected from violence. Ensuring dignity through human rights makes society more humane and stable.
Ensuring freedom and self-realisation	Human rights guarantee the freedom for individuals to choose their life path, develop their abilities, and fulfil their potential, including freedom of speech, religion, assembly, and association.	People should be free to express their opinions, participate in political processes, and have access to information that contributes to an active and responsible civil society.
Ensuring social justice	The basic foundation of human rights is the right to social security and equitable distribution of resources, including access to healthcare, education, decent work and housing.	Human rights contribute to the equitable distribution of resources, reduce social and economic inequalities, and prevent the marginalisation of people.
Guaranteeing justice and the rule of law	The rule of law is the foundation of human rights and a just society. It provides that everyone, including state authorities, is subject to laws that apply equally to everyone.	Human rights ensure the right to a fair trial, protection from unlawful arrest and an independent judiciary, which increases trust in institutions and promotes justice.
Ensuring political participation	The right to political participation is a key aspect of justice, as democracy depends on citizens' active involvement in decisions that affect their lives.	Human rights guarantee the right to vote, participate in elections and freedom of political association, ensuring a fair political system.
Protecting the rights of minorities	A just society recognises and protects the rights of national, ethnic, religious and cultural minorities.	Human rights guarantee equality and protection of minorities, promoting stability and preventing conflict.
Ensuring peace and security	A just society is only possible if everyone's right to life and physical security is protected. Human rights oblige states to prevent violence, conflict, terrorism and criminal threats.	Creating a safe and secure environment for citizens is a key condition for developing a society where everyone can freely exercise their rights without fear for their lives.
Promoting sustainable development and environmental justice	Environmental rights, particularly the right to a clean and safe environment, are essential to today's human rights concept. A just society seeks to ensure sustainable development that meets the interests of both present and future generations.	Environmental justice ensures that resources are used equitably and that pollution and other environmental problems do not disproportionately affect certain groups of people.
Source: compiled by the authors based on[44,45,46]		

Thus, active participation in international human rights monitoring mechanisms not only helps states avoid international sanctions and criticism but also contributes to creating a just and legal environment in which the rights of every individual are protected.

Many countries have changed their legal systems following negative findings by international monitoring mechanisms. For example, after the report of the UN Committee Against Torture, some countries have strengthened measures to combat torture in law enforcement agencies.

After signing and ratifying international human rights agreements, governments must ensure their actions comply with these norms. International law is aimed at increasing transparency in public administration and strengthening public oversight of government activities, requiring accountability for human rights compliance.

Regional mechanisms require participating states to adapt their laws to regional standards. These mechanisms establish minimum standards and higher levels of human rights protection than international treaties. Non-

governmental organisations (NGOs), such as Amnesty International[41] and Human Rights Watch,[42] significantly impact state policies by exerting pressure and monitoring compliance with international standards.

International mechanisms play a critical role in identifying human rights violations and prompting the need for reforms at the national level. This, in turn, increases government accountability and strengthens regulatory mechanisms for human rights protection. International law often requires countries to adapt their legal systems to ensure better compliance with human rights. National courts increasingly refer to decisions made by international courts and conventions when making their rulings, helping them protect human rights even when national legislation does not meet these standards.

Moreover, disseminating information about international human rights standards through educational programmes and public campaigns significantly increases the legal awareness of the population. This allows citizens to understand their rights better and actively demand their enforcement at the local level. As a result, increasing legal awareness among the population can contribute to forming a more active civil society, which will be ready to defend its interests and demand changes from governments. Thus, the interaction between international standards, national courts, and the public becomes critically essential for effectively protecting human rights.

Thus, international human rights law is essential for reforming national legal systems, providing countries with models to improve their laws and mechanisms for ensuring human rights. By adapting international norms to the national context, governments are forced to strengthen legal mechanisms for protecting human rights at the local level. This increases states' accountability to their citizens and the international community.

Human rights play a key role in shaping a just society where everyone can live with dignity, exercise their rights and freedoms, and enjoy equal opportunities regardless of social, political, or economic factors.[43] Their impact on building a fair society is manifested through creating conditions that ensure respect for human dignity, equality, and freedom (table 4).

