

Need another word that means the same as “downtrodden”? Find 15 synonyms for “downtrodden” in this overview.

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The synonyms of “Downtrodden” are: oppressed, subjugated, subdued, repressed, crushed, burdened, exploited, disadvantaged, underprivileged, victimized, bullied, under the heel, powerless, helpless, prostrate

Downtrodden as an Adjective

Definitions of "Downtrodden" as an adjective

According to the [Oxford Dictionary of English](#), “downtrodden” as an adjective can have the following definitions:

- *Abused or oppressed by people in power.*
- *Oppressed or treated badly by people in power.*



Synonyms of "Downtrodden" as an adjective (15 Words)

bullied	Very good.
<u>burdened</u>	Bearing a heavy burden of work or difficulties or responsibilities. <i>Tree limbs burdened with ice.</i>
<u>crushed</u>	Deformed, pulverized, or forced inwards by compression. <i>Crushed velvet.</i>
<u>disadvantaged</u>	(of a person or area) in unfavourable circumstances, especially with regard to financial or social opportunities. <i>Disadvantaged groups such as the unemployed.</i>
exploited	(of persons) taken advantage of.
<u>helpless</u>	Lacking in or deprived of strength or power. <i>They burst into helpless laughter.</i>

<u>oppressed</u>	Subject to harsh and authoritarian treatment. <i>Oppressed</i> by a sense of failure.
powerless	Without ability, influence, or power. Troops were <i>powerless</i> to stop last night's shooting.
prostrate	Lying stretched out on the ground with one's face downwards. There was a man praying before an idol lying <i>prostrate</i> .
repressed	(of a thought or desire) kept suppressed and unconscious in one's mind. <i>Repressed</i> rage turned his face scarlet.
subdued	Quieted and brought under control. Children were <i>subdued</i> and silent.
subjugated	Reduced to submission. <i>Subjugated</i> peoples.
under the heel	Lower in rank, power, or authority.
<u>underprivileged</u>	Lacking the rights and advantages of other members of society. Needy and <i>underprivileged</i> members of the community.
victimized	(of persons) taken advantage of.

Usage Examples of "Downtrodden" as an adjective

- A downtrodden proletarian struggling for social justice.