

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.
burdened	Bearing a heavy burden of work or difficulties or responsibilities. <i>Tree limbs burdened with ice.</i>
crushed	Deformed, pulverized, or forced inwards by compression. <i>Crushed velvet.</i>
disadvantaged	(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.
helpless	Lacking in or deprived of strength or power. <i>They burst into helpless laughter.</i>

<u>oppressed</u>	Subject to harsh and authoritarian treatment. Oppressed by a sense of failure.
powerless	Without ability, influence, or power. Troops were powerless 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 prostrate .
repressed	(of a thought or desire) kept suppressed and unconscious in one's mind. Repressed rage turned his face scarlet.
subdued	Quieted and brought under control. Children were subdued and silent.
subjugated	Reduced to submission. Subjugated 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 underprivileged members of the community.
victimized	(of persons) taken advantage of.

Usage Examples of "Downtrodden" as an adjective

- A *downtrodden* proletariat struggling for social justice.