Human rights are the foundation for building a just society where every individual has equal opportunities to fulfil their potential, is protected from discrimination and violence, and can actively participate in public and political life. They provide a legal framework that promotes social harmony, economic equality and political stability, creating lasting peace and development.

The main development directions of human rights standards are based on adaptation to the new realities created by these challenges (table 5).

Table 5. Critical Directions of Human Rights Formation in the Context of Modern Globalisation Processes	
Directions	**Description of the direction**
1. Digital rights and cybersecurity	Digital rights are becoming a key area as many processes take place online. This includes the protection of privacy, access to information, cybersecurity and the prevention of cyberattacks. The rise of artificial intelligence requires new standards to avoid discrimination and to prevent digital inequality, which threatens to widen social and economic gaps.
2. Environmental rights and climate justice	Climate change and environmental disasters contribute to forming environmental rights. Particular attention is paid to the rights of climate refugees, which stimulates the development of climate justice standards to support vulnerable groups.
3. Gender equality and the rights of LGBTQ+ communities	Gender equality is a priority in the human rights sphere, in particular in the expansion of women's rights and the protection of LGBTQ+ communities. Standards for people with different gender identities are expected to develop.
4. Socio-economic rights and overcoming inequality	Economic inequality requires a review of socio-economic rights, such as housing, healthcare and education. New standards must be developed to combat poverty and social exclusion through international cooperation.
5. Rights of migrants and refugees	The global migration crisis calls for new standards to protect the rights of migrants and refugees, especially about climate migration.
6. Rights in crises and emergencies	Pandemics, disasters and wars call for human rights standards in emergencies, ensuring a balance between security and rights. The focus should be mechanisms to protect rights in crises and transparent governance.
7. Protection of rights in the context of technological innovation	Innovations in biotechnology, genetics and neurotechnology are raising new ethical dilemmas regarding human rights. For example, genome-editing technologies and neurointerfaces require new international standards to prevent abuse. Technological advances must not violate human rights and serve society.
8. Strengthening international human rights mechanisms	In the context of globalisation, modern human rights standards focus on strengthening international mechanisms for monitoring and ensuring that states fulfil their obligations.
9. Access to justice and the fight against impunity	Human rights protection includes access to justice for all. Fighting impunity for rights violations, especially during conflicts and repressions, will remain a priority for the international community.
Source: compiled by the authors based on[44,47,48,49]	

Improving the normative protection of main rights is an essential process that requires constant updating and adaptation to new challenges and realities. This includes creating new legal norms, monitoring mechanisms, enforcing rights at various levels and strengthening cooperation between states and international organisations (figure 3).

National level
International level Integration of international standards into national legislation; Strengthening the judicial system and access to justice; Strengthening the role of national human rights institutions; Education and awareness-raising on human rights Improvement of international control mechanisms; Reform of international judicial bodies; International cooperation and technical assistance; Expansion of international conventions and treaties
Interaction at the national and international levels Harmonisation of national and international legislation; Involvement of civil society

Figure 3. Strategies for Improving the Legal Regulation of Human Rights

Adapting national legislation to international standards is essential for effectively protecting human rights. A crucial task is to create mechanisms for implementing international norms at the national level, including updating legislation and considering the decisions of international courts. Ensuring the independence of the judiciary and effective justice are key aspects of improving human rights protection. Judicial bodies must be able to protect citizens' rights and be free from political influence and corruption. Judicial reform may include improving procedural norms, simplifying access to justice, and expanding opportunities for protecting vulnerable groups. It is also essential to strengthen national institutions such as ombudsmen, which are responsible for monitoring and resolving cases of rights violations. These bodies must have sufficient resources and powers to carry out their role effectively.[50]

DISCUSSION

Ensuring the rights of the modern human requires a dynamic approach that takes into account global changes in technology, the environment, social inequality and geopolitical instability. Cooperation between government bodies, civil society, and international organisations can increase the effectiveness of institutions. A key aspect of improving national mechanisms is human rights education programmes. This includes educational courses in schools and universities and training for civil servants and lawyers, which enhance public awareness and stimulate government accountability.[51,52]

