





## Identity Constructions and Identity Intersectionalities of Individuals Adopting Vegan/Vegetarian Ethical Attitude

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### Abstract

Adopting a vegan or vegetarian ethical stance is an increasingly prevalent and visible reality in the global world. Many individuals define themselves based on their vegan or vegetarian identities. They adopt this ethical stance due to factors such as health problems, ecological destruction, ethical reasons, etc. and shape their lives around this ethical attitude. By embracing a vegan/vegetarian identity, individuals enter a process of constructing a new identity. Along with this new identity construction, their social environments also change; for instance, adopting a vegan or vegetarian ethical stance in an omnivorous and carnist order may cause individuals to be labelled and to hide their identities. Considering veganism and vegetarianism as elements of individual and social identity, this study scrutinizes their relationships with their intersectional identities. Accordingly, the primary purpose of the research is to examine the social relationships, gender relations, and belief relationships of vegan and vegetarian individuals. The research was conducted using a qualitative approach and phenomenological design, with online interviews conducted with six participants. The data obtained from the research were analyzed through a qualitative data analysis software. It was found out that the inevitable intersectionality of identities is revealed as individuals revolt against exploitation, domination, and the patriarchal order and the side of the struggle brings identities together.

## Keywords

Vegan, Vegetarian, Identity, Culture, Intersectionality.

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