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**RUSSIFICATION POLICIES IMPOSED ON THE BALTIC PEOPLE BY THE RUSSIAN EMPIRE  
AND THE SOVIET UNION**

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This article examines the russification policies imposed by the Russian Empire and the Soviet Union on the people of the Baltic countries of Estonia, Latvia, and Lithuania. Within the context of this examination, the specifics of the russification policies and the Baltic peoples responses to them are explained. This article concludes that although russification policies were effective in maintaining control over the Baltic people, these policies had the unintended consequence of bolstering Baltic nationalism and calls for independence. These policies also left a profound impact on the minds of the Baltic people, and heavily influenced the way Baltic countries shaped their citizenship policies with regards to the Russian minority.

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