Improving international judicial bodies, such as the International Criminal Court and the European Court of Human Rights (ECHR), involves enhancing mechanisms for access to justice for all countries and citizens, reducing case processing times, and ensuring fair trials. This is the belief of some authors[53,54,55] International organisations should provide technical assistance to countries seeking to improve their legal systems. Cooperation between states in the field of human rights can help raise standards in countries with low levels of protection. To continue, Langlois[11] argues, that мodern challenges, such as digitalisation and climate change, require the development of new international conventions and updating existing documents to adapt to new realities.[56,57]

Some researchers emphasise that women and men face different conditions in the labour market.[6] In addition, social norms about men and women can influence their choice of education and profession. Therefore, scholars emphasise the need for political decisions and legislative changes to successfully implement the goals of gender equality policy.[5]

As Baimuratov et al.[8] argue, мodern challenges are shaping new trends in human rights, including digital rights, environmental justice, social equality, and technological ethical standards. It is essential to adapt existing mechanisms and develop new ones for human rights protection that will consider global changes and vulnerable groups' specific needs.

Harmonising national laws with international standards, including ratifying and implementing international

treaties, remains essential. Civil society organisations are vital in ensuring human rights, supporting vulnerable groups, and protecting human rights defenders.

Improving national and international mechanisms for protecting human rights requires integrating international standards, strengthening the judiciary and monitoring bodies, and developing new treaties that address contemporary challenges.

CONCLUSIONS

The development of human rights has gone through significant historical stages – from ancient concepts of natural rights to modern international norms. Social, political, and philosophical changes formed these rights. The Universal Declaration of Human Rights, international covenants, and regional agreements have become the global legal system's foundation for protecting civil, political, and socio-economic rights. New challenges, such as digital rights, climate justice, migration, and gender inequality, require the updating and adapting of existing normative standards.

The several problems remain uneven implementation of standards in individual states, corruption, restrictions on political rights and freedoms, and unequal access to justice. The study established that the main ways to improve the normative framework for the effective protection of human rights in the future are the harmonisation of international and national norms to eliminate legal conflicts and strengthen state accountability for human rights violations; the development of new standards to protect rights; strengthening international cooperation for effective human rights monitoring; and focusing on preventive measures, such as human rights education and raising legal awareness among citizens. Improving the normative protection of human rights requires constant review, adaptation to new realities, and intensification of the efforts of international organisations and governments to protect rights in a globalised world effectively.

BIBLIOGRAPHIC REFERENCES

1. Shelton D. An Introduction to the History of International Human Rights Law. GW Law Faculty Publications & Other Works [Internet] 2007 [cited: 14/01/2025]; 346:1052. Available in: https://doi.org/10.2139/ssrn.1010489

2. Viljoen F. International Human Rights Law: A Short History. UN Chronicle [Internet] 2007 [cited: 14/01/2025]. Available in: https://www.un.org/en/chronicle/article/international-human-rights-law-short-history

3. Clapham A. The historical development of international human rights, In: Human Rights, (pp. 23–56). Oxford University Press [Internet] 2007 [cited: 14/01/2025]. Available in: https://doi.org/10.1093/actrade/9780199205523.003.0002

4. Ramcharan B. Evolution of Human Rights Norms and Machinery. Santa Clara University [Internet] 2007 [cited: 14/01/2025]. Available in: https://www.scu.edu/ethics/focus-areas/more-focus-areas/resources/evolution-of-human-rights-norms-and-machinery/

5. Yavorska V, Rega I, Kiselyova E, Goncharova A, Nehoda Y. Women's Rights and Gender Equality: Analysis of Issues and Achievements. International Journal of Religion [Internet] 2024 [cited: 14/01/2025]; 5(5):20–26. Available in: https://doi.org/10.61707/qar2yk31

6. Zaiats N, Rega I, Boiko V, Shlieina L, Toporkova M. Ensuring gender equality and legal protection of women's rights: achievements, challenges, and prospects. Multidisciplinary Science Journal [Internet] 2024 [cited: 14/01/2025]; 6:2024ss0202. Available in: https://malque.pub/ojs/index.php/msj/article/view/1937

7. Kryvoruchko L. Principles of implementation of international standards in the field of human rights. Entrepreneurship, Economy and Law [Internet] 2022 [cited: 14/01/2025]; 11:40–45. Available in: https://doi.org/10.32849/2663-5313/2022.11.07

