

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)

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

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

### Usage Examples of "Downtrodden" as an adjective

- A *downtrodden* proletariat struggling for social justice.