8. Baimuratov M, Kofman B, Bobrovnik D, Yefremova N. Research on the impact of international agreements and standards on national legal systems and legal order. Revista Amazonia Investiga [Internet] 2024 [cited: 14/01/2025]; 13(74):90–102. Available in: https://doi.org/10.34069/AI/2024.74.02.8

9. Petryshyn O, Petryshyn O. The role of International Standards of local self-government in the process of Ukraine's European integration. Bulletin of the National Academy of Legal Sciences of Ukraine [Internet] 2016 [cited: 14/01/2025]; 1(84):84-91. Available in: https://visnyk.kh.ua/en/article/mizhnarodni-standarti-mistsevogo-samovryaduvannya-v-konteksti-yevrointegratsiynikh-protsesiv-v-ukrayini

10. Eslava L. Local Space, Global Life: The Everyday Operation of International Law and Development [Internet] 2015 [cited: 14/01/2025]. Available in: https://doi.org/10.1017/CBO9781316135792

11. Langlois A. Normative and Theoretical Foundations of Human Rights. In: Human Rights: Politics and Practice. Oxford University Press [Internet] 2016 [cited: 14/01/2025]. Available in: https://doi.org/10.1093/hepl/9780198708766.003.0002

12. Opryshko L, Dziuba O, Skrypnyk S. Right to information: international standards, practice of the European Court of Human Rights and national regulation during wartime. Overview of legal approaches. Series: Freedom of speech and national security. Kyiv: UCIPR [Internet] 2022 [cited: 14/01/2025]. Available in: https://ucipr.org.ua/images/files/1753/1753_file.pdf

13. Kiger P. How the Code of Hammurabi Influenced Modern Legal Systems. History [Internet] 2022 [cited: 14/01/2025]. Available in: https://www.history.com/news/hammurabi-code-legal-system-influence

14. Lauren P. The Foundations of Justice and Human Rights in Early Legal Texts and Thought. The Oxford Handbook of International Human Rights Law [Internet] 2013 [cited: 14/01/2025]. Available in: https://doi.org/10.1093/law/9780199640133.003.0008

15. Universal Declaration of Human Rights. Amnesty International [Internet] 2024 [cited: 14/01/2025]. Available in: https://surl.li/logrlr

16. Fundamental rights in the EU. Fundamental rights in the EU. European Parliament [Internet] 2024 [cited: 14/01/2025]. Available in: https://www.europarl.europa.eu/about-parliament/en/democracy-and-human-rights/fundamental-rights-in-the-eu

17. United Nations Charter (full text). United Nations, 1945. Available in: https://www.un.org/en/about-us/un-charter/full-text

18. Universal Declaration of Human Rights. United Nations, 1948. Available in: https://www.un.org/en/about-us/universal-declaration-of-human-rights

19. International Covenant on Economic, Social and Cultural Rights. The Secretary-General of the United Nations [Internet] 1996 [cited: 14/01/2025]. Available in: https://www.ohchr.org/sites/default/files/cescr.pdf

20. Convention on the Elimination of All Forms of Discrimination against Women New York [Internet] 18 December 1979 [cited: 14/01/2025]. Available in: https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-elimination-all-forms-discrimination-against-women

21. Research Guides: Convention on the Rights of the Child Research Guides at United Nations Dag Hammarskjöld Library [Internet] 1989 [cited: 14/01/2025]. Available in: https://research.un.org/c.php?g=1331357&p=9940159

22. Convention on Environmental Impact Assessment in a Transboundary Context Text of the Convention. Homepage. United Nations [Internet] 1991 [cited: 14/01/2025]. Available in: https://unece.org/DAM/env/eia/documents/legaltexts/Espoo_Convention_authentic_ENG.pdf

23. Convention on the Rights of Persons with Disabilities. Human Rights Instruments. United Nations [Internet] 2006 [cited: 14/01/2025]. Available in: https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-persons-disabilities

24. European Convention on Human Rights [Internet] 1950 [cited: 14/01/2025]. Available in: https://www.echr.coe.int/european-convention-on-human-rights

25. International Human Rights Organizations. (n.d.). Human Rights Careers [Internet] 2024 [cited: 14/01/2025]. Available in: https://www.humanrightscareers.com/magazine/international-human-rights-organizations/

26. Dragnevich O. The experience of post-soviet countries on the legal regulation of the immunity of a judge (for example, Estonia and Uzbekistan), State and Regions. Series: Law [Internet] 2020 [cited: 14/01/2025]; (4):160-167. Available in: https://doi.org/10.32840/1813-338X-2020.4.26

27. Polak J, Smidt L, Taube L. Human Rights in German Development Policy. Part 1: The Human Rights Strategy and its Implementation. Bonn: Deutsches Evaluierungsinstitut der Entwicklungszusammenarbeit (DEval) [Internet] 2020 [cited: 14/01/2025]. Available in: https://nbn-resolving.org/urn:nbn:de:0168-ssoar-76389-3

28. 2023 Annual Report on Human Rights and Democracy in the World – Country Updates – Brazil [Internet] 2023 [cited: 14/01/2025]. Available in: https://www.eeas.europa.eu/delegations/brazil/2023-annual-report-human-rights-and-democracy-world-country-updates-brazil_und_en?s=191

29. Cuba 2023 Human Rights Report. Technical Difficulties [Internet] 2023 [cited: 14/01/2025]. Available in: https://www.state.gov/reports/2023-country-reports-on-human-rights-practices/cuba/528267_cuba-2023-human-rights-report/

30. The United States of America Department of State. Technical Difficulties [Internet] 2024 [cited: 14/01/2025]. Available in: https://www.state.gov/policy-issues/human-rights-and-democracy/

31. France and the institutions protecting and promoting human rights. France Diplomacy – Ministry for Europe and Foreign Affairs [Internet] 2024 [cited: 14/01/2025]. Available in: https://www.diplomatie.gouv.fr/en/french-foreign-policy/human-rights/france-and-the-institutions/

32. Human Rights in Canada. (n.d.). Canadian Human Rights Commission [Internet] 2024 [cited: 14/01/2025]. Available in: https://www.chrc-ccdp.gc.ca/en/about-human-rights/human-rights-canada

33. Making People-Centred Justice Happen in Nigeria. HiiL [Internet] June 9, 2024 [cited: 14/01/2025]. Available in: https://surl.li/pddrjz

34. Japan's Postwar Constitution. Council on Foreign Relations [Internet] 2024 [cited: 14/01/2025]. Available in: https://www.cfr.org/japan-constitution/japans-postwar-constitution

35. International Covenant on Civil and Political Rights. Human Rights Instruments. United Nations [Internet] 1966 [cited: 14/01/2025]. Available in: https://www.ohchr.org/en/instruments-mechanisms/instruments/international-covenant-civil-and-political-rights

36. International Covenant on Economic, Social and Cultural Rights. Human Rights Instruments. United Nations [Internet] 1966 [cited: 14/01/2025]. Available in: https://www.ohchr.org/en/instruments-mechanisms/instruments/international-covenant-economic-social-and-cultural-rights

37. The European Court of Human Rights. General presentation [Internet] 2024 [cited: 14/01/2025]. Available in: https://www.echr.coe.int/general-presentation

38. Inter-American Commission on Human Rights [Internet] 2024 [cited: 14/01/2025]. Available in: https://www.oas.org/en/iachr/default.asp

39. Human Rights Committee. The Office of the High Commissioner for Human Rights [Internet] 2024 [cited: 14/01/2025]. Available in: https://www.ohchr.org/en/treaty-bodies/ccpr

40. Committee against Torture. The Office of the High Commissioner for Human Rights [Internet] 2024 [cited: 14/01/2025]. Available in: https://www.ohchr.org/en/treaty-bodies/cat

41. Amnesty International [Internet] 2024 [cited: 14/01/2025]. Available in: https://www.amnesty.org/en/

42. Human Rights Watch [Internet] 2024 [cited: 14/01/2025]. Available in: https://www.hrw.org/

43. Ihnatenko T. Human Rights and International Standards: Correlation between National and International

Legislation, University Scientific Notes [Internet] 2019 [cited: 14/01/2025]; 3(71):358–366. Available in: https://doi.org/10.37491/UNZ.71.29

44. Human Rights Principles. United Nations Population Fund [Internet] 2005 [cited: 14/01/2025]. Available in: https://www.unfpa.org/resources/human-rights-principles

45. Human Rights: A Fundamental Pillar of a Just Society – IPPDR [Internet] 2024 [cited: 14/01/2025]. Available in: https://ippdr.org/human-rights-a-fundamental-pillar-of-a-just-society/

46. What are human rights? Manual for Human Rights Education with. Young people. Council of Europe Portal [Internet] 2024 [cited: 14/01/2025]. Available in: https://www.coe.int/en/web/compass/what-are-human-rights-

47. Cybersecurity for Social Impact. CyberPeace Builders [Internet] 2024 [cited: 14/01/2025]. Available in: https://surl.li/pcefdw

48. Equality in dignity and rights for LGBTQIA+ people. (n.d.). United Nations Population Fund [Internet] 2024 [cited: 14/01/2025]. Available in: https://www.unfpa.org/equality-dignity-and-rights-lgbtqia-people

49. Kretzmer D. Occupation and International Law. Machsomwatch [Internet] 2024 [cited: 14/01/2025]. Available in: https://surl.li/bkmtjl

50. Willoughby Z. National Human Rights Institutions and their Interaction with Civil Society Organizations in Addressing Justice Needs. Human Rights Support Mechanism. ConnexUs [Internet] 2023 [cited: 14/01/2025]. Available in: https://surl.li/nechbk

51. Introducing human rights education. Manual for Human Rights Education with Young People. COE [Internet] 2001 [cited: 14/01/2025]. Available in: https://www.coe.int/en/web/compass/introducing-human-rights-education

52. León-Zevallos L, Casco RJE, Macha-Huamán R. Digital marketing positioning in a retail sector company. Edu - Tech Enterprise 2024;2:11–11. https://doi.org/10.71459/edutech202411.

53. MacKenzie R, Malleson K, Martin P, Sands P. Trends and Reforms. In Selecting International Judges: Principle, Process, and Politics. (pp. 137–172). Oxford University Press [Internet] 2010 [cited: 14/01/2025]. Available in: https://doi.org/10.1093/acprof:oso/9780199580569.003.0006

54. Jacinto-Alvaro J, Casco RJE, Macha-Huamán R. Social networks as a tool for brand positioning. Edu - Tech Enterprise 2024;2:9–9. https://doi.org/10.71459/edutech20249.

55. Terris D, Romano C, Swigart L. The International Judge: An Introduction to the Men and Women who Decide the World's Cases. Oxford University Press [Internet] 2023 [cited: 14/01/2025]. Available in: https://doi.org/10.1093/oso/9780199238736.001.0001

56. Fidel WWS, Cuicapusa EEM, Espilco POV. Managerial Accounting and its Impact on Decision Making in a small company in the food sector in West Lima. Edu - Tech Enterprise 2024;2:8–8. https://doi.org/10.71459/edutech20248.

57. The United Nations Human Rights Treaty System: An Introduction to the Core Human Rights Treaties and the Treaty Bodies. United Nations [Internet] 2005 [cited: 14/01/2025]. Available in: https://surl.li/xcluaf

FINANCING

CONFLICT OF INTEREST
The authors declare that there is no conflict of interest.

AUTHORSHIP CONTRIBUTION
Conceptualization: Mykhailo Baimuratov, Boris Kofman.
Data curation: Ruslan Chornolutsky.

Formal analysis: Ruslan Chornolutsky, Denys Bobrovnyk, Ruslan Hvan.
Research: Ruslan Chornolutsky, Denys Bobrovnyk, Ruslan Hvan.
Methodology: Mykhailo Baimuratov, Boris Kofman.
Project management: Denys Bobrovnyk.
Resources: Ruslan Chornolutsky, Denys Bobrovnyk, Ruslan Hvan.
Software: Ruslan Hvan.
Supervision: Ruslan Hvan.
Validation: Denys Bobrovnyk.
Display: Ruslan Hvan.
Drafting - original draft: Mykhailo Baimuratov.
Writing - proofreading and editing: Mykhailo Baimuratov.